

# Decompression Curriculum

## Lesson 7

Video/CD Title: Switch on Your Brain (0320)  
Disc Start Time: 00:00

Author: Dr. Caroline Leaf  
Disc End Time: 1:05:45

Complete this top section and then answer the questions below in the space provided. If you need more space, please use a separate sheet of paper. Attach this page to the front of your assignment when you turn it in.

Name: \_\_\_\_\_ Home: \_\_\_\_\_ Date: \_\_\_\_\_

**Introduction:** Dr. Caroline Leaf is a Christian neural-scientist who, when her career confronted her faith, chose to dedicate her life to researching the brain in such a way as to prove the truth of the Bible.

**Discussion 1:** Much of what the world offers us today regarding mental health issues, addictions, and even the tendency for anti-social behavior is the idea that due to some condition, disease, or genetic makeup, we make poor choices. However, the opposite is true; our poor choices create unnatural conditions in our brain and genes.

### Drill Down 1:

- If you could change any condition, disease, or genetic tendency you have had to deal with, what would it be?

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- What are you willing to do to change this one thing?

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**Discussion 2:** Throughout much of this video, Dr. Leaf refers to the choices we make and how those choices impact our brain. At one point, the following Scripture verse was shown: Titus 1:15, "To the pure, all things are pure, but to those who are corrupted and do not believe, nothing is pure. In fact, both their minds and consciences are corrupted." This verse backs up Dr. Leaf's point that we are wired for love by offering to us the capacity for purity. But unbelief (our choice to reject this truth) produces a corrupted mind.

### Drill Down 2:

- What have you believed in the past that blocked your purity?

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- Did these beliefs lead you to become more pure or more corrupt? How?

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**Discussion 3:** The lies of the enemy have no substance until we make the choice to believe those lies. Once we believe the lie, it becomes part of the physical structure of our brain. That, in turn, effects our mental and physical health. The schemes of the enemy are all rooted in lies. Just like in the garden, the enemy makes the lies sound good and tempting. (Genesis 3:1-6)

**Drill Down 3:**

- Write down the top 5 lies you still struggle with and what is the enemy saying to you to make those lies sound so good? (Sometimes he makes lies sound good by making them sound like they are keeping you safe from harm.)

The Lie	What the Enemy Says
1.	
2.	
3.	
4.	
5.	

- Copy what you wrote on the “What the Enemy Says” side above. Then write what it is about what the enemy says (making the lie sound good) in really bad instead.

What the Enemy Says	Why This Is Really Bad
1.	
2.	
3.	
4.	
5.	

**Post Class Instructions:** Pay attention to the thoughts you have and the choices you make. Replay those thoughts and choices in your mind to discover whether they were rooted in fear (the lies of the enemy) or if they were rooted in love. When you discover a thought or choice that was rooted in fear, repent and renounce that thought or choice.