**#--1Lesson #4—Protecting The Brain**

Part #1: Telling Yourself the Truth

***#--2*** *2 Cor 10:2-6*

*3 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*

What makes these verses so powerful is they place the sphere of activity and change in our mind—not in the spirit world.

***#--3*** *Prov 4:20-23*

*20 My son, give attention to my words;*

*Incline your ear to my sayings.*

*21 Do not let them depart from your eyes;*

*Keep them in the midst of your heart;*

*22 For they are life to those who find them,*

*And health to all their flesh.*

*23 Keep your heart with all diligence,*

*For out of it spring the issues of life. NKJV*

Soren Kierkegaard – “Our life always expresses the result of our dominant thoughts.”

**#--4** The mindset we have determines who we are:

-the way we look at life negative/positive overcomer/defeated

-the way we approach life winner/loser blessed/cursed

-the way we live life victim/victor plenty/poverty

**#--5 We Need a Supernatural Encounter**

*#-5 2 Cor 5:17-Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. NKJV*

We are either led by The Spirit or led by the body (flesh-Satan works through the flesh)

**#-6** The unconscious mind dominates the conscious mind. James 1:21. There is a difference between suppression(control, tamp down, put a lid on, hide) and elimination. What we suppress affects us (baggage). What we eliminate has no impact. Leave the trash in the house and it will stink up everything, take it out and you remove the cause of the odor

*Illustration: Carry around a bag of garbage and hold onto it as part of everything you do. Also, it stinks so it makes you stink.*

**#-7** You are not who you are --- you are who you have become. You are the result of the thoughts you have allowed to dominate and control your life.

**#-8** You must never forget that there are always three people inside of you:

1. The person you currently are
2. The person you are becoming in Christ
3. The person who the devil is continually trying to make you become

***#-9****John 10:10 The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. NKJV*

***#-9*** *Luke 6:45 A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks. NKJV*

**Too often, I'm afraid we avoid admitting we are responsible for our own lives**. We would like to pin accountability on other people, circumstances, events, but not on ourselves and our own choices. When you admit you are responsible for your behavior and that it is you who makes the choices in your life, you will be taking the first and most important step to becoming a person of self-control. (Marshmallow Test)

**#10 Protecting the Brain—Meditation**

#11-13 Pics of Thinkers

*#14 Ps 46:10 Be still, and know that I am God; NKJV*

*#15 Ps 19:14 Let the words of my mouth and the meditation of my heart*

*Be acceptable in Your sight, O Lord, my strength and my Redeemer. NKJV*

In his book, “The End of Absence,” Michael Harris addresses the lack of empty space in our current state of constant connection. There was a time, he recalls, before the Internet, before Facebook, before text messaging, before tweeting, when those of us old enough to remember would find ourselves alone with our thoughts. To most of us those days are long gone and all but forgotten, they are but a distant memory of a bygone era. Doodling has been replaced with Googling, twiddling with tweeting, and searching for cats in the clouds with the latest game on your smart phone or pad.

Our brains were designed and made to have periods of optimization. These periods are not just the regular sleep or rest cycle, they are deliberate periods of down time that allows the brain to more fully process, sort, file, and utilize the information we have been inserting into it. It is kind of like de-fraging. You have heard it said over and over—most of us do not like silence. Yet it is silence that allows the brain to de-frag, up-date and re-boot.

Meditation is not something we commonly associate with Christianity. We hear much about it today through the current craze of Yoga which comes and goes like all fads. But meditation did not originate with the Hindus or the Buddhists, it originated with God.

Consider these passages:

*#16 Phil 4:8 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. NKJV*

*#17 Ps 1:1-3 Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful;* ***2 But his delight is in the law of the Lord, And in His law he meditates day and night.*** *3 He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper. NKJV*

#18 The word *Selah* is used over 70 times in the Psalms. The word has two meanings that are closely connected. First is to pause, this is for poetic purposes of flow. The second meaning attached to the word is to *weigh* to contemplate or meditate.

My father-in-law is one of the wisest men I know. He has never written a book, pastored a big church or spoke at great conferences, those were not his gifts. His gift is wisdom. It is wisdom that is an accumulation of many things but one primary thing that is often overlooked, especially in Christianity—meditation or comptemplation. He is not a man of hasty half thought out words. When he speaks people listen. I have drawn from that wisdom many times through the years.

#19 Scientific research has shown that when we meditate upon the Word of God and our relationship with Him our brain is reaching its highest level of operational efficiency.

*#19 Ps 46:10 Be still, and know that I am God; NKJV*

#20 Research has shown that the brains of those who worship God and grow in Him build protective layers in the areas needed to keep them from fear, anxiety and worry.

*#20 Isa 26:3 You will keep him in perfect peace, Whose mind is stayed on You,*

*Because he trusts in You. NKJV*

#20 This in turn boost the immune system’s ability to ward off, suppress and repair sickness and disease. Positive people, generally, are sick less, are sick less severely and recover more quickly.

*#21 Josh 1:8 This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. NKJV*

*#21 Phil 4:8 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. NKJV*

*#22 2 Cor 10:3-6 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*