**#1SESSION 2 Wired for Love**

**#2Your brain is the command and control center of the body. If you want a healthy body, the first place to ALWAYS start is by having a healthy brain Dr. Daniel Amen**

*#3-Mark 12:30 And you shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.' This is the first commandment.” … NKJV*

*#4-1 Cor 13:13 And now abide faith, hope, love, these three; but the greatest of these is love. NKJV* (does anyone find 13/13 and love interesting?)

We are wired for Love. We are made in the image of God --- God is a loving being thus we are wired for Love.

#-5Think about this: We are our healthiest and happiest when good things are going on in our lives. The opposite is also true. Therefore, it is a reasonable and logical deduction that we were made, we were wired for good, not bad.

Christ is all about love --- not fear.

*#-62 Tim 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. KJV*

*#-61 John 4:17-19 There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love. 19 We love Him because He first loved us. NKJV*

When we consciously and deliberately input negative instead of the positive it is as if we are over loading circuits or creating a short in a circuit. We are designed to communicate with God.

**#-9-12Show pics of faulty wiring**

The conscious mind inputs what is in the unconscious mind. The unconscious mind directs the conscious mind. The unconscious is that part which we have been building since day one through the conscious mind --- experiences, habits, learned behavior and responses. The thoughts in the conscious mind are for the most part coming out of the unconscious. We can only handle a few conscious thoughts at a time and they are moving in and out of our unconscious mind all the time.

**When something is consistently and repeatedly used in a way that it was not designed to be, problems if not tragedies will arise.**

#13 This is where most of us are. Not to bad not to good

#14 This is where God wants us to be

We want to believe that we can somehow compartmentalize our brain and allow various negative inputs like anger, resentment, discontent, unforgivness, lust, hate and others to enter and abide and it not affect the rest of who we are physically, emotionally and spiritually. We are deceiving ourselves.

The brain is a physical warehouse for life experiences and thoughts. Back in Lesson 1 we saw:

**#15We are the sum total of our thoughts**.

We are the product of our environment

We are the product of our experiences

We are the product of our choices

But above all else what we really are is a product of our thoughts.

*Proverbs 23:7 – “As a man thinks in his heart so is he.”*

Because we are wired for love when we have negative experiences and thoughts the physical construct that is formed is abnormal and unhealthy --- much like an abnormal growth on the skin or on an internal organ or a limb that grows abnormally.

#16Toxic thinking comes from two areas:

1.Bad Choices: Anytime we chose to think or act in a way contrary to the Word of God we are creating toxic thinking.

2.Bad Experiences: We cannot control all of our experiences. We all have things happen to us that we would not want: abuse, trauma, mistreatment, neglect, rejection, heartache, loss and such. All of these have the potential of creating toxic thinking. Unfortunately too often we chose to allow those experiences to build and create toxic thinking rather than reject them and chose to build life.

Over 75% of current mental illnesses, behavioral disorders and physical illnesses come from toxic thinking.

**Consider the following**

#17 One in five adults−approximately 61.5 million Americans−experiences mental illness in a given year.

One in 17−about 13.6 million−live with a serious mental illness such as schizophrenia, major depression or bipolar disorder.

Approximately 20 percent of youth ages 13 to 18 experience severe mental disorders in a given year.

Approximately 1.1 percent of American adults— about 2.4 million people—live with schizophrenia.

#18 Approximately 2.6 percent of American adults−6.1 million people−live with bipolar disorder.

Approximately 6.7 percent of American adults−about 14.8 million people−live with major depression. More people die from depression than from car accidents.

Approximately 18.1 percent of American adults−about 42 million people−live with anxiety disorders, such as panic disorder, obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD), generalized anxiety disorder and phobias.

According to a recent report released by the National Center for Health Statistics (NCHS), the rate of antidepressant use in this country among teens and adults (people ages 12 and older) increased by almost 400% between 1988–1994 and 2005–2008.(how much did it jump after the great recession?)

**I want to make something very clear here.** I accept that there are mental illness’ or even deficiencies that are organic or trauma caused in nature and are only slightly at best controlled by the way we think, and immediate improvement can often best be assisted with the aid of medication. I am not here, to use and old phrase, to tell you “it’s all in your head,” that if you want to bad enough you can change. But I do want to say this with equal clarity, much of what the mental health industry wants to tell you and I is that it is an illness and that it’s not your fault and can only be dealt with through medication is not so.

**You see, I still believe we are more that conquers through Him who loved us! Romans 8:37 I am not victim I am a victor!**

**I still believe in the transforming power of the Word of God and the Holy Spirit!**

*#19Deut 30:19-20 I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live; 20 that you may love the Lord your God, that you may obey His voice, and that you may cling to Him, for He is your life and the length of your days…NKJV*

*#20Phil 4:8-9 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy — meditate on these things. 9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you. NKJV*

***#21Closing Prayer*** *2 Cor 10:3-5 For though we walk in the flesh, we do not war according to the flesh. 4 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, NKJV*

Wired for Success

Happy and accomplished people generally have an uncanny-and at times irritating knack for making connections. And not just the social and professional variety: . New research reveals that common measures of success, such as life satisfaction and higher levels of income, are associated with greater connectivity in certain regions of the brain. The more successful people are, the more communication they enjoy between areas of the brain involved in reasoning, memory; imagination, and sociability, Oxford University researchers found. The team analyzed the MRIs of 461 people ages 22-to 35,conducting a computer analysis to identify correlations between various traits and brain circuitry patterns. The study revealed those with more "positive" qualities--such as higher memory-test scores, better vocabulary, and more education-shared similar patterns of strong connectivity. Meanwhile, those with fewer social and intellectual abilities and who suffered from problems like poor sleep, substance abuse, and anger issues displayed less connectivity in those regions. "We've tried to see how we can relate what we see in the brain to the behavioral skills we can measure in different people," study leader Stephen Smith tells *Sdenceslert.com.* "In doing this, we hope to be able to understand what goes on 'under the bonnet' of the brain." The Week 10/16/16 p21