

FOR: Lighthouse Network
LENGTH: :60
Title: Decision-Making: Exercise for the Brain

INTRODUCTION:

Welcome to Life Change! I'm Christian Psychiatrist Dr. Karl Benzio.

BODY:

In Scripture, Paul and Peter often talk about renewing our mind. Since the Bible is such a spiritual book, we think this renewal is only spiritual. But our cutting-edge science about the brain and how God psychologically designed us is showing that our brain chemistry is easily renewed as well. Godly or Biblical decision-making is the exercise for the brain. When we make good decisions, our circuitry gets stronger; when we make wrong decisions, our circuitry is injured or a chemical imbalance occurs. Practical theology – practicing what Jesus taught us regarding Godly decision-making – is actually a neurobiological intervention that renews our mind.

CLOSE:

If you or a loved one is struggling, go to 844lifechange.org or call 844-Life-Change. And remember, Godly decisions determine your life, so choose well! (end on “up” note)
