



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

CLAIMIN' MY BLESSINGS

Words by Alison Herron / Music by Sid Herron

VERSE ONE

Well, the man upstairs sometimes gets a bad rap;
Depicted with a great big stick in His hand...
Just waiting for us to step out of line...
Taking pleasure in each time our hides get tanned.
But that's not the God I've come to know.
My God takes pleasure in watching me grow,
In sending promised blessings when I do my part,
Directing me toward joy, and opening up my heart.

CHORUS ONE

So, when I've screwed it up, and taken my licks,
And a monkey wrench or two got thrown in the mix,
I know no problem's too big for my God to fix.
And so... I'm claimin' my blessings.

VERSE TWO

Well, I don't need to change the whole world,
Or prove that I'm the best at anything.
And I don't need to measure up
To the way the world defines everything.
All I need to do is continue to try,
Learn how looking up invites me to fly,
Welcome in His love to anchor my days,
Thank Him for His blessings and give Him all the praise.

CHORUS TWO

Sometimes when they arrive, they're in disguise.
And it might take a while 'till I realize
That everyone's a perfect fit and fully customized...
And so... I'm claimin' my blessings.

BRIDGE

Even though sometimes I've lingered
Too long in the dark,
Lost and all alone in sorrow's grip...
I've learned I'm always welcome
To return to His arms,
Completely entitled to a full-on partnership.

VERSE THREE

Yes, the man upstairs is eager to share
Blessings we can't fully comprehend.
Just waiting for us to figure it out,
And see He's not a bully, He's our friend.
I'm so glad the God that I've come to know
Takes pleasure in my efforts to learn and to grow,
And claim my promised blessings when I've done my part...
Seeking out His joy, and giving Him my heart.

CHORUS THREE

Some are here today, and some are on hold,
Some just need rebellion to come in from the cold.
So, before His throne I stand, smiling, sure, and bold
While... I'm claimin' my blessings.

Before His throne I kneel,
Grateful, glad, and guided...
Claimin' my blessings.

Before His throne I bow,
Cherished, safe, and loved...
Claimin' my blessings.

Before His throne I stand
Covered by my Savior' love...
Claimin' my blessings.

Before the throne of grace
I can now come boldly...

Claimin' my blessings. I'm claimin' my blessings... (repeat/fade)

ABOUT THIS SONG—*God's end purpose has only ever been guiding us toward finding joy... and He is eager to help us along that path. Though life was never intended to be without challenges, ALL His promised blessings await those who diligently seek them. Yet we often see ourselves as unable or unworthy to be included in such promises. I know of no place in the scripture where a promise is followed by the words "... except for (your name here)," so why think, speak, feel, and act as if that was so? Counteract that tendency by beginning or ending daily scripture study by enthusiastically reading some of those magnificent promised blessings out loud, followed by the words, "and I'm so grateful that includes me!" Smile, then watch what happens.*

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Faith Squared =
FAITH in God multiplied by FAITH in your brain
and its miraculous innate ability to create true
healing and wholeness in body, spirit, mind and heart.

Experts in neuroplasticity compare the limbic system to an alarm system. When activated, it responds by flooding the body with cortisol, norepinephrine, and adrenaline. This better equips us to respond to danger... especially if we need to run away or defend ourselves. But when your brain is overwhelmed by major traumas and/or long-term stress, it may become locked into believing it must work even harder to protect you from danger, even when there is none. This state of over-vigilance—and the continuing flood of agitating chemicals that go with it—can cause a variety of problems. These include mental or emotional illnesses, very real manifestations of physical symptoms, and significant spiritual challenges.

But there is good news! Brains that become wired to over-react to perceived threats CAN be rewired. Properly applied principles of neuroplasticity can turn fear into peace, despair into joy, and illness into health. The other good news is that every science-based tool used in this process is deeply rooted in the basic teachings of the gospel of Jesus Christ.

Our bodies—including our brains—were made in the image of God, with the built-in ability to heal! We just need to learn some specific tools for aligning our thoughts, words, emotions, intentions, and actions with this gift. Combine that alignment with faith in a loving God's desire for our wholeness and happiness... and Christ-centered brain-rewiring is ours.

Be transformed by the renewing of your minds... Romans 12:2

Faith Squared Music is written with the intention of you as a listener learning the songs well enough to sing along, so that your brain hears your own voice repeat these messages. The lyrics are crafted for compassionate self-directed brain-rewiring, delivered through music that we hope and pray just *feels good*. Let it renew and transform not only your mind... but your heart, body and soul.

PROVEN PRINCIPLES OF BRAIN REWIRING — IN HARMONY WITH THE GOSPEL OF JESUS CHRIST

- Daily gratitude practices have transformative power — 2 Cor 4:15, Psalm 147 & 100 & 92:1 & 95:1-2, Col 3: 15, Rev 7:12
- Meditation & prayer invite & expand healing & peace — 1 Tim 4:15, Phil 4:6-7, James 5:13-15, Eph 6:18, John 17, Matt 6:6
- Use thoughts, words, & actions with intention — Prov 23:7, Heb 4:12, 1 Thes 1:5 & 3:12, Acts 11:23, Phil 4:8, Mark 4:14
- Mindfulness & using our senses creates awareness — 2 Pet 3:1&2, Matt 13:16, Rom 10:17-18, Heb 5:14, Matt 12: 34-35
- Forgiveness of self and others is crucial to healing — John 1:29, Matt 6:14, Luke 11:14, Eph 4:32, John 1:9, Mark 2:4-12
- Self-care practices are vital to personal well-being — 1 Cor 12:12 & 25, 3 John 1:2, Acts 27:34, 1 Cor 6:19-20, Mark 6:31
- Service to others increases confidence & self-worth — Isa 58:7-8, Prov 28:27, 1 Pet 4:8-10, Mark 10:42-45, Matt 25:45-40
- Caring relationships add meaning and value to our lives — Prov 18:24, Eph 4:32, 1 Thes 5:11, John 15:9-17, 1 Cor 13:4-7
- Connecting w/nature needs to be part of our healing — Luke 6:12, Jn 18:1, Ps 118:24, Job 38:7, Gen 1, Ex 19:3, Acts 16:13
- We must choose taking responsibility over victimhood — Heb 12:6-7, Luke 15, John 5:5-9, Gal 6:4-5, 2 Cor 9:6, Luke 22:42
- Repeating affirmations shapes perceptions & possibilities — Luke 18:27, Prov 4:23, Mark 4:39, Gen 1:3, 1 Pet 2:9, Ps 19:14
- Emotions, beliefs, & expectations create your reality — Heb 4:3 & 16, 3:14, 12:2, Matt 15:28, 21:22, Eph 6:16-17, Jn 17:13
- Joy is found in visualizing righteous desires — Heb 9:14, Matt 6:21, 17:20, Prov 13:12-19, 29:18, John 16:24, Ps 5:1-3 & 11
- Love & light bring energy, connection & hope — Matt 11: 28-30, 13:43, 5:14-16, Eph 5:8, 2 Cor. 5:17, Rev 3:20, Ja 1:17

Col 1:16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.