

10/11/26

Welcome / Prayer

Neuroplasticity

What is it?

<https://www.youtube.com/watch?v=kWlagHUqD8A>

How new neural pathways are formed and strengthen

<https://www.youtube.com/watch?v=ELpfYCZa87g&t=33s&pp=ygUVYnJhaW4gbmV1cm9wbGFzdGljaXR5>

Relation to Learning and Memorizing When you learn something new (a fact, skill, or association):

- Relevant neurons fire together → LTP strengthens those synapses.
- New spines and synapses can form to encode the information more robustly.
- Repeated retrieval or practice further stabilizes the changes (consolidation) and can refine them.
- Sleep, attention, emotion, novelty, and spaced practice enhance these processes; stress or inactivity can impair them.

In short, every time you practice or encode something new, you are (at a cellular level) adjusting the strength of existing axon-to-dendrite connections, growing or pruning spines, and sometimes forming entirely new synaptic links. That is the physical basis of “rewiring” the brain through experience.

This blows “Can’t teach an old dog new tricks” out of the water. It’s actually a lie.

Mario Nawfal – good one to follow for word events

<https://x.com/MarioNawfal/status/2107803122924228809>

Watch this time lapse showing how when you read, your brain forms new connections.

How much more when you memorize.

This microscopic time-lapse shows neurons extending axons and dendrites, forming intricate connections with pulsing light effects that visually represent synaptic activity and neuroplastic changes during reading.

While you’re watching that,

The earliest known printed version appears in John Fitzherbert’s *The Boke of Husbandry* (1534), a practical English farming manual. Discussing training sheepdogs, he wrote that the dog “must lerne it, whan he is a whelp, or els it will not be: for it is harde to make an olde dogge to stoupe” (stoop to pick up a scent). By 1546, John Heywood’s proverb collection already treated the idea as an established “old saying.” Later forms include “An old Dog will learn no Tricks” (Nathan Bailey, 1721) and the modern wording. It began as literal advice about animal training in an agrarian society and quickly generalized to human habits and stubbornness.

So then why do many cling to this?

- Long-established habits, expertise, and self concepts create inertia (becomes big/massive, hard to move)
- Self-fulfilling expectations / ageism in low expectation environments (like fallow ground)
[Hoseah 10: 12 Sow with a view to righteousness, Reap in accordance with kindness; Break up your fallow ground, For it is time to seek the LORD Until He comes to rain righteousness on you.](#)
- Confirmation bias – I already don’t want to do something, that saying must then be true (bias, confirms my view)
- Culture / Historical Lag – everyone around you says the same thing.

[Deut 11: 18 "You shall therefore impress these words of mine on your heart and on your soul; and you shall bind them as a sign on your hand, and they shall be as frontals on your forehead.](#)

[Prov 7: 1 My son, keep my words And treasure my commandments within you.](#)

Treasure = a primitive root; to hide (by covering over); by implication, to hoard or reserve

Same word in Psalm 31: 19 *Oh how great is thy goodness, which thou hast laid up for them that fear thee; which thou hast wrought for them that trust in thee before the sons of men!* ²⁰ Thou shalt hide them in the secret of thy presence from the pride of man: thou shalt keep them secretly in a pavilion from the strife of tongues.

- God takes action to protect due to what holds great value to Him.
- Same word as “your word I have hidden in my heart...”

Col 3:16 Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs

- The most natural activity for a Christ follower is to devour God's word so that it richly dwells.
- “Let” means it will happen unless you prevent it. Things that can prevent:
 - thorns can change that. I’m too busy to do this. What I’m doing is more eternally important
 - Doubt.
 - Double mindedness.

Next up,

8b The commandment of the LORD is pure, enlightening the eyes.

Commandments – Mitsvah (or mitsvot plural)

You might know a Jewish Bar Mitsvah, son of the commandment, is a ceremony where a Jewish 12/13yr (girl/boy) becomes responsible for keeping God's commandments – like a celebration of age-of-accountability.

- These are divine decrees, divine mandates
 - authoritative
 - sovereign
 - binding
 - non-optional

Examples of a ‘mitsvah’? (Exodus 20...)

The classic traditional Jewish count of the mitsvot (commandments) contained in the Torah / Old Testament is 613

- It was first stated by Rabbi Simlai in the 3rd century CE (Talmud, Makkot 23b).
- The traditional breakdown is: 248 positive commandments (mitsvot aseh – “do this”)
- 365 negative commandments (mitsvot lo ta’aseh – “do not do this”)

What are the commandments? They are ‘pure’

Strong's Hebrew Dictionary

1249. בָּרַךְ bar (bar)

- beloved; also pure, empty:—choice, clean, clear, pure

Found only 7 times in Hebrew bible

1. Morally pure / clean / sincere

- “pure in heart” (Psalm 24:4 – bar-levav)
- “those who are pure in heart” (Psalm 73:1)
- “I am clean/pure in your eyes” (Job 11:4)

2. Pure / clear (of God's commandment or a person)

- “the commandment of the Lord is pure (barah)” (Psalm 19:8)
- The beloved is described as “pure/choice” (2x) in Song of Songs 6:9–10
 - Song 9: 9 *But my dove, my perfect one, is unique: She is her mother's only daughter; She is the pure child of the one who bore her. The maidens saw her and called her blessed, The queens and the concubines also, and they praised her, saying,* ¹⁰ *'Who is this that grows like the dawn, As beautiful as the full moon, As pure as the sun*

BTW – important trivia, but interesting: why might the author have compared his bride to a dove?

[PubMed](#)

“A dove must orient its head to bring an object into foveal focus; its high-acuity vision is therefore directed toward a particular target at a time.”

(it can only focus on one thing)