

God's Words Will Change Your Mind

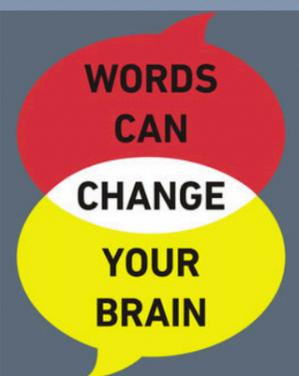
Neuroscientists at Harvard University are studying the brain's ability to physically change & grow in response to thoughts. They performed an experiment in which they had volunteers practice playing a short piece of music on the piano for two hours a day.



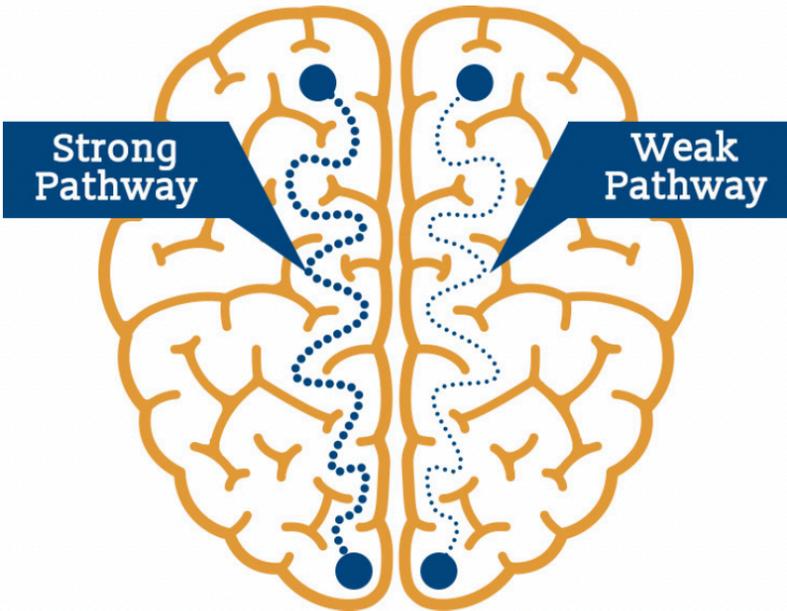
After five days, the researchers found that the section of the brain responsible for the motion of the fingers had grown. In the second part of the experiment, the new volunteers did not physically play the piano.

They didn't actually move their fingers; they just thought about how their fingers should move. When the researchers viewed their brains, they found that the same part of the brain that had grown in the first group also grew in the second group. Just the power of thought will change and strengthen the structure of your brain. Brad Harrub

Likewise, if you “set” your mind on God's Words (“things of the Spirit”), and if you are “spiritually minded...the Spirit of Him who raised Jesus from the dead” (Romans 8:5-11) will strengthen the structure of your brain, heart, soul, and mind!



Strengthening Your Spiritual Pathways!



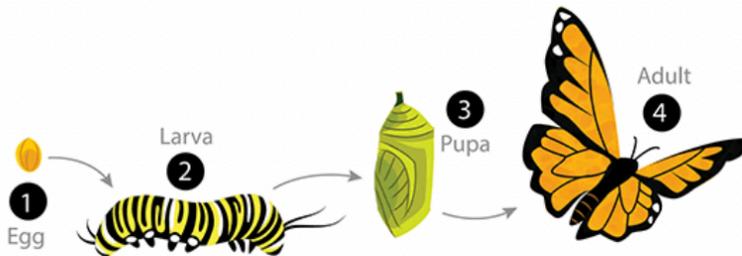
Neural pathways connect relatively distant areas of the brain or nervous system. Each pathway is associated with a particular action or behavior.

Every time you think, feel or do something, you strengthen this pathway. Habits are well travelled pathways – Our brain finds these things easy to do.

New thoughts and skills carve new pathways. Repetition and practice strengthen these pathways, forming new habits. Old pathways get used less and weaken.

With repeated and direct attention towards a desired change, you have the ability to rewire your brain. (www.study.com)

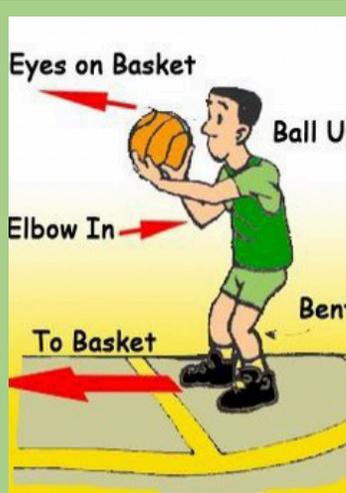
Weakening Your “Flesh” Pathways!



“There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit (Romans 8:1).

Spiritually speaking, to rewire the brain is to stop using the “according to the flesh” pathway and start using the “according to the Spirit” neural pathway.

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new” (2 Corinthians 5:17).



Say you're learning how to shoot a free-throw. If it's your first time doing it, you don't yet have a pathway for that movement in your brain. When you're first learning, your brain is like a forest full of trees and dense foliage with no clear pathway between point A and point B.

In order to improve your free-throw, you need to refine and strengthen the free-throw pathway in your brain. The way you do that is through practice. Practice gradually widens the trail through the trees.

Eventually with enough practice, what started as a trail has become a full-blown highway, allowing information to be transmitted at a faster rate, until the movement becomes completely second nature. (Halo Sports)



Scientists call this neuroplasticity, and it's your brain's innate ability to create and strengthen connections between neurons.

To “conform” to this world is to strengthen your negative neural pathways through the practice of sin.



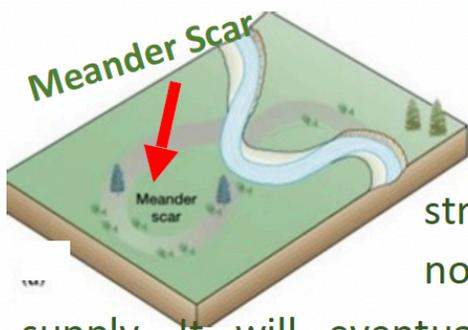
Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Romans 12:2

To “be transformed” is to strengthen your positive neural pathways through the practice of doing God’s Word.

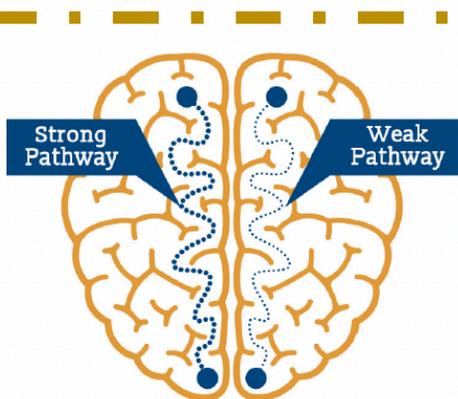
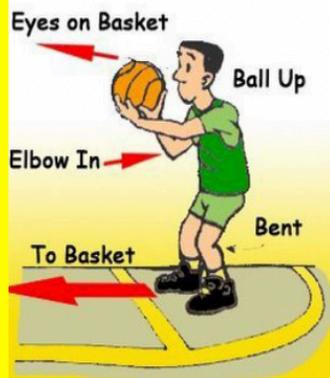


“By the renewing of your mind” (Romans 12:2) speaks to the new spiritual neural pathways you are paving as you practice the “fruit of the Spirit” (Galatians 5:22,23).



A Meander is a curve in a river. When a Meander is cut off from the main stream it becomes a lake with no water entering to replenish supply. It will eventually dry up and become a **Meander Scar** with bushes, grass and trees growing in previous river's path. Likewise, when a neural is cut off from the main stream of your thoughts and actions, it will become weaker and weaker (dry up) in its influence over you!

If our basketball player replaced practicing free throws with learning to serve a tennis ball, he would weaken one pathway while strengthening the other!



Learning creates a synaptic connection when you are thinking, feeling, or actually doing something new. New neural pathways are formed. This is how you create a new habit.

Breaking a habit is just the opposite; by avoiding certain thoughts, feelings or actions, your impulses or neural connections become weaker and weaker. Just as knowledge and skills are constructed in our brain with focus, they also diminish without the focused attention. (scientificamerican.com)