



Keepin' The Brain Fresh

Do not be conformed to this world, but be transformed by the renewing of your mind. —Romans 12:2

A simple saying among scientists who study the human brain goes like is: "**Use it before you lose it.**" They say that people largely have the ability to keep their brains pretty fit, fresh and working well. Doctors like Dr. Kawashima's and Dr. Katz, a neurologist from Duke, encourage us to exercise our minds daily.

They tell us to do basic mental exercises like performing our daily tasks with the hand or limb we do not normally use. It's stimulating for your mind when you go outside and rake the leaves with the other hand forward on the rake, or when you brush your teeth to use the non-dominant hand, or when you drive to work, to take a brand new route. This stuff helps you get out of your mental rut and this kind of exercising keeps your mind healthy. The objective is to replace unthinking boring routine with fresh awareness and new focus. Americans are spending a lot of money now on high-tech gadgets and games that make people think and these are great for elderly people who want to retain their cognitive skills. In one year, Nintendo sold nearly five million copies of its three Nintendo DS brain training games since the series launched in Japan in 2005.

Your law... is my meditation all the day.
—Ps. 119:97

What can we learn from all this as Christians? Even the most valuable spiritual disciplines of Bible reading can become so habitual that our minds are not fully engaged anymore. It would be good for us to invest time in Bible memorization

These words which I command you today shall be in your heart. —Deut. 6:6

with say evangelistic verses that are more unfamiliar to us. Meditation on evangelistic verses you might find in a good Gospel tracts would stimulate you in more than one way. Fervent prayer regarding those verses will also keep your mind and spirit fresh.

*Memorize one of the following Bible passages
and ask God to change your thinking.*

Repentance: Psalm 32;

Love: 1 Corinthians 13;

Christlikeness: Philippians 2:1-11

Let God's Word fill your thoughts, rule your heart and speech, and also guide your feet. Please avoid sliding into a spiritual rut. Add Scripture memory to your daily devotional time and grow! This is an upstairs effort that is designed to produce spiritual fruit and change. The psalmist wrote, "**Your Word I have hidden in my heart, that I might not sin against You**" (Ps. 119:11). Paul said, "**Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God**" (Rom. 12:2). Besides, doing this daily will help you fight and win against all the temptations in the world.

*The Word of God was
given not merely to
inform you but to
transform you!*

In the Fisher's mighty hand,
kurt

