



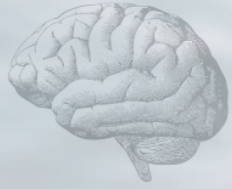
# LIFE IS GOOD

A N B C C S E R I E S



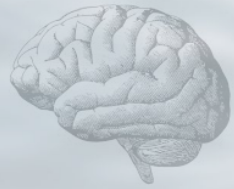
# 10 Interesting Facts About the Brain

1. The average weight of the adult brain is 3 pounds and is the texture and consistency of tofu.



# 10 Interesting Facts About the Brain

2. More than 100,000 chemical reactions take place in the brain every second. Your brain generates 12-15 watts of electricity, enough to power a low wattage light bulb.



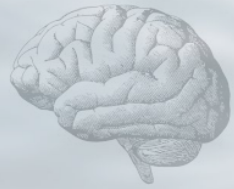
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3. The average human attention span is 20 minutes. It has decreased 12 minutes over the last 10 years and is shorter than a goldfish.



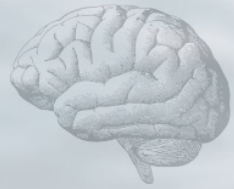
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4. The brain can store an estimated 2.5 million gigabytes of memory.



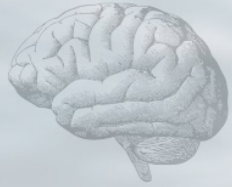
# 10 Interesting Facts About the Brain

5. Memories are stored in short-term parking and long-term parking. Short-term memory can only store 7 pieces of information for 20 seconds.



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6. Vitamin B1 can help improve your memory.



# 10 Interesting Facts About the Brain

7. Easy access information is harder to remember. The harder we have to work to get information, the more likely we are to remember it.



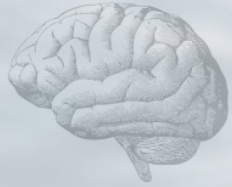
# 10 Interesting Facts About the Brain

8. If you take a quiz twice, you are 65% more likely to remember the facts.



# 10 Interesting Facts About the Brain

9. 95% of all decisions are subconscious.



# 10 Interesting Facts About the Brain

10. Your brain has between 50,000 - 70,000 thoughts a day.

- 60-70% of those thoughts are negative
- 95% of your thoughts are repetitive

When you believed, you were marked in him  
with a seal, the promised Holy Spirit,

Ephesians 2:13(b) (NIV)

So I say, walk by the Spirit, and you will not gratify the desires of the flesh.

Galatians 5:16 (NIV)

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.

Romans 8:5 (NIV)

The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

Romans 8:6 (NIV)

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.

Romans 12:1 (NIV)

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.

Romans 12:2 (NIV)



For though we live in the world, we do not wage war as the world does.

2 Corinthians 10:3 (NIV)

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.

2 Corinthians 10:4 (NIV)

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 Corinthians 10:5 (NIV)

Finally, brothers and sisters, whatever is true,  
whatever is noble, whatever is right, whatever is  
pure, whatever is lovely, whatever is admirable  
- if anything is excellent or praiseworthy -  
think about such things.

Philippians 4:8 (NIV)

I pray that out of his glorious riches he may  
strengthen you with power through his Spirit in  
your inner being,

Ephesians 3:16 (NIV)

So that Christ may dwell in your hearts through  
faith. And I pray that you, being rooted and  
established in love,

Ephesians 3:17 (NIV)

May have power, together with all the Lord's  
holy people, to grasp how wide and long and  
high and deep is the love of Christ,

Ephesians 3:18 (NIV)

And to know this love that surpasses knowledge  
- that you may be filled to the measure of all the  
fullness of God.

Ephesians 3:19 (NIV)

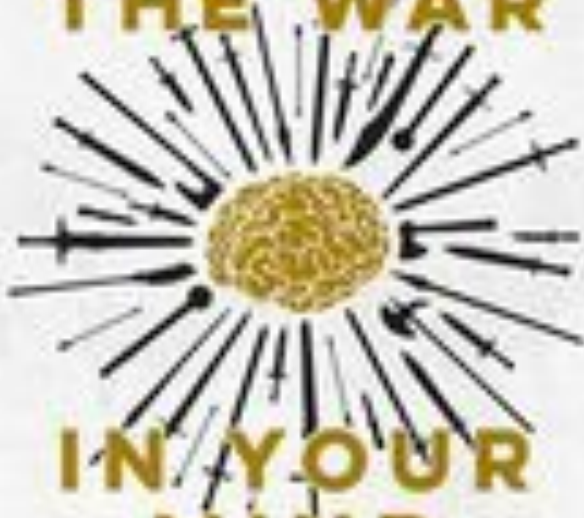
Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,

Ephesians 3:20 (NIV)

To him be the glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Ephesians 3:21 (NIV)

**WINNING  
THE WAR**



**IN YOUR  
MIND**





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