

Health Talks

“The Battle for Your Mind”

01: Secrets of Your Wonderful Brain!

Theme Verse: “I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.” Psalm 139:14.

When God created the human race, He gave us a most wonderful gift; Freedom of Choice. Without freedom of choice, there could be no real love, no relationships, and no development of character. This ‘power to choose’ is also what we call ‘Will-Power’ and we are told that the ‘will’ is governing power in the nature of man; the power of decision, of choice. Everything depends on the right action of the will.

In order to understand more about the will, we need to know where it is located, how it works and how it is connected with serving the Lord and our salvation. We also need to learn how we can re-wire our mind, which is our thinking brain! No matter how old you are, you can be rewiring and developing your brain right up until the day you die.

What does our brain look like? From the side, the brain looks a little bit like a slug, and looking at the brain from above, it looks a lot like a walnut. In the front of the brain there are two lobes, or sections. These two lobes are called the ‘Frontal Lobe’. They are referred to as if they are one, even though there are two, because in the brain they work as one and have the same functions.

What are the functions of the frontal lobe? This is where our intellect is. It's in the frontal lobe of the brain where our discernment, or decision making takes place, where our reasoning powers live. The fourth function of the frontal lobe, is that most wonderful gift that God gave to mankind, the will. The Frontal Lobe is also the part of the brain that God uses to communicate to us through what we call our conscience, so it is very important indeed.

Here we have Four Functions or Tasks: 1. Intellect; 2. Discernment [or decision making] 3. Reasoning; 4. The Will, Governing power, or Choice.

In the human brain, the frontal lobe takes up between 33 and 38 percent of the brain. Approximately the front third of the brain is the frontal lobe. Science now shows that the frontal lobe is *not* fully developed until the age of 30! In many countries, traditionally young men were not given positions of responsibility until the age of 30. Jesus began His ministry at the age of 30.

Why does it vary between 33 and 38 percent? Well, the mind and nerves gain tone and strength, through the exercise of the will. The ‘Will’ is not a muscle, but just like a muscle, the more you use it, the stronger it gets.

It is the ‘will’ of man that God woos when He wants us to know Him. It is the will, and the will only, that God can use if someone wants His help. If someone doesn't want God's help, doesn't want to get to know God, just wants his own way, He cannot help them, but He does continue to seek to win their hearts, He does not give up on a soul easily, but the final choice rests with us.

So we see that if even God will not force someone to do something against their will, we should not ever be trying to force, trick, bully, or manipulate, anyone against their will into doing, or believing, what we think they ought to do or believe.

Here are more Frontal Lobe Functions: 5. Foresight; 6. Self-control; 7. Morals.

God designed the brain so that all our decisions are made in the Frontal Lobe. When we make our choices and decisions using the powers of the Frontal Lobe, we find the Frontal lobe is a very good boss, because every decision that the good boss makes, is made according to intellect, reason, conscience and judgment.

The feeling part of the brain is the back part, and the feelings make a bad boss. Feelings are not necessarily bad, they just make a bad boss, because feelings are unreliable and unstable like the wind, and also Satan tempts us through our feelings. The Bible explains it this way, **“But every man is tempted, when he is drawn away of his own lust, and enticed.” James 1:14.** What are ‘lusts’? They are feelings and desires, right?

Our decisions need to be made in the frontal lobe, by the Good Boss, not by the feelings, not by lusts and desires! Many times our feelings clamor to have their own way, self wants to have, or do things we know are not good, not right, or not healthy. That is where we need the Good Boss making the choices and not the feelings. When there is an argument over something, which one is going to win? It will be the one you decide to listen to!

So the frontal lobe is a very important part of the brain! It is in the frontal lobe where God communicates with mankind. God says in Isaiah 1:18, **‘Come let us reason together.’** Where do we reason? In the Frontal Lobe, that's where it is. It is through the Will which is located there, that we can choose to belong to Jesus and surrender our will, our basic frontal lobe, to God.

You see Jesus is a gentleman; notice what the verse says. **“Behold I stand at the door and knock and if any man hear my voice and open the door . . .”** He won't open the door, because He gave mankind free choice! What a wonderful gift! And He said, “If anyone opens the door, I'll come in and sup with him and he with me.”

What a beautiful illustration of the dear Saviour reaching out to us human beings and wishing us to get to know Him. It is such a very personal thing, having supper together. It's actually not in churches or big cathedrals where we can find our Saviour, He is knocking at our hearts. [our Frontal Lobes] It's just a very personal thing, a human being choosing to open the door to get to know God, it's that simple. When we as humans want to get to know someone, we invite them to dinner, don't we?

in Ezekiel 36:26, God says, **‘I will take away your heart of stone and I'll give you a heart of flesh, and I will put my Spirit within you.’** God does a heart transplant! It's such an amazing thing! Now the ‘Heart’ actually means our inner thinking and our brain. Have you noticed in the Bible, God says that He wants to write His name in our forehead, Our forehead is where the Frontal Lobe is located!

When we read about the Seal of God and the Mark of the Beast, we see that God's Seal is only in the Forehead, but the beast's mark can be in the Forehead, or the hand. Why is this? It is because God only puts His Seal on those who have chosen with their Will, their Frontal Lobe, to belong to Him. He says to them, **“. . . I will put my law in their inward parts, and write it in their hearts; and will be their God, and they shall be my people.” Jeremiah 31:33.** So when He writes in their ‘hearts’ He is writing in their reasoning brain, and only when they have chosen to have Him do this.

But the beast's mark can be either in their forehead or their right hand, this means they may get it because they choose to serve the beast, or just so they can work, buy and sell, and not be persecuted. No one will ever be forced against their will to serve God. Force and fear is always the devil's game.

We as human beings develop habits, there are good and useful habits, and there are bad and harmful habits. Habits are actually pathways or roadways of connections in our brains, that get followed when certain things happen. We form habits by choosing to do certain things over and over, until we hardly even think about it anymore, we just do it. Like we wash our hands before we eat; we say 'Thank You' when someone gives us something. These are simple good habits and we each have many of them. However there are bad and harmful habits too. Our good habits can be our best friends, but our bad habits can be our worst enemies. Often they are what we call addictions

When a person first comes to Jesus, they may have some very bad habits. When we are 'born again' God gives us a new mind and a new heart. We don't know how all that happens, but it does. Then we start to form new habits. Basically we are 'rewiring, or reprogramming our brain'. God gives us choice! We have the choice whether we continue our old bad habits or not. The Will is like a switch, allowing us to choose which mind-pathway we will travel. When we choose right, Jesus empowers us with His righteousness.

Suppose I have an addiction to alcohol. Every day I go and get alcohol and drink it. If I don't do that my feelings and my body clamors to have that alcohol. There is a strong pathway in my brain to get that alcohol and drink it. I almost automatically start to follow that feelings and desires pathway, but the Lord reminds me through my Frontal Lobe reasoning powers, Wait a minute! You have given your heart to the Lord now, He does not want His people to be drinking alcohol! So here my habits, feelings and lusts, helped along by Satan's temptations, are saying, 'Go get that alcohol! You need it! You want it! You must have it!'

What stands in the way of my helplessly following that old pathway? It is my Will, there it is, like a switch on a railroad track. How can I activate that switch? I say "NO! I choose the Lord's way, I am through with alcohol! Dear Jesus help me! Give me victory!" And the Lord empowers me to flip that Will switch in His direction and start forming a new habit pathway. I go and do something good instead!

At first the new habit pathway is not very deep or strong but as every time the old habit clamors I make that choice to say "No" with my will switch, and ask for help from Jesus, the new pathway gets deeper and stronger and the old pathway gets weaker. There are actually special cells in our brains, called 'Glial cells' that act like vacuum cleaners, to clear away the old unused pathways while we sleep. Every time we flip our Will-switch in the right direction the good habit pathway gets stronger.

We must realize that just trying to get victory over sin habits humanly, in our own strength will fail, but when we make that determined decision to turn that bad habit over to Jesus, and ask for His power to overcome, we will succeed! It is like we flip the switch and the train heads down the right track. We don't have power to drive the train, but we do have power to flip that switch!

How long does it take before this new good pathway gets bigger than that old bad pathway? The good news is, that as that old pathway is not traveled, that pathway shrinks. How long does it take before the new pathway is bigger than the old one? It takes 21 days, 21 days of going down the new pathway, and 21 days of not going down the old pathway. The old pathway gets thinner and thinner.

That Will switch in our Frontal Lobe is where our decisions can be made according to good judgement and reason. Our feelings and desires cannot overcome us unless we choose to allow them to rule instead of our Good-Boss, the Frontal Lobe.

Remember, feelings are like a wild horse. You can't let a wild horse be in charge as they could take you anywhere! That's what feelings are, they're wild horses, and they need the control of the good boss, your frontal lobe. They need a bridle put on them by the Will switch, by our choice. If we allow wild horses to pull our wagon, we would be bound to have an accident and trouble.

All of us have likely had the experience where we know something is wrong, we know we should not do it, but instead of flipping the Will switch to the good side, we start to make excuses to go with our feelings! Satan loves to help us with this, "Awe, it won't hurt to do this just this once!" "After all it is not such a big deal! Why take a chance of offending your friends? They will think you are odd!"

Do you know what excusing wrong doing is like? It is like taking just one small step off the edge of a high roof! Once you do that, can you change your mind and step back onto the roof? Oh no! You end up falling to the ground and getting badly hurt!

One of the best decisions we can make is to give control of our Will-switch over to Jesus! Here is what He promises He will do for us. "God has given us the power of choice; it is ours to exercise. We cannot change our hearts, we cannot control our thoughts, our impulses, our affections. We cannot make ourselves pure, fit for God's service. But we can choose to serve God, we can give Him our will; then He will work in us to will and to do according to His good pleasure. Thus our whole nature will be brought under the control of Christ.

"Through the right exercise of the will, an entire change may be made in the life. By yielding up the will to Christ, we ally ourselves with divine power. We receive strength from above to hold us steadfast. A pure and noble life, a life of victory over appetite and lust, is possible to everyone who will unite his weak, wavering human will to the omnipotent, unwavering will of God." MH 176.

God gave us a bridle for our wild horses; it is our frontal lobe. Feelings are not bad; they're only bad if they're allowed to be the boss. There are two Psalms that talk about the bridle, one is Psalm 16:7, "**I will bless the Lord who hath given me council. My reins also instruct me in the night season.**" 'My reins'; that's where God communicates with men. The other verse is in Psalm 39:1, "**I will take heed to my ways that I sin not with my tongue. I will keep my mouth with a bridle.**"

So what are some things we can do to help our minds function well? All of God's 8 Laws of health we will be looking at, are helpful to our brain. But something is happening in our world that causes compromise of the frontal lobe, so people actually don't have the control that they would like to have, and that they could have.

One thing is bad air! Some people have their windows shut all night. Are you getting that fresh air in your home? If not, you will lack oxygen and be breathing your own waste gasses; that's a bit scary!

Make sure where you sleep has fresh air and in the day, sunshine. Try to get Sun every day. What the sunshine does, it goes through the neurochemical pathways in your eyes to your brain and helps your brain to function properly. Avoid Sunglasses!

Temperance what is temperance? Temperance means not using anything that will harm the body and using in moderation the good things. What will harm our brain and bodies? Sugar! Yes! I'm referring to the pure, refined, crystallized acid, extracted from the sugar-cane plant. To understand how this harms frontal lobe, we need to know that our brain consumes 15 times the fuel of any other cell in your body, and your brain can only hold a two-minute supply!

Have you noticed that when someone gains a lot of weight, say 50-80 kilos, their brain doesn't get bigger; their head does not get bigger, does it? There's no room in there, right? We can't store fat or fuel in the brain like we can in our muscles, and so you have only a two minute supply in your brain.

So when 'sugar' the pure, refined crystallized acid from the sugar-cane plant goes in, blood glucose levels rise fast. Does that mean intellect, judgment, and reason, rise? No, they are bypassed. It's like trying to control a fast car without brakes. Then very quickly the brain says to the pancreas. 'Quick! It's too high! Release insulin! Get it down!' Then too much insulin is released. Now it going too low! How's intellect, judgment, and reason down there? Not good at all. Our lights are on, but no one's home! How long does it take before the 'lights are on and no one's home'? not long at all! Want to make your children into new people? It's easy, just don't give them any refined sugar in their diets! Instead feed them fresh fruits, vegetables and whole plant foods.

Caffeine: Caffeine interferes with the neuro-transmitters in the brain.

Alcohol: alcohol is a neurotoxin; there is *no* safe dose of alcohol.

Tobacco: Tobacco inhibits nutrients, water, and oxygen to the brain. That effect comes to anyone that is around a person smoking, even if they themselves do not smoke!

When the frontal lobe function goes down, you can't make the wise decisions that you need to be making. This also happens with late nights and no exercise. With no exercise you haven't got as much oxygen going to the brain. If the brain cells have oxygen, it will give you 18 times more energy!

Trusting in divine power helps our mind and brain a lot! When we're anxious, upset, fearful, do you know it obstructs our frontal lobe function? There are two opposites that affect our brain, one is faith, and one is fear. From fear come all the negative emotions! God gave us a lovely verse to counteract fear, it's 2 Timothy 1:7, **"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."**

Make sure you go to bed early; make sure you exercise; make sure you drink your water; make sure you start learning wonderful little Bible verses! One is Isaiah 26:3 where it says, **"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in Thee."**

Then when you give your frontal lobe to God you go one step further. You've got divine help! Divine help to give you strength to make the right decisions, that God wants you to make.

"Right physical habits promote mental superiority. Intellectual power, physical strength, and longevity depend upon immutable laws. There is no happen-so, no chance, about this matter. Nature's God will not interfere to preserve men from the consequences of violating nature's laws. here is much sterling truth in the adage, "Every man is the architect [designer] of his own fortune." CD. 30.

So let me finish with a verse from Proverbs 22:17, 18. **"Bow down thine ear, and hear the words of the wise, and apply thine heart unto my knowledge. For it is a pleasant thing if thou keep them within thee; they shall withal be fitted in thy lips."** You see what we take into our mind comes out in our lips, **"That thy trust may be in the LORD, I have made known to thee this day, even to thee. Have not I written to thee excellent things in counsels and knowledge, That I might make thee know the certainty of the words of truth; that thou mightest answer the words of truth to them that send unto thee?" Proverbs 22:19-21.**