

**Wonderfully Made Series**  
**Study #19: The Brain & T.M.T. [Total Mind Transformation]**  
Bible Sermon Study Notes by Cary Rodgers, pastor

**What MUST we have ON in order to fight the ENEMY?**

**Ephesians 6:11-18**

11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

15 And your feet shod with the preparation of the gospel of peace;

16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

**What does the helmet protect?** The Brain (controls the entire body). All of the armor (defense) is important, but the helmet protects the head.

Kill the head the whole body dies. So it is vitality important to protect the head during battle.

**What are the brain's four main sections (lobes) and its basic function?**

- **Parietal Lobe**- associated with movement, orientation, recognition, sense of touch, reading
- **Occipital Lobe** - associated with visual processing
- **Temporal Lobe**- associated with perception and recognition of auditory stimuli, memory, and speech
- **Frontal Lobe** - associated with intellect, decisions, reasoning, planning, parts of speech, movement, emotions, and problem solving, judgment - spiritual connection and relationship with God. The FRONTAL Lobe is where your character is formed. Your character is who you are.

**What area of the brain does Satan want to destroy?** The Frontal Lobe. The MIND.

Satan wants to deceive and destroy the MIND!

Your character is who you are spiritually, mentally, physically, and socially.

**Greek Character definition**

The word "character" comes from the Greek word "charakter" which literally means "engraved

mark.”

**We are ALL born with the “engraved mark” of sin!**

**Psa Im 51:5**

5 Behold, I was shapen in iniquity; and in sin did my mother conceive me.

**What is the center of Sin and pride?** “I” sin and pride centers around selfishness

“I” is your sinful carnal or fleshly sinful nature. And it is at constant conflict with the spirit.

**I vs the Spirit (Paul describes in this battle in Romans 7:18 – 24, but a means of victory is described in verse 25.**

**Romans 7:18-25**

18 For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not.

19 For the good that I would I do not: but the evil which I would not, that I do.

20 Now if I do that I would not, it is no more I that do it, but sin that dwelleth in me.

21 I find then a law, that, when I would do good, evil is present with me.

22 For I delight in the law of God after the inward man:

23 But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.

24 O wretched man that I am! who shall deliver me from the body of this death?

25 I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin.

**What are the works of our characters of “flesh”?**

**Galatians 5:16-21**

16 This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

17 For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

18 But if ye be led of the Spirit, ye are not under the law.

19 Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness,

20 Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies,

21 Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.

**Look at more of the battle of spiritual and the sinful flesh as described by Paul to the church in Rome.**

**Romans 8:1-10**

1 **There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.**

2 For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and

death.

- 3 For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh:
- 4 That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit.
- 5 For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.
- 6 For to be carnally minded is death; but to be spiritually minded is life and peace.
- 7 Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.
- 8 So then they that are in the flesh cannot please God.
- 9 But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his.
- 10 And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness.

**The sinful character wars against God and opposes the law of God.**

**A sinful character is a deadly one.**

### **1 Corinthians 2:14**

14 But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.

**Jesus came to transform our characters in the likeness of Him.**

### **2 Corinthians 3:17-18**

17 Now the Lord is that Spirit: and where the Spirit of the Lord is, there is liberty.

18 But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.

In order to have the character of Christ we MUST have the mind of Christ.

**What is the mind of Christ?**

### **Philippians 2:1-8**

1 If there be therefore any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any bowels and mercies,

2 Fulfil ye my joy, that ye be likeminded, having the same love, being of one accord, of one mind.

3 Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.

4 Look not every man on his own things, but every man also on the things of others.

5 Let this mind be in you, which was also in Christ Jesus:

6 Who, being in the form of God, thought it not robbery to be equal with God:

7 But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men:

8 And being found in fashion as a man, he humbled himself, and became obedient unto

death, even the death of the cross.

This is the mind that we must have in order to transform our character in the likeness of Jesus Christ. Our heart and minds must be humbled and obedient to the law and the testimony of Jesus Christ.

### **How do you develop Character that perfectly reflects Christ?**

#### **Romans 12:1, 2**

- 1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, *which is* your reasonable service.
- 2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God.

In order to have VICTORY, develop the character of Christ, you must have Total Mind Transformation. The fourth step to victory:

#### **\*Total Mind Transformation (Mind Transformation is character reformation!) "T.M.T"**

#### **New and Clean Thinking**

#### **Psalm 51:10, 11**

- 10 Create in me a clean heart, O God; and renew a right spirit within me.
- 11 Cast me not away from thy presence; and take not thy holy spirit from me.

#### **2 Corinthians 5:17**

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

#### **Ephesians 4:23, 24**

- 23 And be renewed in the spirit of your mind;
- 24 And that ye put on the new man, which after God is created in righteousness and true holiness.

#### **2 Corinthians 10:3 - 5**

- 3 For though we walk in the flesh, we do not war after the flesh:
- 4 (For the weapons of our warfare *are* not carnal, but mighty through God to the pulling down of strong holds;)
- 5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity **every thought to the obedience of Christ;**

#### **TMT Change YOUR thinking... Create new neural pathways in the brain.**

#### **Brain facts**

- 10,000,000,000 neurons

- 10,000,000,000,000 bridges called synapses
- Most complex object in known universe

### **Brain Neural Anatomy**

A brain cell is called a neuron. Each contains:

Axons: specialized fibers to send messages

Dendrites: specialized fibers to receive messages

Synapses: the space between the transmitting fibers of one cell and the receiving fibers of a neighboring cell.

### **Boutons: small round bulges on the transmitting fibers.**

Actually cells may have 1,000+ boutons.

In the frontal lobe of the brain the almost infinitely complex network may have 100,000 boutons inputing to one nerve cell.

A bouton is like a mini battery that gives a boost to an impulse and sends it along.

**What happens when a transmitting fiber is repeatedly stimulated?** What do the Neurons and Boutons have to do with Habits?

Frequent repetition of the same thought, feeling, or action wears a deeper nerve pathway.

Building a nerve pathway is done by repeated electrical stimulation of one circuit, similar to wearing a path across a lawn.

### **How to have TMT? Feed the brain properly spiritually, mentally, and physically.**

**Spiritually** – Daily prayer, study, and only watch, listen, and be around others who are spiritually uplifting.

#### **Philippians 4:8**

8 Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things.

**Mentally** – Challenge your brain. Learn something new that will be a benefit to yourself and family. Study, learn and understand. Every time you recall a memory or have a new thought, you are creating a new connection in your brain.

**Physically** – Remember your mind is housed in the brain... you must have the proper nutrition and water intake in order to have a properly functioning brain. The brain is 75% water in order to think clearly the brain must have plenty of water. NO LESS than eight 8oz

cups per day. Satan has developed many pharmaceuticals to dwarf the function of the brain. Pharmacy is NOT the answer to brain health.

**Appeal:**

**The Mind Is the Garden, Character the Fruit.--**

Every faculty in man is a workman that is building for time and for eternity. Day by day the structure is going up, although the possessor is not aware of it. It is a building which must stand either as a beacon of warning because of its deformity or as a structure which God and angels will admire for its harmony with the Divine Model. {Vol. 2 Mind Character Personality 545.2}

The mental and moral powers which God has given us do not constitute character. They are talents which we are to improve and which, if properly improved, will form a right character. A man may have precious seed in his hand, but that seed is not an orchard. The seed must be planted before it can become a tree. The mind is the garden; the character is the fruit. God has given us our faculties to cultivate and develop. Our own course determines our character. In training these powers so that we cannot overestimate the value of simple faith and unquestioning obedience. It is by following in the path of obedience in simple faith that the character obtains perfection. (MS 5a, 1895)