

## DAY 11 | RENEWING THE MIND AND NEUROPLASTICITY

"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." — Romans 12:2 (KJV)

"And be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness." — Ephesians 4:23–24 (KJV)

Romans 12:2 is the most neurologically sophisticated verse in the New Testament: 'Be ye transformed by the renewing of your mind.' The Greek word for 'transformed' is *metamorphoo* — the same word from which we derive *metamorphosis*. The renewal of the mind is not a superficial adjustment in attitude. It is a radical, structural, interior transformation.

Dr. Caroline Leaf makes the connection explicit: 'The way the brain changes as a result of mental activity is scientifically called neuroplasticity. And spiritually it is the renewing of the mind.' God did not wait for neuroscience to discover neuroplasticity — He wrote it into His Word 2,000 years before the first brain scanner existed.

Harvard Medical School research confirms that neuroplasticity — the brain's ability to reorganise itself by forming new neural connections — persists throughout the entire human lifespan, well into the eighth and ninth decades of life. You are never too old, too broken, or too conditioned to be renewed. Dr. Daniel Amen says it simply: 'You are not stuck with the brain you have. You can make it better, even if you've been bad to it.'

Dr. Andrew Newberg's research found that just 12 minutes of daily focused prayer and Scripture meditation over 8 weeks produces significant, measurable changes in brain function — including improved memory and stronger focus. The renewal of your mind is a daily practice, not a one-time event. But every day you engage, you are literally becoming more transformed.

### WHAT THE EXPERTS SAY

"The way the brain changes as a result of mental activity is scientifically called neuroplasticity. And spiritually it is the renewing of the mind." — Dr. Caroline Leaf, *Switch On Your Brain*

"You are not stuck with the brain you have. You can make it better, even if you've been bad to it." — Dr. Daniel Amen, *Amen Clinics*



**38 DAYS TO DETOX  
NEGATIVE EMOTIONS**

## PRAYER POINTS

1. Father, I declare that I am not stuck. By the power of Your Spirit and the truth of Your Word, my mind is being renewed right now.
2. I commit to the daily discipline of Scripture meditation, prayer, and Holy Spirit communion as my neuroplasticity protocol — the renewing of my mind.
3. Holy Spirit, accelerate the transformation of my inner world. Let every toxic thought pattern be replaced by the mind of Christ.
4. I declare metamorphosis over my thought life. I am being changed from the inside out, from glory to glory, in Jesus Christ's name.

In the mighty name of Jesus Christ. Amen!

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— From the Desk of Chief Seer, Dr. Andre Thomas



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