

Our Brain/Spiritual Development

Some years ago, I did some research on brain development. I believe we can learn so much about how we can spiritually grow through understanding more about how the brain develops. The research I went through showed how our brain is like a computer and starts its wiring or connecting in the womb. Everything that happens to us mentally and physically ends up wired in our brain. We learn to walk and talk, and after a while, it does not require learning to function effectively. We would see, if we could, that everything that happens every day is firing and wiring in our brain. Things we want and need to learn take a lot of practice to be proficient, which means lots of wiring. Here is what researchers found.

In a study of the brain, they found that a carpenter and a musician had heavy wiring in certain regions of the brain, with other brain areas not being as dense. Then they looked at a brain from a person who made his living talking and communicating. They found that a wiring had taken place in a different region in comparison to the musician and carpenter.

So, what is the application here? Below is an instrument panel. I would like you to imagine sitting in the plane on a runway. I ask you to take off, fly 500 miles, and land at a destination. The weather is overcast all the way. You will not be able to see anything except this panel. Unless you are instrument trained, you would say I cannot do that; that panel makes no sense to me at all. If you ask me to do the same thing, I will say ok, because I had the training. Those instruments tell me precisely what to do. They give me direction, altitude, attitude, and the position of the plane. I know what each of those instruments tells me, and I can get to the destination. I took the time to learn the needed training and then practiced so that I would become comfortable flying on an instrument trip. I trained my brain to get wired just like the musician. The point here is I cannot just say, "Ok, I want to fly instruments and go." If I did that, I would find that nothing I would be looking at would make sense. I would crash the plane.



What is the application to our spiritual growth? If you have decided to accept your Creator's gift for your restoration and your salvation, you have decided to fly. You now need to be trained and learn to be a disciple of Christ (the new wiring). When the bible was written they did not know about brain research, but God knew and told us many times about this renewing our mind.

Romans 12:1-2

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Ephesians 4:23

To be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

I Peter 1:13

Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.

How do you do that?

- Connect with others who are pursuing these truths.
- Talk to God about what is going on in your life-what you want and need to learn (prayer)
- Wire your brain to walk by faith. Walking in faith is like flying those plane instruments.
- Embrace humility as you learn-none of us have this all figured out.

Questions from what you read:

- What did this say about God?
- What did this say about you?
- Any action needed on your part?

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