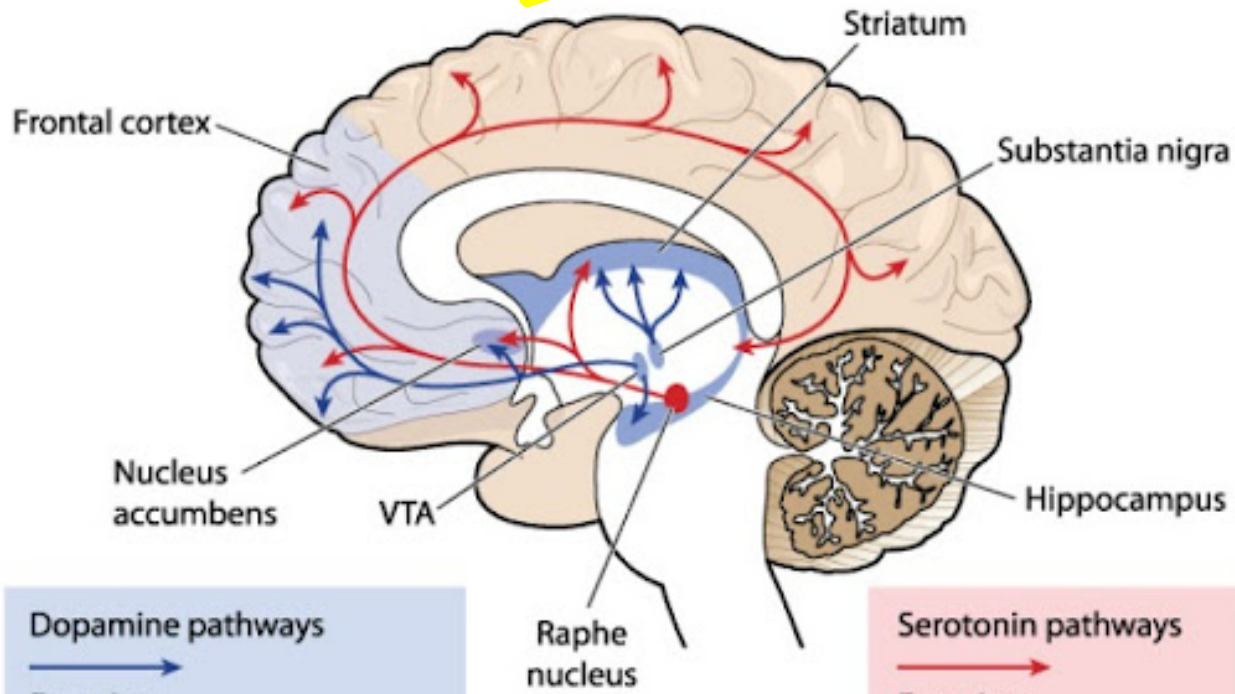


“...The law of the Spirit of life in Christ Jesus has made me free from the law of sin and death” (Romans 8:2)

Dopamine & “The Law of The Spirit”



- Dopamine pathways
→
Functions
- Reward (motivation)
 - Pleasure, euphoria
 - Motor function (fine tuning)
 - Compulsion
 - Perseveration

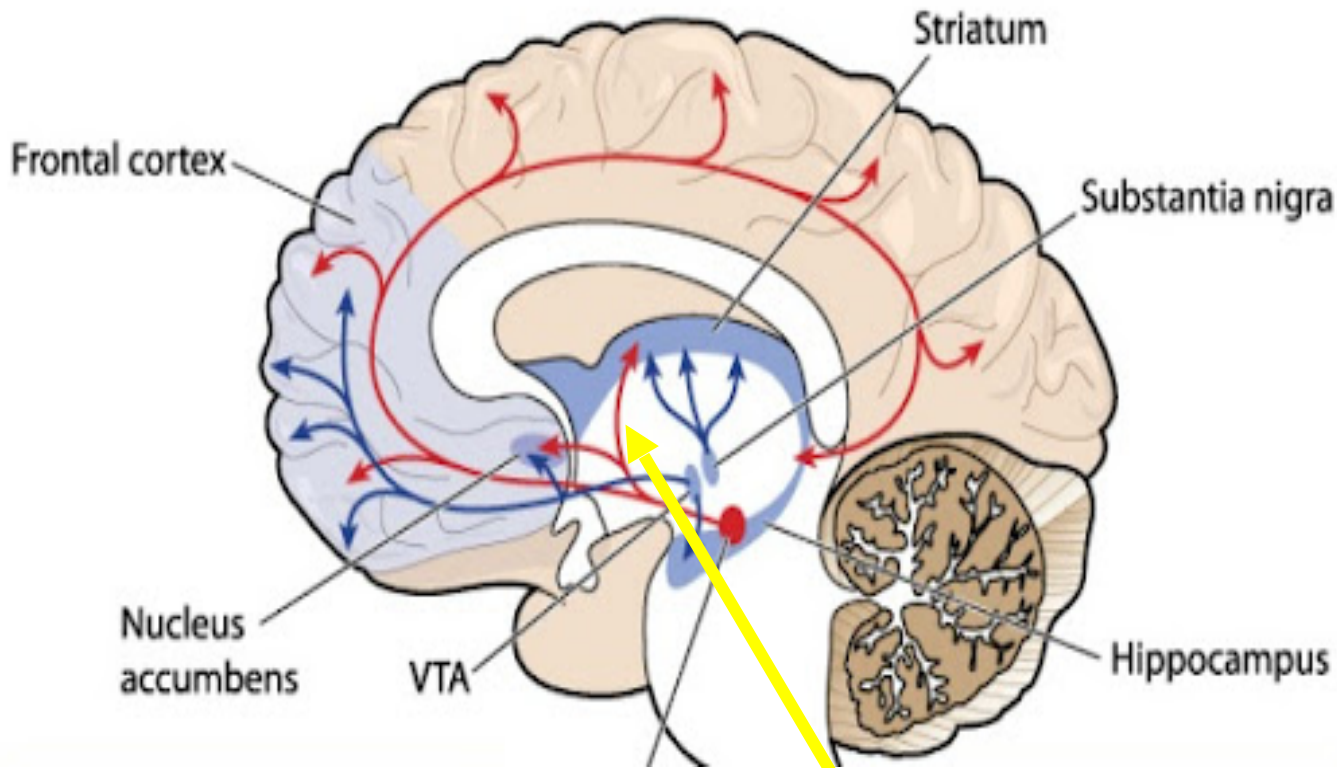
- Serotonin pathways
→
Functions
- Mood
 - Memory processing
 - Sleep
 - Cognition

The blue arrows point to the area of the brain where desire, reward, pleasure & motivation, are biologically generated.

“I delight in the law of God according to the inward man” (Romans 7:22).



“...To be strengthened with might through His Spirit in the inner man” (Ephesians 3:16).



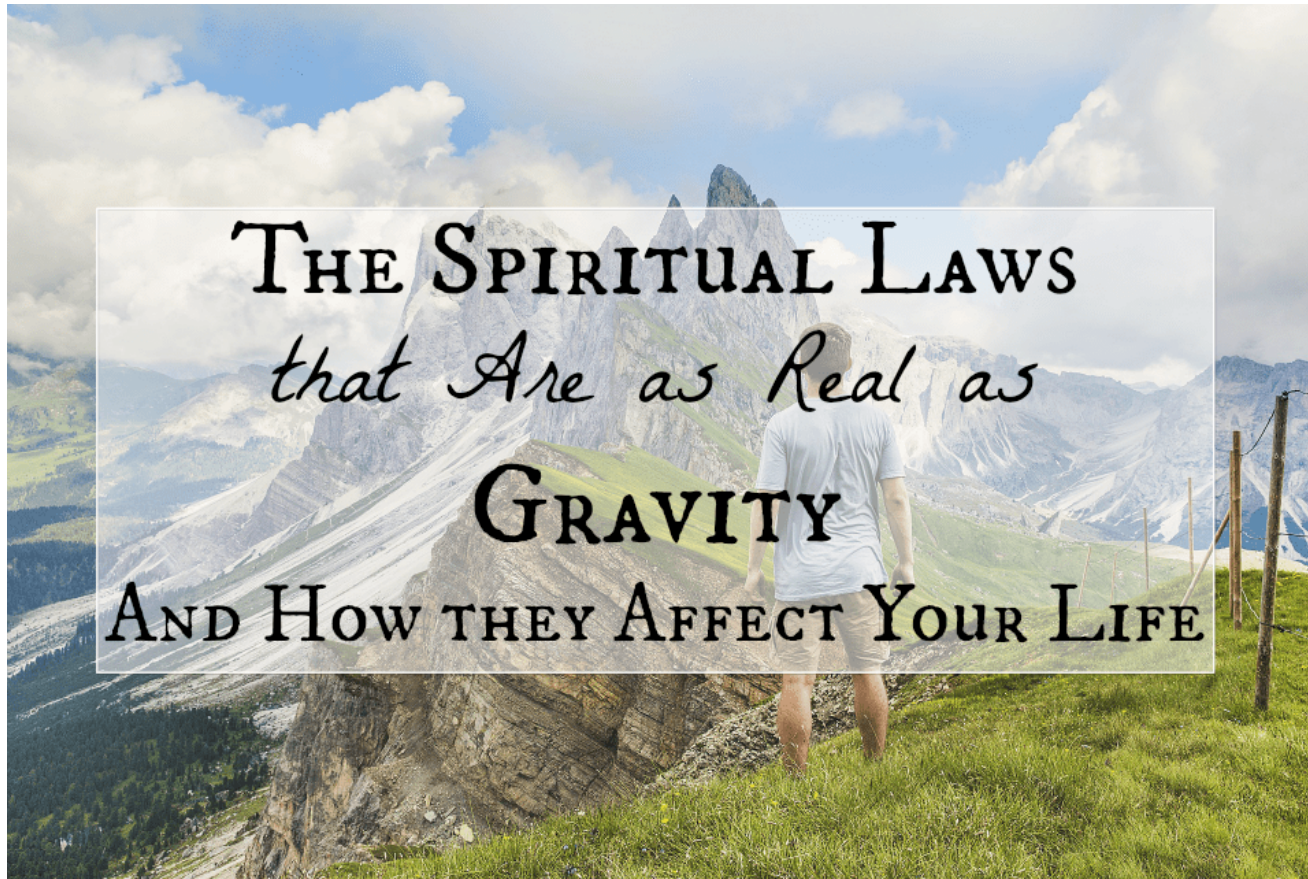
Your Brain's “Inward Man”
is your motivation and reward
system!

The “inward man” is the region of the brain where.....

“You shall love the Lord your God with all your heart, with all your soul, and with all your mind” (Matthew 22:37).

&

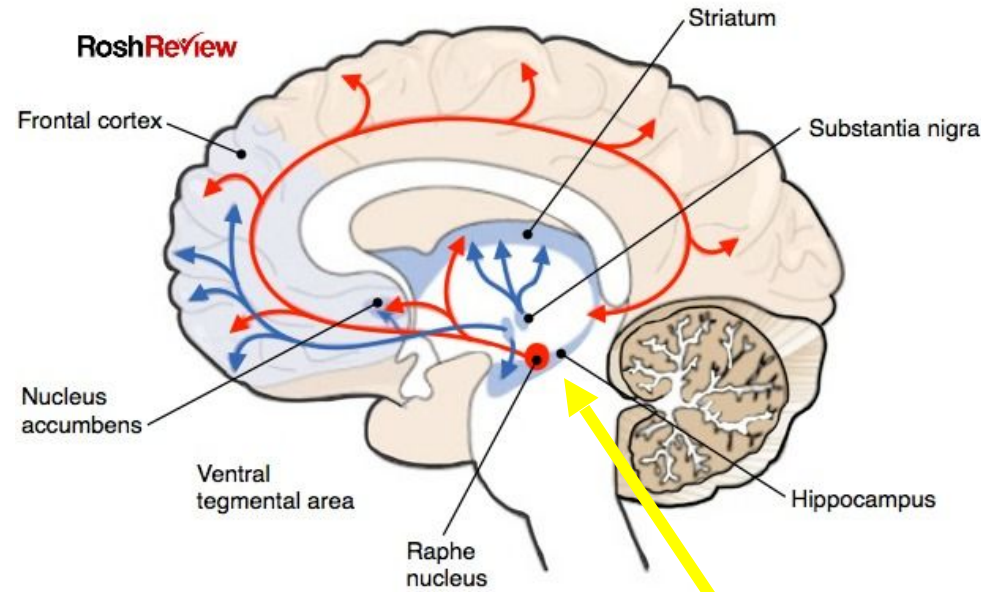
“As newborn babes, desire the pure milk of the word, that you may grow thereby” (1 Peter 2:2)



“Law” νόμος nomos (b) of a force or influence impelling to action (Vine’s Dictionary)

“The law of the Spirit of life in Christ Jesus...” (Romans 8:2) is the force that influences your “inward man.”

Brain Reward Circuit



Dopamine pathways



Functions

- Reward (motivation)
- Pleasure, euphoria
- Motor function (fine tuning)
- Compulsion
- Perseveration

The blue arrows point to the area of the brain where desire, reward, pleasure & motivation, are biologically generated.

Like the Law of Gravity, God designed both the biological and spiritual functions (laws) of your brain, heart, soul, and mind.



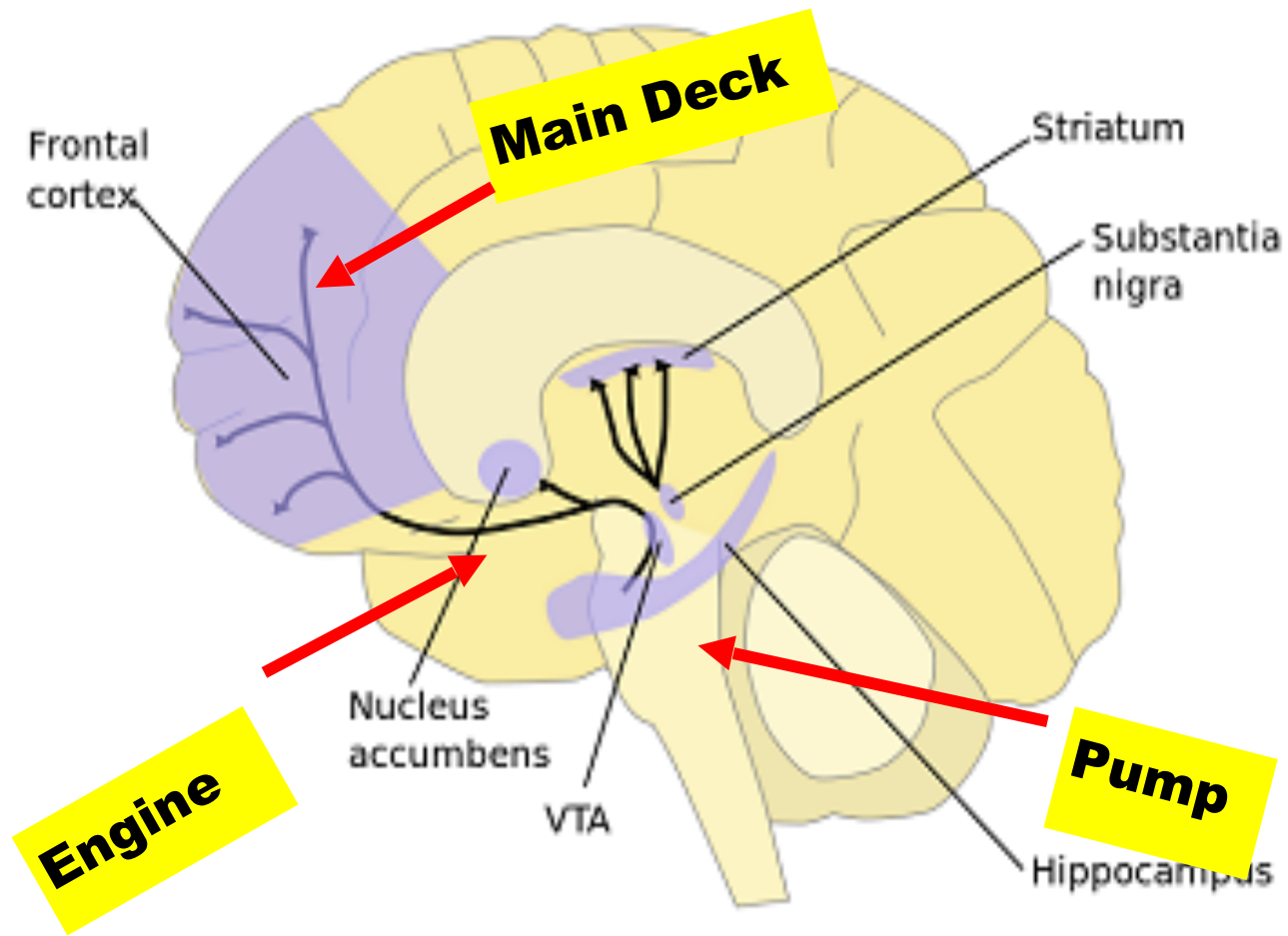
“The brain is the most complex organ in the human body. It has many functions to help ensure our survival. One of these is to help code things in our environment as either good for us or bad. (Marc Lewis, neuroscientist)

The reward pathway of the brain helps to do this by rewarding us for interacting with things that are good for us. (Marc Lewis, neuroscientist)



Things in our environment that activate this pathway, causing dopamine release, will likely be things that we like and likely be things that we are motivated to pursue. (Dr Tiffany Rogers, neuroscientist)

Think of your brain's reward system as a ship's Main Deck (prefrontal cortex), **Engine** (nucleus accumbens) **and Fuel Pump** (VTA):



The prefrontal cortex or executive function is the most sophisticated region. It is responsible for judgment, decision-making, perspective-taking, and self-regulation. **You can think of that as the bridge of the ship. That's where we steer our behavior.**

The nucleus accumbens is part of the motor system and it actually gets us to act and pursue goals. Unlike frogs, we need a motive or an emotional drive. We have to feel some kind of attraction. **Think of the nucleus accumbens as the engine of the ship that gets us moving.**

And then there is the ventral tegmental area (VTA) that manufactures and pumps dopamine to energize the nucleus accumbens. It narrows the beam of attention and it drives behavior toward the goal. **You can think of the VTA as the pump of the ship that sends fuel (dopamine) to the engine.**

† Marc Lewis, neuroscientist

balance our brain!

“Law” νόμος nomos (b) of a force or influence
impelling to action (Vine’s Dictionary)



“There is naturally a balance between the dopamine activation system and the prefrontal cortex activation system, because you need to control these impulses. There's some kind of balance between impulse and control, self-regulation, and modifying behavior in favor of better consequences. (Dr. Marc Lewis, neuroscientist)

“To survive, we need to be motivated. However, too much motivation (dopamine) can hijack our reward & pleasure system!” (Dr Tiffany Rogers, neuroscientist)

This is why we need the Holy Spirit's help!

“...The law of the Spirit of life in Christ Jesus has made me free from the law of sin and death” (Romans 8:2)

“I say then: walk in the Spirit, and you shall not fulfill the lust of the flesh” (Galatians 5:16).