



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

THERE IS A PLAN

Words by Alison Herron / Music by Sid Herron

VERSE ONE

How many times have the words, "It's God's will"
Brought more pain to people
Searching hard for answers?
Believing in a plan where grief
Is willfully imposed on the innocent,
Breeds more suffering, like a cancer.

The enemy rejoices every time a soul despairs
Of finding peace, because of this deception.
He twists it to his purpose of spreading misery,
Until the love for God turns slowly to rejection.

BRIDGE ONE

When God granted us the freedom
To choose both right or wrong,
Evil was allowed to have its say.
If not, then all our choices
Would have no weight at all
With no opposition standing in our way.

CHORUS

There is a plan, and it's built on love.
It's filled with grace,
It's filled with wisdom from above.
When we allow this wondrous plan,
Our hearts and minds, to teach...
Nothing that befalls
Is beyond His reach.

VERSE TWO

Unless our freedom's absolute, we're not really free.
And it can't apply to some, but not to others.
God knew each of us would sin
in ways that would affect
Friends and strangers, & our sisters & our brothers.

In letting every person make their own mistakes,
He also must allow the consequences.
As we watch that unfold, compassion in us grows
For anguish brought about by grave offences.

BRIDGE TWO

For when God gave us a Savior
To rescue us from sin,
He knew His sacrifice could also bring
An easing of the sorrow from choices others made,
In peace that takes the place of suffering.

CHORUS

There is a plan, and it's built on love.
It's filled with grace,
It's filled with wisdom from above.
When we allow this wondrous plan,
Our hearts and minds, to teach...
Nothing that befalls
Is beyond His reach.

BRIDGE THREE

Something happening "for a reason"
Doesn't mean it all was planned.
It only means it happened,
But not by God's command.
Then a loving Father teaches us
As things just run their course,
For agency, means at its core,
Redemption can't be forced.

VERSE THREE

Yet, we know that angels sometimes intervene,
With tragedies avoided, and endings altered.
Trusting in His judgement
of when miracles occur,
Brings a test of faith on sacrifice's alter.

We can't see the endings
of the stories of our lives.
And we can't see the good that might arise
From sorrows and misfortune,
That bring some recompense
In blessings that a loving God provides.

BRIDGE FOUR

For when God gave us a Savior
He knew we would not see
Our need for Him until we carried grief.
Connecting with His pain
as He fulfilled the Father's plan,
Is the only path where we find sweet relief.

CHORUS

There is a plan, and it's built on love.
It's filled with grace,
It's filled with wisdom from above.
When we allow this wondrous plan,
Our hearts and minds, to teach...
Nothing that befalls
Is beyond His reach.

BRIDGE FIVE

Trust in God through heartaches
Brings courage over time
To others facing mountains
They fear they cannot climb.
And even when it's plain
Some earthly suffering can't be healed,
Beyond the veil, someday we'll find,
Full recompense revealed.

REPEAT CHORUS

There is a plan, There is a plan
There is a plan.

ABOUT THIS SONG—Sometimes the biggest obstacles to successful brain-rewiring are related to a person's feelings about God and the perceived unfairness of life. They may feel betrayed, disillusioned, angry, ashamed, or forgotten to the point that they put up walls between themselves and God to prevent any further pain. Not being able to find answers to "How could God let this happen?" or "How can I/they ever be forgiven?" is often behind the construction of those walls, intentionally or not. It is our sincere hope and prayer that this song helps shed light on answers to such questions, because understanding the love and compassion that defines God's eternal plan for us tears down walls that prevent our progress. It opens the door to experiencing the deepest kind of true healing there is... found only in accepting and embracing Jesus Christ as Savior. Healing us and saving each of us, is after all, why He came to Earth. This benevolent plan covers everything and everyone, no matter what.

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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.