



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

EACH PERSON CROSSES OUR PATH FOR A REASON

Words by Alison Herron / Music by Sid Herron

VERSE ONE

As God looks down upon us,
I wonder if He
Weighs options on some heavenly list
Of ways to teach us lessons
That we need to learn,
Making sure there's nothing we've missed.
If such a list is up there,
I have no doubt
That other human beings are the stars;
Fulfilling roles in our adventures,
And helping God out
By blending all their stories with ours.

VERSE TWO

The folks that make me crazy,
Help me to see
The patience I have gained still needs to grow.
And those with pain and anger
I'll try not to judge.
Instead, in love, I'll ask, "What made them so?"
The ones that mock or nitpick,
Help me to vow
I won't do the same because I know
How awful it felt
When it happened to me.
Instead, I'll let the Golden Rule flow.

CHORUS

Whether it hurts, or whether it's fun,
Whether we're amused, or whether we're stunned,
Whether we cheer, or whether we sigh,
Whether we laugh, or whether we cry,
If it lasts for just a moment or a season,
Each person crosses our path for a reason.

BRIDGE

Seeing what works and what doesn't
Acted out in real life
Schools us like no sermon ever could.
The folks we meet from childhood
Till our last dying day...
If we get it right, will all do us good.

VERSE THREE

If they scare me or inspire me,
There's something to learn...
Something to apply some future day.
If they reject me or respect me,
Abuse or embrace,
God can shape the role that they play.
As a bonus to this system,
The plan works both ways.
Others learn important things from me.
That truth now begs the question,
"Will my words and deeds
Amplify God's love for them and me?"

VERSE FOUR

As God looks down upon us,
I'm certain that He
Is well aware of where we are at
In applying all those lessons
In the ball games of our lives,
Each time another player's up to bat.
Good thing I know He's eager
To help me employ
Kindness and compassion every time.
For loving words and actions
Are truly the key
To making each experience sublime.

REPEAT CHORUS

ABOUT THIS SONG—It is all too easy to blame our challenges and pain on the damage inflicted upon us by others. Though this often feels justified, it hands our power and our future over to those who hurt us. Seeing ourselves as victims – then thinking and living accordingly – prevents us from seeing ourselves as capable of healing. The truth is, we CAN rise above wounds suffered due to the behavior of others, whether it was purposefully hurtful or not. It always comes down to what lessons we learn and apply from our interactions with fellow sojourners on this planet. When we develop a habit of looking for takeaways that strengthen and teach us, our brains become empowered to leave victimhood behind.

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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.