

How Your Body Reacts When You Spend Time With God

In this powerful episode of *Live Your Best Life with Liz Wright* on Charisma Podcast Network, guest Dr. Johnnett Thatcher speaks on the profound physiological effects of spending time with God. Johnnett explains how to open our hearts and engage with His presence, as 2 Corinthians 3:16 says that when we do this, the veil is lifted and we see. This simple Scripture contains a significant key and has incredible implications for our biochemistry.

When we open our hearts and love begins to pour into us, our heart becomes coherent and oxytocin is released. We move out of a survival mentality, out of fight or flight and into brain waves that enable a creative state. As this chemical cascade happens, our immune system is boosted, and the expression of our genes change to bring us wellness and longevity.

All this happens as we simply choose to come into the present moment and spend time in love, in His presence. We can turn away from our past and our default reactions and focus on Christ, the hope of glory within us. Our future is in Christ! Dwelling in God's love and peace for even 10 minutes, three times a day, has profound effects on your spiritual, mental, emotional and physical well-being.

Your body transforms as your thinking shifts, which is what Romans 12:2 teaches us: "Be transformed by the renewing of your mind." As you listen to this episode, you'll discover how to practice opening your heart to God's love so it becomes your default response. You'll learn practical keys and see a live example of opening your heart to meditate on the truth that you are in Christ and that Christ is in you. As your heart is brought into greater awareness of your union with Him, your root system will change you and the world around

you.

Learn more about Dr. Johnnett Hatcher [here](#), and listen to this episode of *Live Your Best Life* to hear more.{eo}

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