

Neurospiritual Illustrations

This pamphlet uses neuroscience reports to illustrate Scriptures about the heart and mind!

“Jesus said to him, “You shall love the Lord your God with all your heart, with all your soul, and with all your mind” Matthew 22:37

Vine’s Dictionary Definitions

Heart 1: καρδία (Strong's #2588 — Noun Feminine — kardia — kar-dee'-ah) "the heart" (Eng., "cardiac," etc.), the chief organ of physical life ("for the life of the flesh is in the blood," [Leviticus 17:11](#)), occupies the most important place in the human system. By an easy transition the word came to stand for man's entire mental and moral activity, both the rational and the emotional elements.

Soul 1: ψυχή (Strong's #5590 — Noun Feminine — psuche — psoo-khay') the seat of personality, the seat of the sentient element in man, that by which he perceives, reflects, feels, desires, the seat of will and purpose.

Mind A — 1: νοῦς (Strong's #3563 — Noun Masculine — nous — nooce) "mind," denotes, speaking generally, the seat of reflective consciousness, comprising the faculties of perception and understanding, and those of feeling, judging and determining.

Gospel Advocate Commentaries - New Testament Commentary – A Commentary on the Gospel According to Matthew.

Jesus answered him, "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind." That is, one must love God with his best, **highest** faculties, with the heart; that is, one must love God with all of his affections and have his **desires** fixed on Him. "With all thy soul" includes all of one's **spiritual** nature; "with all thy mind" means that all of the **intellectual** powers must be brought into subjection to the truth of God. It may be that Jesus meant to make no distinction between **"heart," "soul," and "mind"**; that he meant that one must surrender his entire being to the will of God and use the combined powers and faculties of his being to promote the honor and glory of God.



1. "Jesus said to him, "You shall _____ the Lord your God with _____ your _____ , with all your _____, and with all your _____"
Matthew 22:37

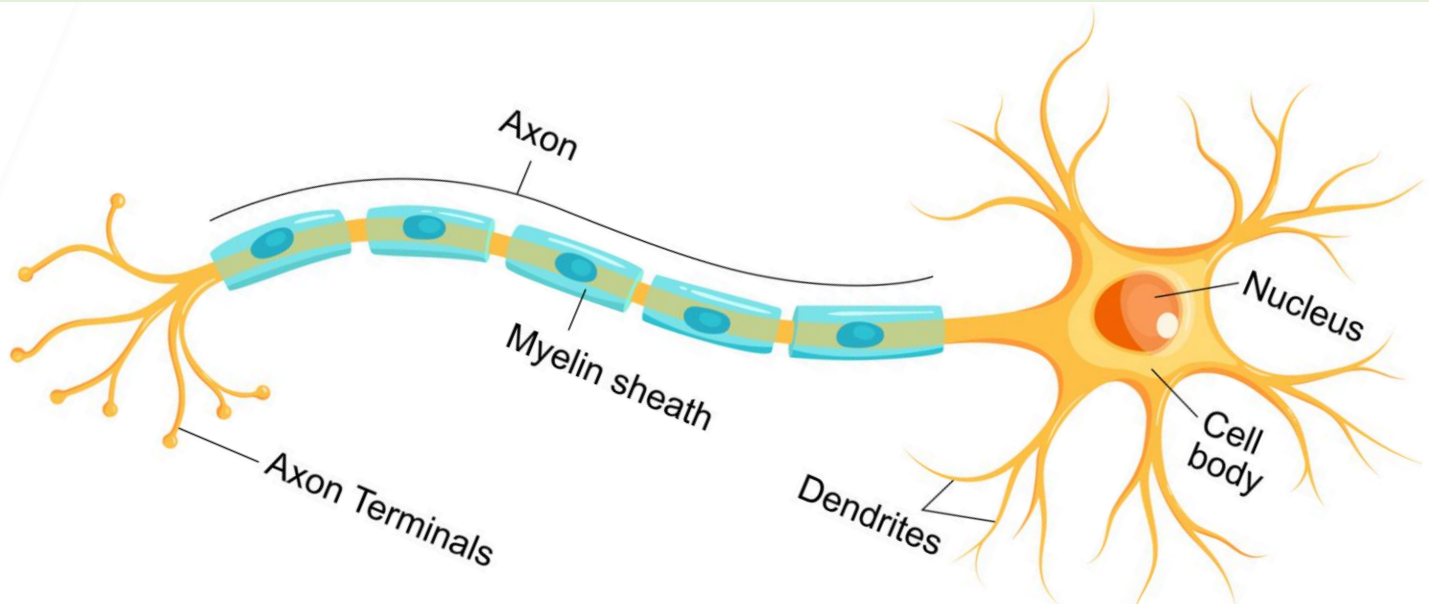
love all heart soul mind

2. Jesus answered him, "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind." That is, one must love God with his best, highest _____, with the heart; that is, one must love God with all of his _____ and have his desires fixed on Him. "With all thy soul" includes all of one's spiritual nature; "with all thy mind" means that all of the _____ powers must be brought into subjection to the truth of God. It may be that Jesus meant to make no distinction between "heart," "soul," and "mind"; that he meant that one must _____ his _____ being to the will of God and use the combined powers and faculties of his being to promote the honor and glory of God.

faculties affections intellectual surrender entire

Neurons

“Neurons are the fundamental units of the brain and nervous system responsible for receiving sensory input from the external world and sending it throughout the brain and body.” (Khan Academy)



Scientists set the total number of neurons in the brain at 86 billion.

Neuron communication is like people communicating with each other. We use our mouths to speak and our ears to receive those messages.



Our voices usually convey the message between one person's mouth and another person's ears.

Dr. Tiffany Rogers

Axons function like our mouths and dendrites work like our ears.



1. Neuron communication is like _____ communicating with each other.

people

2. We use our _____ to _____ and our _____ to _____ those messages. Our _____ usually convey the _____ between one person's mouth and another person's ears.

mouths speak ears receive voices message

3. Brain scientists agree that there are _____ billion neurons in the prefrontal cortex and _____ neurons in the dopamine pathway. Scientists set the total number of neurons in the brain at _____ billion.

16 450,000 86

4. Neurons send _____ signals from one end of the neuron to the other. They send messages from one neuron to another.

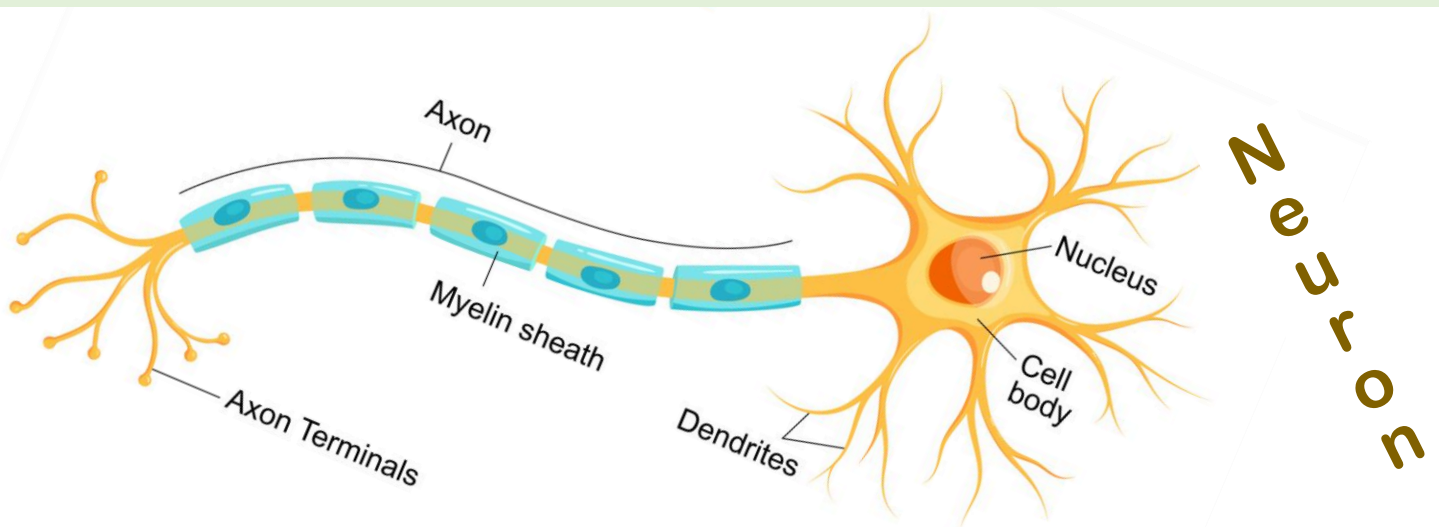
electrical chemical



Groups of numerous neurons work together to enable you to perform the “works of the flesh” or grow “fruit of the Spirit.”

“Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like...” (Galatians 5:19-21).

“...The fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control...” (Galatians 5:22,23).





1. A group of numerous _____ will work together to enable you to _____ the “works of the flesh” or _____ “fruit of the Spirit.”

neurons perform grow

“Now the _____ of the _____ are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, _____ ambitions, dissensions, heresies, envy, murders, _____, revelries, and the like...” (Galatians 5:19-21).

works flesh selfish drunkenness

Name three of the “fruit of the Spirit” in Galatians 5:22,23 that you struggle with?

Your brain has 86 billion neurons. Our study is limited to the role neurons play regarding dopamine (motivation) and neuroplasticity (learning new skills).



An easy way to think of how neurons send and receive signals is to imagine baseball players playing catch. Each player represents a neuron. The baseball, as it is sent toward its intended destination, represents a dopamine message travelling from one neuron to another.



Axon

One end of the neuron (dendrite) receives a chemical message from another neuron (axon).

That dendrite then sends an electrical signal to its opposite end of that neuron.

Then the axon sends a chemical signal to another neuron (dendrite).

This happens at high speed, as neurons work together as a group sending & receiving messages.

Among many other tasks, the neurons work together to activate your dopamine pathway and to perform neuroplasticity, as new skills are learned and perfected.



Dendrite



1. ur brain has ____ Billion Neurons. Our study is limited to the _____ chemical messages and the neurons that carry out _____ (learning new skills).

86 dopamine neuroplasticity

2. An easy way to think of how neurons send and _____ signals, is to imagine baseball players _____ a _____ around the field.

receive throwing baseball

3. Each player represents a _____.

neuron

4. The baseball _____ a dopamine message as it is _____ from one _____ to another.

represents sent neuron

5. One end of the neuron (_____) receives a chemical message from another neuron (_____).

dendrite axon

6. That dendrite then sends an _____ signal to its opposite end (axon).

Electrical

7. Then the axon sends a _____ signal to another neuron (dendrite).

chemical

This happens at high speed as a group of numerous _____ work together.

neurons

8. Among many other tasks, the _____ work together to _____ your dopamine pathway and to perform neuroplasticity, as new skills are _____ and perfected.

neurons activate learned

Numerous neurons work together in groups to perform spiritual tasks like these!



“But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ.” 2 Peter 1:5-8



Axon

“This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind, having their understanding darkened . . . who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness. But you have not so learned Christ . . . put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness.” Ephesians 4:17-24



Dendrite



1. Numerous _____ work together in groups to perform _____ tasks like these!

neurons spiritual

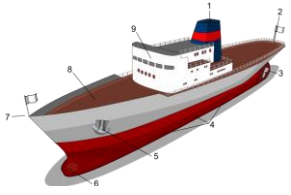
2. “But also for this very reason, giving all _____, add to your faith virtue, to virtue knowledge, to knowledge _____, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ.” 2 Peter 1:5-8

diligence self-control

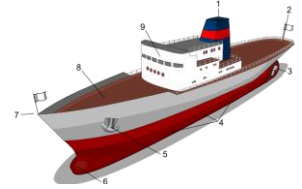
3. “This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their _____, having their understanding darkened . . . who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness. But you have not so _____ Christ . . . put off, concerning your former conduct, the old man which _____ corrupt according to the deceitful lusts, and be _____ in the spirit of your _____, and that you put on the new man which was created according to God, in true righteousness and holiness.” Ephesians 4:17-24

mind learned grows renewed mind

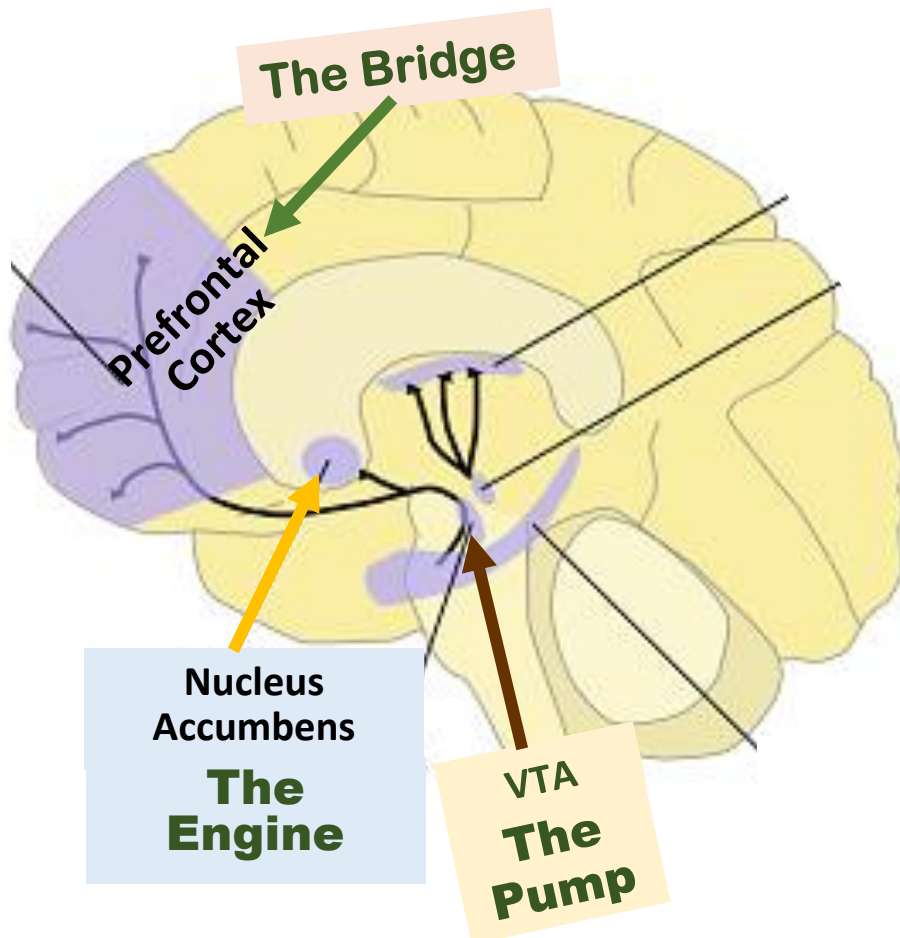
The Dopamine Pathway



Think of your reward (dopamine) pathway as a ship having a fuel pump, engine and bridge (main deck):



Your reward pathway begins at the ventral tegmental area (VTA). It functions like a ship's fuel pump. When you see something you would like to have, do or accomplish, it manufactures the dopamine and sends the dopamine signal to the nucleus accumbens (the engine).



The nucleus accumbens functions like a ship's engine. When it receives the dopamine signal, it generates motivation and attention to help you accomplish the goals you choose.

Then, there is the prefrontal cortex, which is responsible for judgment, decision-making, perspective-taking, and self-regulation. The prefrontal cortex, like the bridge of a ship, steers your behavior.

Neuroscientist Dr. Marc Lewis (adapted)



1. Your reward pathway begins at the _____
_____ (VTA). It functions like a ship's fuel pump. When
you see something you would like to have, do or accomplish, it
_____ the dopamine and sends the _____
signal to the nucleus accumbens (the engine).

ventral tegmental area manufactures dopamine

2. The _____ functions like a ship's engine.
When it receives the dopamine signal, it _____
_____ and attention to help you accomplish the goals
you choose.

nucleus accumbens generates motivation

3. Then, there is the _____, which is
responsible for _____, decision-making, perspective-
taking, and self-regulation. The prefrontal cortex, like the bridge of
a ship, _____ your _____.

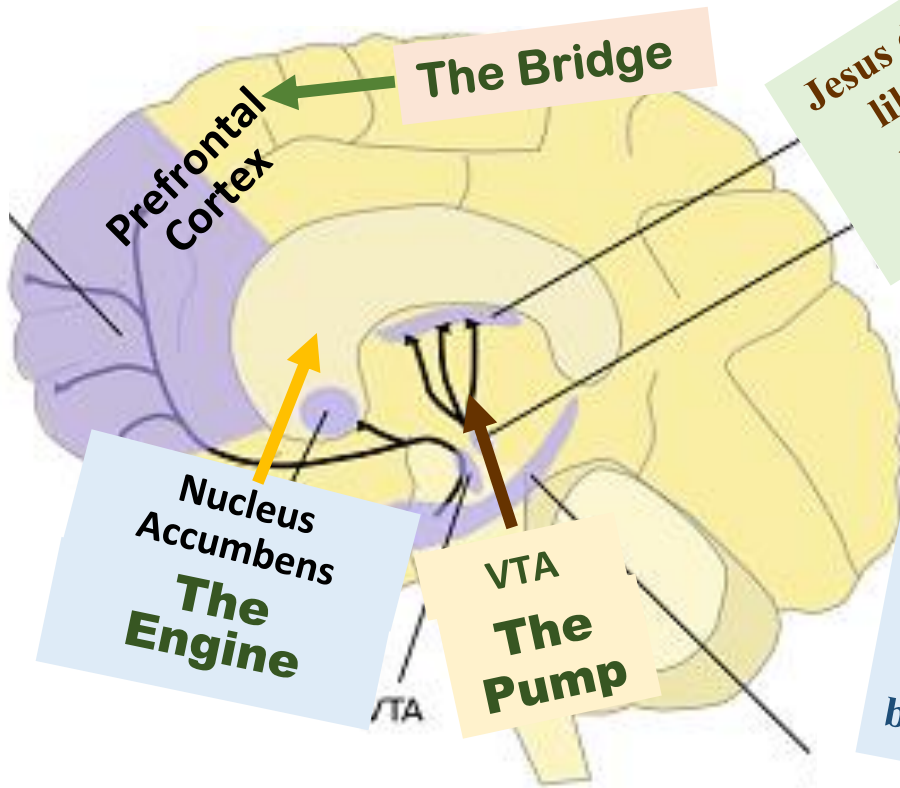
Neuroscientist Dr. Marc Lewis (adapted)

prefrontal cortex judgment steers behavior

The dopamine pathway's spiritual role:

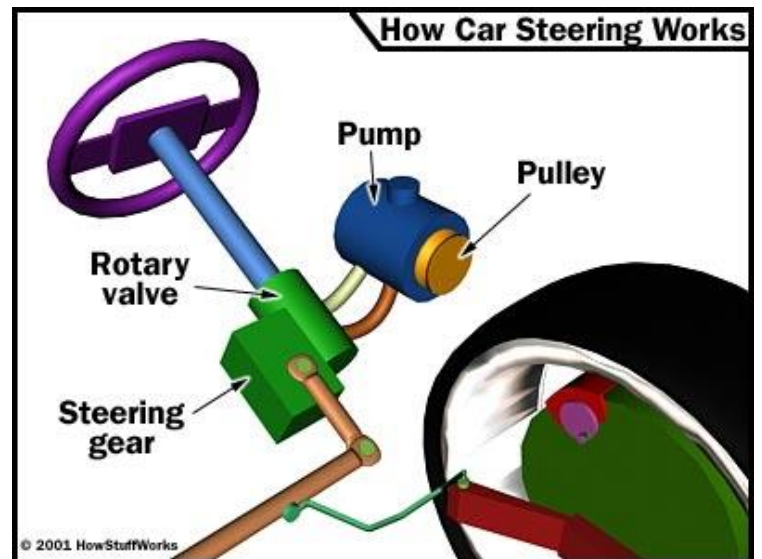
Jesus invented this smart device called the human brain, and He knows we must desire God's blessings to receive them.

Jesus designed into the brain a function like a car's power steering system, which is activated the moment the steering wheel is touched and turned.



Likewise, asking, seeking and knocking activates our VTA to manufacture dopamine and send it up to the nucleus accumbens (NA). Then the NA generates a strong force in our mind that sharpens our focus and pushes our body toward the desired goal!

The power steering system of your car is activated in the same way your dopamine pathway is activated. At your command, a pump is activated to help you move in the direction of your desire.





1. Jesus invented this smart device called the human brain, and He knows we must _____ God's blessings to _____ them.

desire receive

2. Likewise, asking, seeking and knocking _____ our VTA to _____ dopamine and send it up to the nucleus accumbens (NA). Then the NA _____ a strong force in our _____ that sharpens our _____ and pushes our body toward the desired goal!

activates manufacture generates mind focus

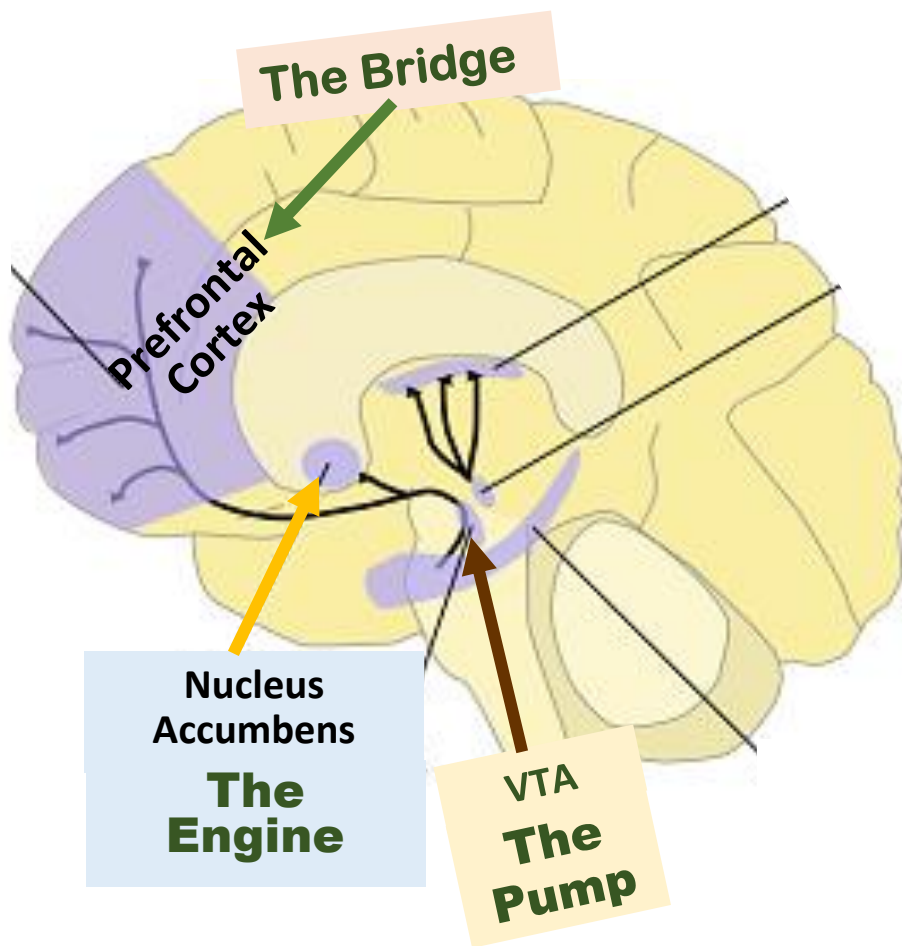
3. The power steering system of your car is _____ in the same way your _____ pathway is activated. At your command, a _____ is activated to help you move in the direction of your _____.

activated dopamine pump desire

“For I delight in the law of God according to the inward man.” (Romans 7:22)

This chart of our dopamine pathway illustrates the Scriptures about “the law of God according to the inward man”

“Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day” (2 Corinthians 4:16).



“That He would grant you . . . to be strengthened with might through His Spirit in the inner man, that Christ may dwell in your hearts through faith . . . that you may be filled with all the fullness of God . . . according to the power that works in us...” (Ephesians 3:16-20).

“For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart” (Hebrews 4:12).



1. “For I delight in the _____ of God according to the _____ man.”
(Romans 7:22)

law inward

2. “Therefore we do not lose _____. Even though our _____ man is perishing, yet the _____ man is being _____ day by day”
(2 Corinthians 4:16).

heart outward inward renewed

3. “That He would grant you . . . to be _____ with might through His _____ in the _____ man, that Christ may dwell in your _____ through faith . . . that you may be _____ with all the fullness of God . . . according to the _____ that works in us...”
(Ephesians 3:16-20).

strengthened Spirit inner filled power

“For the _____ of God is _____ and _____, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the _____” (Hebrews 4:12).

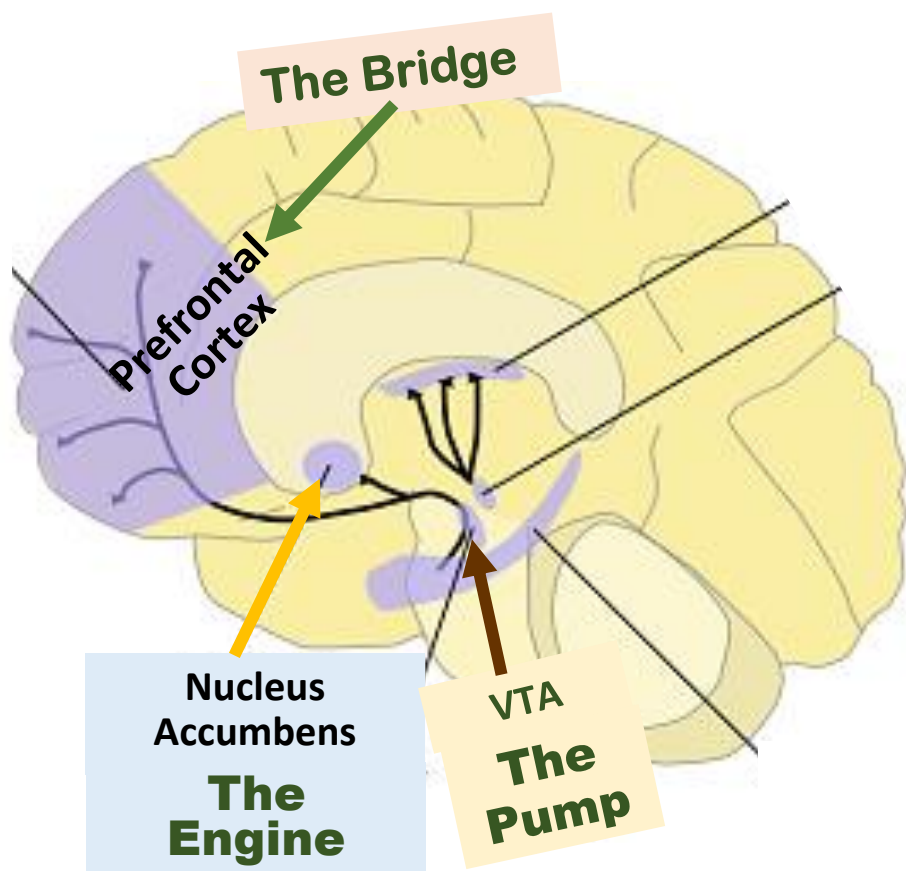
Word living powerful heart

“But I see another law . . . warring against the law of my mind, and bringing me into captivity to the law of sin...”

(Romans 7:23).

The dopamine pathway is where “the law of sin” is “warring against the law of my mind.” The chart illustrates the Scriptures about this war!

“But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death” (James 1:14,15).



“Where do wars and fights come from among you? Do they not come from your desires for pleasure that war in your members? You lust and do not have. You murder and covet and cannot obtain. You fight and war. Yet you do not have because you do not ask. You ask and do not receive, because you ask amiss, that you may spend it on your pleasures” (James 4:1-3).

“I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another...” (Galatians 5:16,17).



1. “But I see another _____ . . . _____ against the law of my _____, and bringing me into _____ to the _____ of sin...”
(Romans 7:23).

law warring mind captivity

2. The dopamine pathway is where “the _____ of _____” is “_____ against the of my _____.”

law sin warring law mind

3. “But each one is _____ when he is _____ away by his own _____ and _____. Then, when _____ has conceived, it gives birth to _____ ; and sin, when it is full-grown, brings forth death”
(James 1:14,15).

tempted drawn desires enticed desire sin

4. “Where do _____ and fights come from among you? Do they not come from your _____ for _____ that war in your members? You _____ and do not have. You murder and covet and cannot obtain. You fight and war. Yet you do not have because you do not ask. You ask and do not receive, because you ask amiss, that you may spend it on your _____”
(James 4:1-3).

wars desires pleasure lust pleasures

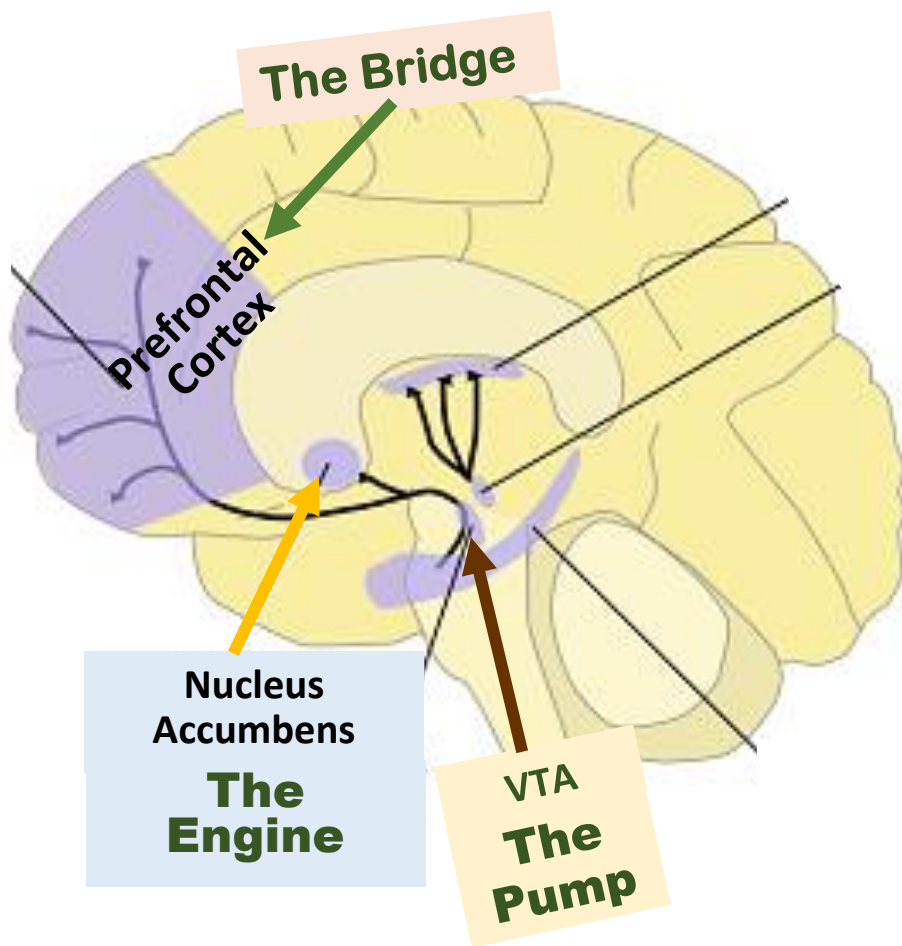
“I say then: Walk in the _____, and you shall not _____ the _____ of the _____. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another...” (Galatians 5:16,17).

Spirit fulfill lust flesh

“For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death” (Romans 8:2).

“The law of the Spirit of life in Christ Jesus is the only force strong enough to overcome addictions (“the law of sin and death”).

“Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God” (Galatians 5:19-21).



“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control...” (Galatians 5:22,23).

“And those who are Christ's have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit” (Galatians 5:24,25).



1. “For the _____ of the _____ of life in Christ Jesus has made me free from the _____ of _____ and death” (Romans 8:2).

law Spirit free law sin

2. “The law of the Spirit of life in Christ Jesus is the _____ force strong enough to _____ addictions (“the law of sin and death”).

only overcome

3. “Now the works of the _____ are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, _____ ambitions, dissensions, heresies, envy, murders, _____, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God” (Galatians 5:19-21).

flesh selfish drunkenness

4. “But the _____ of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, _____...” (Galatians 5:22,23).

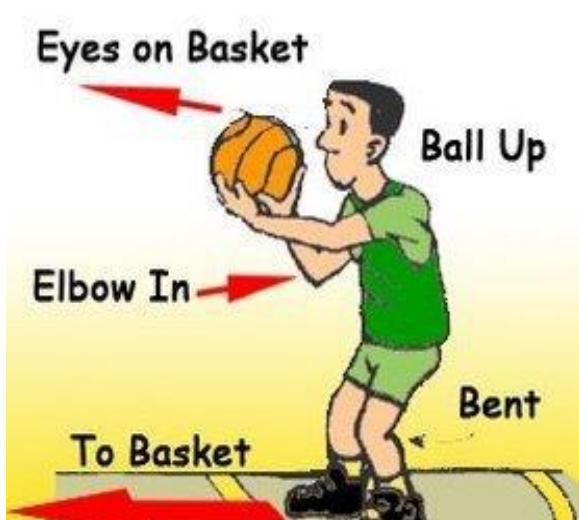
fruit self-control

“And those who are Christ's have _____ the flesh with its _____ and _____ . If we live in the Spirit, let us also walk in the Spirit” (Galatians 5:24,25).

crucified passions desires

Neurospiritual

This section explains how the secret to overcoming an addiction is understanding neuroplasticity!



Say you're learning how to shoot a free-throw. If it's your first time doing it, you don't yet have a pathway for that movement in your brain. When you're first learning, your brain is like a forest full of trees and dense foliage with no clear pathway between point A and point B.

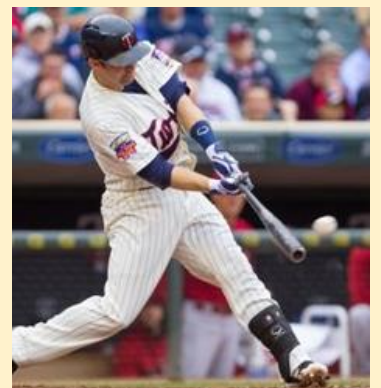
In order to improve your free-throw, you need to refine and strengthen the free-throw pathway in your brain. The way you do that is through practice. Practice gradually widens the trail through the trees (increases the muscle memory in your brain).

Eventually with enough practice, what started as a trail has become a full-blown highway. Now, you're a master, draining almost every free-throw and the movement is completely second nature. This is neuroplasticity. Halo Sports

“I would say that addiction is a kind of skill. The addict’s brain learns to efficiently identify and aim behavior. There's less prefrontal activation because it's the same behavioral routine repeating itself day after day, hour after hour.”

Dr. Marc Lewis

It would be hard, but a professional basketball player could stop all basketball activities and start learning and practicing baseball. Old (basketball) neural pathways would become weaker when used less (decreased learning and practice). New baseball pathways would grow stronger when they are used more (increased learning & practice). Likewise, it would be hard, but the addict could stop all drug use activities and start learning and practicing Christianity, fishing, hiking, etc., with the same results.





1. When learning to shoot a basketball free-throw, what is the state of the pathway for that movement in your brain?

Like a forrest full of trees and dense foliage between point A and point B.

2. What do you need to do to improve your free-throw?

Refine and strengthen the free-throw pathway in your brain.

3. How do you refine and strengthen the free-throw pathway in your brain?

Practice gradually widens the the trail through the trees (increases muscle memory in your brain).

4. Describe the process to becoming a master free-throw shooter?

With enough practice, what began as a trail has become a full-blown highway, as the movement becomes second nature (instinctual).

5. What is this brain process (learning to shoot a free-throw) called?

Neuroplasticity

6. Explain why basketball free-throw neuroplasticity could be compared to addiction neuroplasticity.

The basketball player was motivated by his desire desire to learn and practice shooting free-throws.

The addict is motivated by his desire for drugs, so he makes an effort to learn how to get and do his drug of choice. As he continues to practice he becomes highly skilled at supporting his drug habit.

7. Explain the brain process (neuroplasticity) of a professional basketball player becoming a professional baseball player.

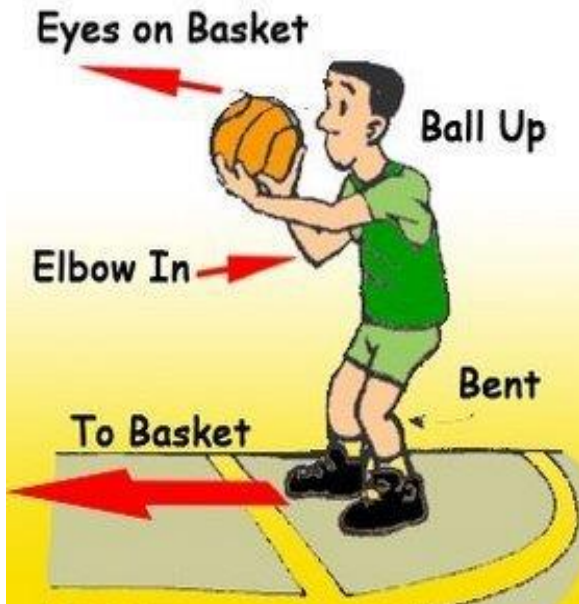
When he stops playing basketball that pathway (muscle memory in the brain) becomes weaker and overgrown. And as he learns and practices baseball skills, that pathway (muscle memory in the brain) becomes refined an stronger.

8. Compare the basketball to baseball transformation process to an addiction to Christian transformation.

With a desire to overcome addiction, the addict quits getting high and begins to learn the skill of Christianity. Immediately his addiction pathway (muscle memory in his brain) will weaken.

As he practices the Christian way of life, the fruit of the Spirit pathway (muscle memory in his brain) will grow.

The Bible's use of the word "practice" implies neuroplasticity!



“Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like . . . those who **practice** such things will not inherit the kingdom of God” (Galatians 5:19-21).

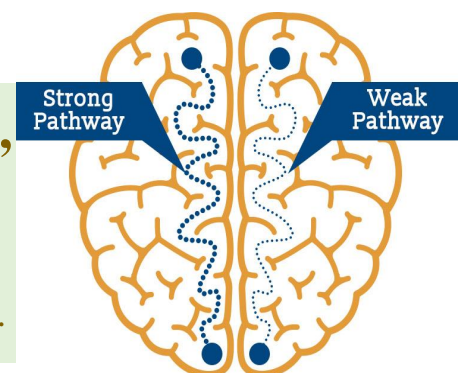
Use of the word “practice” implies that each of the “works of the flesh” listed above was learned and practiced. The word “practice” means “performed repeatedly or habitually” (Strong’s Dictionary).

With “practice” pathways for “works of the flesh” grow wider and faster. This is harmful neuroplasticity (addiction).

The following passages imply that with practice and the Holy Spirit’s help, “works of the flesh” pathways weaken and “fruit of the Spirit” pathways strengthen.

“I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh... And those who are Christ's have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit” (Galatians 5:16,24,25).

“But the **fruit** of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control” (Galatians 5:22,23).





1. Name 3 "works of the flesh" that apply to you.

Revelries , selfish ambitions, drunkenness

2. Regarding "the works of the flesh," what does the word "practice" imply:

That the "works of the flesh" listed were learned and practiced.

3. What happens to brain pathways when "works of the flesh" are practiced?

They grow wider, stronger and faster. This is negative neuroplasticity (addiction).

4. What does "walk in the Spirit" mean?

To live according to the Spirit (Scriptures).

5. What does "fulfill the lust of the flesh" mean?

To live according to your lusts (sinful desires).

6. What does "crucified the flesh with its passions and desires" mean?

To stop thinking about and doing your sinful desires and passions, so their pathways will weaken and die.

The Holy Spirit help us do this, as we try!

7. List "the fruit of the Spirit?"

Love =

Joy

Peace

Longsuffering

Kindness

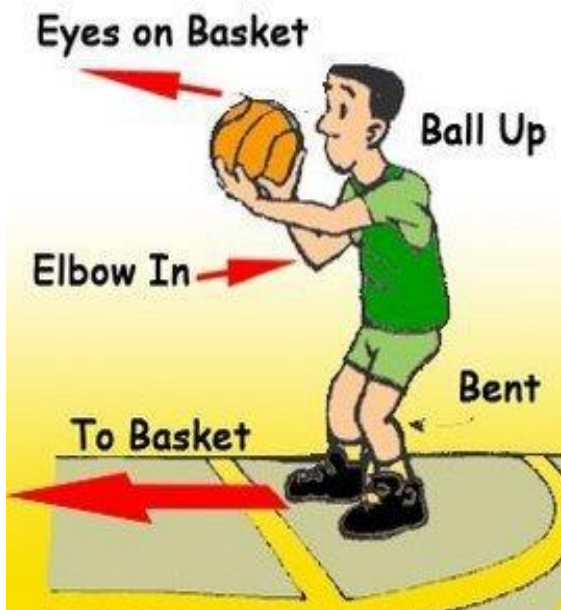
Goodness

Faithfulness

Gentleness

Self-control

The New Testament word “exercise” implies spiritual neuroplasticity!

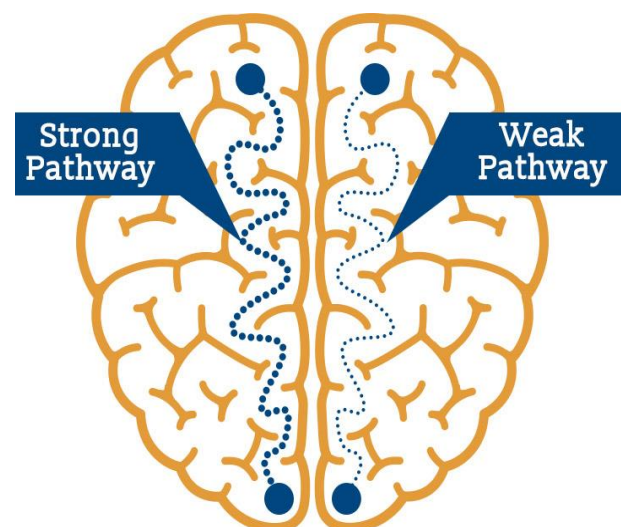


“...Exercise yourself toward godliness. For bodily exercise profits a little, but godliness is profitable for all things . . . Meditate on these things; give yourself entirely to them, that your progress may be evident to all” (1 Timothy 4:7,8,15).

The words “exercise” and “godliness” imply activities to strengthen your spiritual pathways. Use of the word “meditate” implies prayer, Bible study and thinking spiritual thoughts to strengthen your spiritual pathways.

These are additional spiritual fruit (spiritual pathways) that are grown through our “diligence” (practice) and the Holy Spirit’s help:

“...His divine power has given to us all things that pertain to life and godliness . . . For this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love” (2 Peter 1:3,5).





1. In 1 Timothy 4:7,8, what does "exercise yourself toward godliness" imply?

Think about and practice doing spiritual activities to strengthen your spiritual pathways.

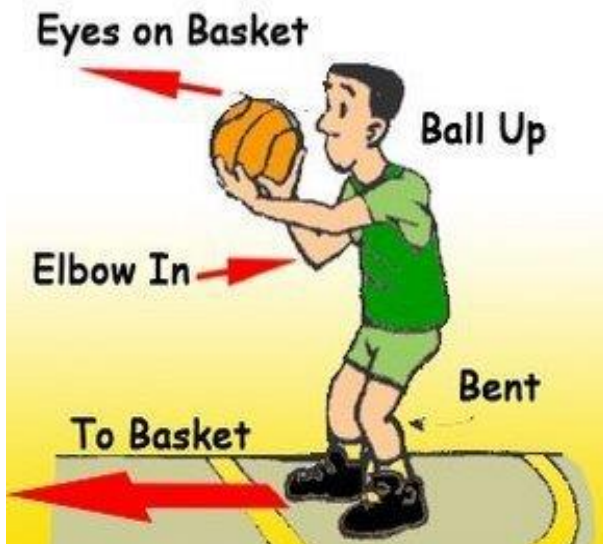
2. In 1 Timothy 4:15, what does "meditate on these things imply?"

Prayer, Bible Study and thinking spiritual thoughts will Activate the Holy Spirit's help and strengthen our spiritual pathways.

3. In 2 Peter 1:3 what does "His divine power has given us all things that pertain to life and godliness" mean?

Help from the Holy Spirit is available when we diligently ask for the Holy Spirit's help to practice the spiritual activities in 1 Peter 1:3,5.

Overcoming addiction could be compared to an athlete quitting one sport and learning another.



The process between shooting your first basketball free-throw and becoming a professional at shooting free-throws, is called neuroplasticity.

It is this same process that turns a first-time drug abuser into a highly skilled drug addict!

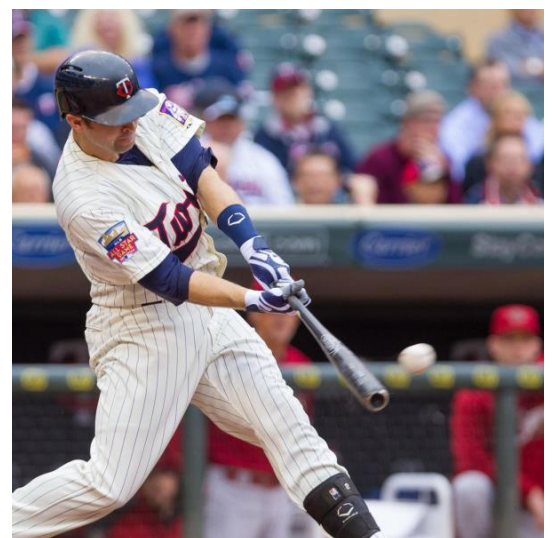
Neuroscientist Marc Lewis explains.... I would say that addiction is a kind of skill. The addict's brain learns to efficiently identify and aim behavior. There's less prefrontal activation because it's the same behavioral routine repeating itself day after day, hour after hour.

With practice, addiction behaviors become highly consolidated, habitualized, and ritualized. Wondering, thinking, judging, considering, and comparing are no longer needed. Dr. Marc Lewis

It would be hard, but a professional basketball player could stop all basketball activities and start learning and practicing baseball.

Old (basketball) neural pathways become weaker when they are used less (decreased learning and practice). New baseball pathways grow stronger when they are used more (increased learning & practice).

Likewise, it would be hard, but the addict could stop all drug use activities and start learning and practicing Christianity, fishing, hiking, etc., with the same results.





1. The process between shooting your first basketball free-throw and becoming a professional at shooting free-throws, is called _____.

neuroplasticity

2. It is this same process that turns a first-time drug abuser into a highly _____ drug addict!

skilled

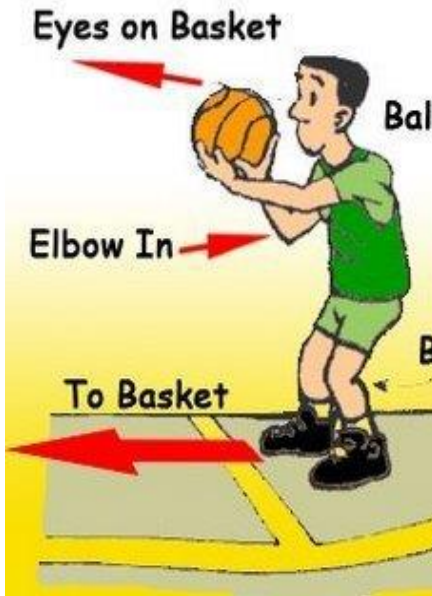
3. Neuroscientist Marc Lewis explains..... I would say that addiction is a kind of _____. The addict's brain _____ to efficiently identify and aim behavior. There's less prefrontal activation because it's the same behavioral routine repeating itself day after day, hour after hour.

skill learns

4. With _____, addiction behaviors become consolidated, _____ habitualized, and ritualized. Wondering, thinking, judging, considering, and comparing are no longer needed. Dr. Marc Lewis

practice highly

The New Testament concept of decreasing ungodly behaviors (ungodly pathways) and replacing them with godly behaviors (godly pathways) is neuroplasticity!



“And do not be conformed to this world, but be transformed by the renewing of your mind...”

(Romans 12:2).

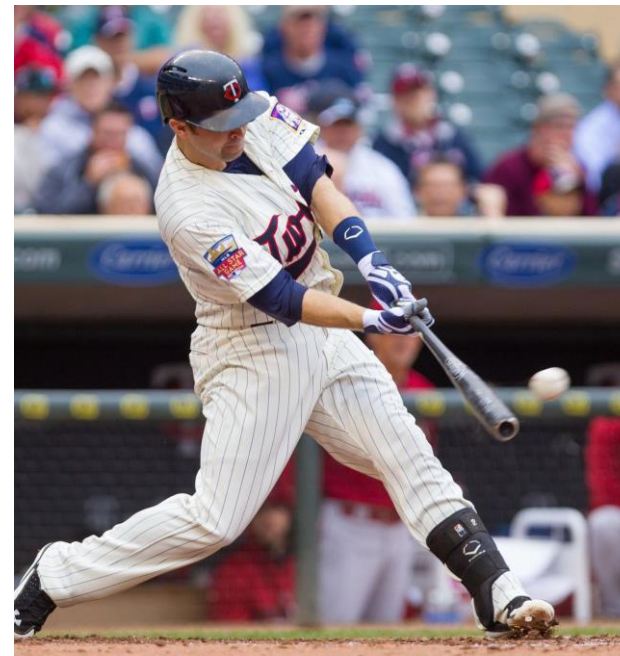
“Do not be conformed” refers to decreasing worldly behaviors, which would weaken the worldly pathway.

“Be transformed” and “renewing of your mind” refer to increasing godly behaviors which would strengthen this new godly pathway.

“Put off” refers to abandoning a sinful pathway.

“Put on” refers to beginning to build a godly pathway.

“That you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness” (Ephesians 4:22-24).





1. What does the phrase "Do not be conformed" refer to?

Decreasing worldly behaviors, which would weaken a worldly pathway.

2. What are the phrases "Be transformed" and "Renewing of your mind" referring to?

Increasing godly behaviors, which would strengthen a godly pathway.

3. What is the phrase "the old man which grows corrupt according to deceitful lusts" (Ephesians 4:22-24) referring to?

This phrase is referring to the person's "former conduct" pathway that had grown.

4. What does the phrase "Put off" (Ephesians 4:22) refer to?

To stop practicing these ungodly lusts, which will weaken their pathway.

5. What is the phrase "be renewed in the spirit of your mind" referring to?

To begin to embrace being spiritually minded.

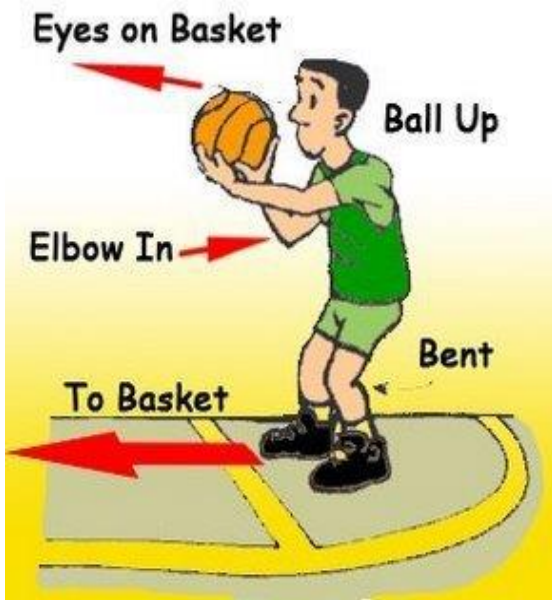
6. What does the phrase "The new man which was created according to God, in true righteousness and holiness" (Ephesians 4:22-24)?

This phrase is referring to the person's new godly pathway that was growing.

7. What is the phrase "put on" referring to?

To start practicing godly behaviors, which will strengthen their pathway.

We Have Positive and Negative Pathways



“But God be thanked that though you were slaves of sin, yet you obeyed from the heart that form of doctrine to which you were delivered. And having been set free from sin, you became slaves of righteousness”

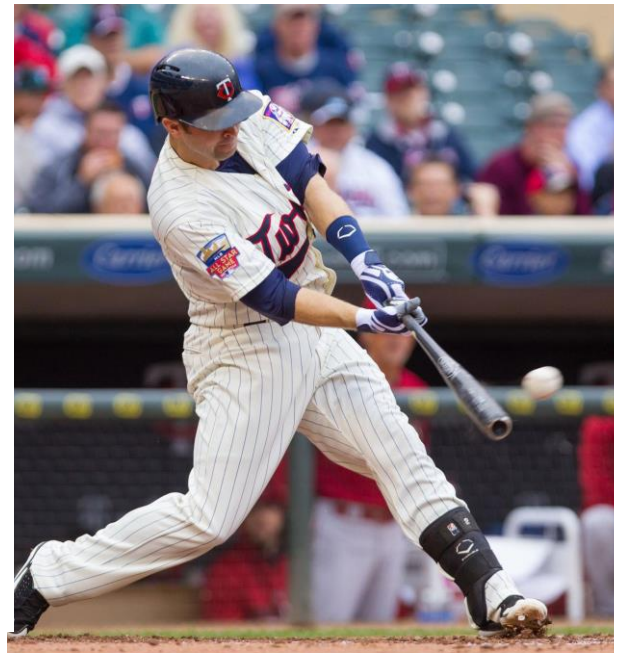
(Romans 6:16-18).

“Slaves of sin” is caused by negative neuroplasticity (addiction).

“Slaves of God” is caused by positive neuroplasticity (addiction).

“But now having been set free from sin, and having become slaves of God, you have your fruit to holiness, and the end, everlasting life”

(Romans 6:22).





1. What phrase in Romans 6:16-18 refers to a positive addiction?

"Slaves of righteousness"

2. What phrase in Romans 6:16-18 refers to a negative addiction?

"Slaves of sin"

3. Explain negative neuroplasticity?

It is the learning and practicing of ungodly behaviors which strengthens their pathways.

4. Explain positive neuroplasticity?

It is the learning and practicing of godly behaviors which strengthens their pathways.

5. Explain basketball to baseball transformation to Romans 6:22.

"Set free from sin" is compared to the player quitting (overcoming) basketball.

"Having become slaves of God" is compared to the player committing to learning and practicing baseball.

6. Apply Romans 6:22 to overcoming addiction.

When the addict obeys the Gospel and receives "the gift of the Holy Spirit," he stops ungodly addictive behavior.

Then, the recovering addict begins to learn and practice "fruit to holiness" (godly behaviors).