

Kenneth Copeland Shows You How to Abolish Your Pain, Stress and Anxiety

Note: Pay close attention beginning at 20:26 of the video.

In 2004, Kenneth Copeland experienced back pain he says he would never want to experience again. A disc “exploded” in his back and it knocked him to the floor, screaming in agony.

After receiving consultation from Dr. Don Colbert, he returned to his home and put heating pads on his legs. It was then he decided that he would no longer “take the pain.”

“Pain is of the mind, and I simply thought to myself, ‘I don’t take that pain,” Copeland said on a recent edition of the Believers Voice of Victory. “When they go to do surgery, what do they do? They put you out of your mind so there is no pain. So, I just began to say that. I don’t take the pain, and why? Because He (Jesus Christ) bore my pain. Matthew 8:17 says, ‘He Himself took our infirmities and bore our sicknesses.’”

Whether it’s sickness, anxiety, financial stress or simple daily stress, Copeland says you must take captive your thought life, as it says in 2 Corinthians 10:5 (MEV): “... casting down imaginations and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.”

“If the thought comes, don’t say it. If you don’t say, the thought will die stillborn,” Copeland says. “You just say, ‘I’m not touching that with my thought life. My mind is my mind, devil, and you can’t make me say that.’ But you can turn that around and go to the Word and take His thought and say it. That’s freedom.” {eo}

For more of this teaching from Kenneth Copeland, watch this video.

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