



*“Who has put wisdom in the mind?
Or who has given understanding to the heart?”
Job 38:36*

Your brain is composed of about 60% fat, it floats in cerebrospinal fluid, and weighs about three pounds. It contains 86 billion neurons, consumes 20% of your body's energy, and operates at speeds of 268 miles per hour (who ever figured that one out?!?).

The most important thing about your brain though, is the thoughts that dominate it. The Bible says, “Those who live according to the flesh have their minds set on what the flesh desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.” (Romans 8:5-6).

We must make a conscious effort to fill our minds with the good things – Spiritual things – especially Scripture. There is no more important activity we can engage our minds with than the Bible. We must read it, study it, memorize it. We need to take time to meditate on the words of Scripture – allow its words from Genesis to Revelation to impact our thinking and thus our lives.

“God will keep in perfect peace those whose minds are fixed on Him.” (Isaiah 26:3). It is our God and His Word alone, who can put wisdom in our minds and understanding and peace in our hearts. A Bible is not a furniture decoration: it is the essence of life. We must open it and ingest it to truly live.

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