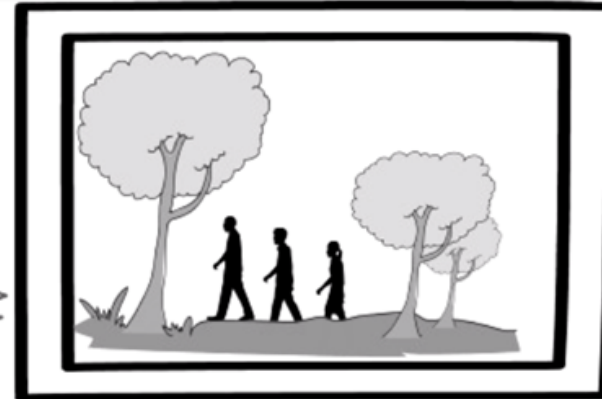
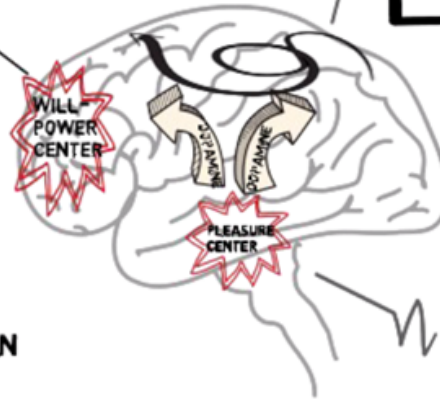


THE SCIENCE OF THE BRAIN



THE WILL-POWER CENTER CAN BE STRENGTHENED.



SEXUAL PATHWAYS CAN BE REWIRED. WITH TIME, NEW GOD GLORIFYING PATHWAYS CAN BE FORGED.



- FEARFULLY AND WONDERFULLY MADE -



Brain Science

Questions:

1. Can you relate to the dopamine surge in your brain when you engage in sexual sin?
2. Have you experienced a progression of thought desire? That is, what satisfied you before is not enough; you want more and better.
3. Have you experienced thought pathways? That is, your thoughts easily and naturally go down a common sexual pathway. It is hard to not “go down” the sexual thought trail.

Consider:

1. Our brains are plastic, moldable and changeable. What warning should this evoke in our lives?
2. Our brains are plastic, moldable and changeable. What hope should this evoke in our lives?
3. Dopamine surges in our brain actually play more on the hope of some stimulation rather than the stimulus itself. That is, dopamine works towards a climax but the climax is not the goal, the pursuit is the goal. Can you see this in your experience?

Challenge:

1. Identify dopamine in action. Rewire a thought pathway by breathing deeply to get oxygen to your frontal lobe. Realize the climax you desire will not be met. Forge a new path towards God by the means of your choice: reading, music, praying etc.

For our next meeting:

1. Report on your pathway rewiring. In what ways was the activity difficult? In what ways was it successful? What did you learn from the experience?

