

A PEOPLE OF GOD

Date: May 24, 2026

Title: "Manifesting & Managing the Blessing In These Days & Times, Pt. 5"

And on the seventh day God ended his work which he had made; and he _____ on the seventh day from all his work which he had made. **Genesis 2:2**

Feature	The _____ Nervous System	The _____ Nervous System
Pastor Tacuma calls it	"The _____ System"	"The _____ System"
Common Name	"_____ or Flight"	"_____ & Digest"
Physical Origin	Spinal Cord	The _____ Nerve
Primary Goal	Survival: Prepares the body for strenuous physical activity or perceived threats.	Safety: Conserves energy and restores long-term internal health & cell regeneration.
Heart Rate	_____ to pump blood to major muscles.	_____ back down to a resting state.
Digestion & Repair	Inhibited (Energy is diverted to running/fighting).	Stimulated (Energy is used for healing, anti-inflammation, mental & physical processing).
Chemical Environment	Cortisol, adrenaline, and Norepinephrine (Stress & Inflammation)	Acetylcholine, serotonin, melatonin, oxytocin. (Regeneration & Healing)

Fill in the blanks based on our discussion of **Mark 11:24**:

- **Desiring** comes from a consciousness of _____. It keeps my body trapped in the _____ system.
- **Receiving** comes from a consciousness of _____. It allows my body to settle into the _____ system.

Key Takeaway: *Creation (My Manifestation) exists by Power, but it persists by _____.*

When you get close to your breakthrough, healing, increase, promotion, elevation, next-level, or answered prayer, your NERVOUS SYSTEM will actually kick into Survival Mode/Sympathetic Nervous System. This is because the INCREASE is SCARY—your nervous system is literally not accustomed to your WINNING! The actual fear in your BODY communicates a message (a frequency) to the Creation to repel and reject the blessing for which you have prayed so faithfully, OR it will cause you to shrink, shrivel, fight, or flee at the exact moment of breakthrough. Kids today call this "CRASHING OUT." If you don't overcome this tendency, you will always ALMOST get there, but come up short. The the answer to overcoming this tendency is a very particular application of Joshua 1:8.

To receive announcements and stay plugged in at APOG, text PLUG to 336-817-2297 and follow the directions.

