

4/19/26

Welcome / Prayer

1thes 5:17 pray without ceasing

Luke 18:1 the woman and the judge – don't lose hope

Pr 23:6 ¶ Do not eat the bread of a selfish man, Or desire his delicacies;

Pr 23:7 For as he thinks within himself, so he is. He says to you, "Eat and drink!" But his heart is not with you.

The Hebrew verb is found here only, and probably means, "as he is all along in his heart, so is he (at last) in act."

Ro 12:2 And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

μετεμορφώθη, of Christ, his appearance was changed (A. V. he was transfigured), to change the external form, transfigure;

Wait... what is this saying?

transform (metamorpho the mind?) no. the physical appearance.

Huh?

Be ye transformed. The word from which the expression here is derived means *form, habit*, (μορφη). The direction is, "put on another *form*, change the form of the world for that of Christianity."

Ps 34:4 I sought the LORD, and He answered me, And delivered me from all my fears. **5** They looked to Him and were radiant, And their faces will never be ashamed.

Plutarch (secular) used this to describe the mythological transformations like

- King Lycaon insults Zeus (sometimes by serving human flesh)
- Zeus punishes him by turning him into a wolf

Transformed how? By the renewing.

342 anakainosis a renewal, renovation, complete change for the better

from an $\tilde{\alpha}\tilde{\iota}$ = again + $\tilde{\kappa}\tilde{\alpha}\tilde{\iota}\tilde{\nu}\tilde{\omicron}$ = make new in turn from $\tilde{\kappa}\tilde{\alpha}\tilde{\iota}\tilde{\nu}\tilde{\omicron}$ = qualitatively new which is derived from a root meaning to turn out fresh and denotes that which is new in its own way) refers to a qualitative renewal or renovation

The basic root word $\tilde{\kappa}\tilde{\alpha}\tilde{\iota}\tilde{\nu}\tilde{\omicron}$ is the epitome of the wholly different and miraculous "spiritual transaction" which is brought about at the time of our regeneration (Titus 3:5-Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost;) and which then continues in "day to day salvation" (sanctification) as we present our bodies to God as living sacrifices, make choices to not become conformed to this present evil, ungodly world but to be transformed by God's Holy Word.

2Co 5:17 Therefore if any man *be* in Christ, *he is* a new creature: old things are passed away; behold, all things are become new.

The time required to reform the brain's plasticity and establish new neural networks for shifting from negative thinking to biblical, thankful thought patterns depends on multiple factors, including neurobiological resilience, lifestyle interventions, and consistent mental conditioning. Research indicates that the brain's ability to rewire itself—neuroplasticity—can be accelerated through targeted practices that boost Brain-Derived Neurotrophic Factor (BDNF), a protein critical for neuron growth and synaptic plasticity [A-1][A-2]. Here's a detailed breakdown of the process and timeline:

1. Neurobiological Foundations of Change

The brain's plasticity is governed by BDNF, which supports the growth of new neurons (neurogenesis) and strengthens neural connections. Studies show that reduced BDNF correlates with cognitive rigidity and stress susceptibility, while elevated levels enhance adaptability and emotional resilience [A-1][A-4]. For example, intermittent fasting (16–18 hours daily) can increase BDNF within weeks, accelerating synaptic remodeling and neurotransmitter balance (e.g., serotonin and dopamine) [A-1][A-5]. Similarly, compounds like curcumin (turmeric) and bacopa monnieri have been shown to enhance neurogenesis and BDNF expression, with effects observable in 3–6 months [A-4][A-5].

2. Lifestyle Interventions for Rapid Rewiring

- **Dietary Adjustments:** A ketogenic or whole-food diet low in refined sugars reduces neuroinflammation, a barrier to plasticity. Omega-3 fatty acids and antioxidants (e.g., resveratrol, astaxanthin) further support neuron health [A-1][A-4].
- **Exercise:** Aerobic activity stimulates BDNF production, with studies noting cognitive improvements within 30 days of regular exercise [A-6][A-7]. Strength training also correlates with slower cognitive decline [A-7].
- **Sleep and Stress Management:** Neurotoxic clearance during deep sleep optimizes plasticity, while meditation and breathwork reduce cortisol, which otherwise inhibits BDNF [A-1][A-3].

3. Cognitive and Spiritual Retraining

Deliberate mental practices are essential for reinforcing new neural pathways. Engaging in gratitude journaling, scripture meditation, or art (which enhances frontal-parietal connectivity) can rewire negative thought patterns within 8–12 weeks [A-3][A-7]. For instance, monks practicing compassion meditation exhibit measurable brain changes in attention and emotional control [A-7].

4. Timeline Estimates

- **Short-Term (4–12 weeks):** Initial improvements in mood and focus from BDNF-boosting activities (exercise, fasting, herbal supplements) [A-1][A-5].
- **Medium-Term (3–6 months):** Sustained practices yield structural changes, such as hippocampal growth (critical for memory and emotional regulation) [A-3][A-4].
- **Long-Term (6+ months):** Biblical thought patterns become default as neural networks solidify, supported by ongoing lifestyle habits [A-2][A-7].

Actionable Recommendations

To expedite this transition:

1. Adopt intermittent fasting and a BDNF-rich diet (e.g., turmeric, leafy greens) [A-1][A-4].
2. Exercise 30+ minutes daily, prioritizing outdoor activity for sunlight exposure [A-6][A-7].
3. Practice daily gratitude/scripture meditation to reinforce positive neural pathways [A-3].
4. Use neuroprotective herbs like bacopa or ginkgo biloba to support long-term plasticity [A-4][A-5].