

**Message:**

# **REWIRE**

## **Our Brain Reset/Rest**

### **Part Nine**

**Scripture Text:**  
**1 COR 1, EX 20, MARK 2&3**



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**Announcements:** YOUTH CAMPS!!! Get Ready For A Sunday With Special Guest Kristy Taylor

**Today's Message Intro, Is Last Weeks Daily Memory Verse :**

**ARE WE AFRAID OF SPEAKING IN TONGUES? WE SURE SHOULD NOT!  
 WE SHOULD BE DOING IT NOW! IT IS HEALTH FOR OUR BRAIN!**

**How can I improve my Brain Chemistry?**

**-What are the Five Brain Chemicals?**

**1. Dopamine, 2. Serotonin, 3. Oxytocin, 4. GABA, 5. Endorphins**

**neu·ro·plas·tic·i·ty**

**Effects Three Brain Parts:**

**Hippa Campus, Amigdala Campus, Pre-Frontal Cortex**

**1. How Can We Align Our Brains For True Wisdom?**

- Natural Wisdom Is Deceptive and Foolishness:**
- Religion (Law) Is a Cheap Way To Strive For Brain Health,**
- Spirituality Can Be Misleading, Dangerous and Can End Badly**
- Spirit Led, Born Again By The Spirit of God, Can Make A HUGE Difference!**

**1 Corinthians 1:18-31**

## **2 - Addicted To Distraction: Dopamine!**

**- Get off the Dope! (OVERSTIMULATION OF OUR BRAINS)**

**- Do We Need Do a Dopamine Detox!**

Philippians 4:6-9

## **3. Overstimulation Is Killing Us! Is There A Cure? Biblical One?**

Isaiah 26:1-4

## **4. What is Biblical Brain Healing?**

Exodus 20:8-11

## **5. What Should We Do With A Gift?**

**Take It Because It Was Meant For Us, For Our Benefit,**

Exodus 16:29-30

## **6. Who Was The Sabbath Made For?**

Mark 2:23-28

## **7. Is the SaBbath Made For Good Or Evil? \_\_\_\_\_**

**Was It Made For Me? \_\_\_\_\_**

Mark 3:1-23. (Matthew 12, Luke 6)

## **8. A Religious Demand? A Way of Life? Created By God?**

Colossians 2:11-23, Colossians 3:1-25

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What did I LEARN most? \_\_\_\_\_

How will I LIVE out what I Learned? \_\_\_\_\_

How can I GIVE it, or help someone else with what I have learned? \_\_\_\_\_

I Choose to be a Life-Giver, This Week In This Way? \_\_\_\_\_