

## Lesson 0301A

Video/CD Title: The Gift In You – Part 1  
Disc Start Time: 00:00

Author: Dr. Caroline Leaf  
Disc End Time: 25:19

**Introduction:** Try not to focus on the science Dr. Leaf explains in this DVD.

**Discussion 1:** The way we choose to think influences:

- How we feel
- How we process day to day events
- How we look at life

**Drill Down 1:**

- Describe a recent time when the way you were thinking that day turned a negative event even worse than it had to be.

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- If you could do it over, what thoughts would you have taken captive in obedience to Christ and changed?

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- How might that have changed the outcome?

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**Discussion 2:** Neural-plasticity is the process of the brain growing and changing as you experience different things and react to them. Think of the bad girl assassin in Terminator 3. When she got blown apart her body re-grew itself. As each little tendril of growth joined another, she got stronger until she was fully back in assassin mode. Your brain actually sends out shoots called Dendrites and when they touch an Axion from another cell, they then develop what's called a synaptic gap. This is the area of the brain where the chemicals are released that Dr. Leaf talks about. Once released they create memories, emotions, and thoughts. The brain is neural-plastic, which means it can change or be changed. You are the only person who has control of these changes.

**Drill Down 2:**

- If you could learn to change some part of how you habitually think, what would that be? (Consider fears, emotional triggers, struggles, etc.)

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### Discussion 3:

- The more we use our brain, the more it grows.
- The less we use our brain, the more we lose.

### Drill Down 3:

- Share three (3) specific areas of your brain (knowledge, intelligence) that you have lost over time due to lack of use.

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- Share three (3) specific areas of your brain (knowledge, intelligence) that you have gained over time due increased use.

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**Post Lesson Instructions:** Consider the idea that your brain changes over time and you are in control of that change. During this series of teachings, you will learn to make healthy choices as to your attitude even so much as to transform the hurts of your past into your divinely appointed purpose.