



## Neuroplasticity and Renewing the Mind Through Scripture

Reference – Letting Go of Anxiety and Overthinking in Relationships Workbook, Joni Conroy (2025), MA, BCPCC

### Part 1 - Definition of Neuroplasticity

#### Cue Column / Key Ideas

- Definition
- What changes?
- Why repetition matters
- Connection to Scripture
- Personal notes

#### Notes

Neuroplasticity is the brain's ability to change its pathways through repeated thought, attention, emotion, and behavior.

This means a person can gradually weaken the enemy's patterns of fear, bitterness, hopelessness, and destructive self-talk, and strengthen patterns of peace, gratitude, truth, self-control, and hope through Holy Spirit's lead.

When Scripture is read repeatedly, reflected on deeply, spoken aloud, and lived out, it can help shape healthier mental and spiritual patterns over time.

- Repetition strengthens mental pathways.
- Christ-centered meditation can challenge negative thinking.
- Holy Spirit's renewal and thought renewal work together.

#### Summary / Reflection (chapter 1, p.18)

When a thought about yourself arises, pause and ask:

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### Part 2 - Five Scripture-Based Rewiring Examples

#### Cue Column / Key Ideas

- Negative pattern
- Bible truth
- New response
- Reflection time

#### Notes

Use these examples as models for replacing recurring negative thought patterns with scriptural truth.

**Negative pattern:** "I cannot handle this."

**Rewiring verse:** "I can do all things through Christ who strengthens me." (Philippians 4:13)

**New response:** "I am not facing this in my own strength."

**Negative pattern:** "Everything is going wrong."

**Rewiring verse:** "This is the day the Lord has made; we will rejoice and be glad in it." (Psalm 118:24)

**New response:** "This day still belongs to God, and I will look for His presence in it."

**Negative pattern:** "I am alone."

**Rewiring verse:** "I will never leave you nor forsake you." (Hebrews 13:5)

**New response:** "God is with me even when I feel isolated, sad or hopeless."

**Negative pattern:** "Nothing will ever change."

**Rewiring verse:** "Behold, I am doing a new thing." (Isaiah 43:19)

**New response:** "God can create change where I cannot yet see it."

**Negative pattern:** "My mind will never be at peace."

**Rewiring verse:** "You will keep him in perfect peace, whose mind is stayed on You." (Isaiah 26:3)

**New response:** "As I fix my mind on God, peace will grow in me and keep me calm."

#### Summary / Reflection

Which of these five examples speaks most directly to your current thought life? Why?

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**Part 3 - Summary**

**Cue Column / Key Ideas**

- Main idea
- Holy Spirit & Scripture helps
- Practical daily method
- You cannot have pure faith if your mind is defiled

**Notes**

Neuroplasticity is the brain's **ability to change** through repeated thought, focus, emotion, and behavior. In practical terms, a person can gradually weaken the enemy's patterns of fear, bitterness, hopelessness, and destructive self-talk, and strengthen patterns of peace, gratitude, self-control, and hope **with Jesus' truth**.

Reading the Bible can support that rewiring process, especially when it is not casual reading, but repeated, reflective, prayerful engagement.

Negative thinking creates grooves. When a person rehearses fear, offense, shame, or worst-case scenarios, those patterns become more automatic. But when a person repeatedly meditates on truth, hope, God's faithfulness, and healthy thought patterns, **new pathways will grow stronger than the old ones!**

Bible reading helps by replacing lies with truth, regulating emotional response, building new internal language, and supporting behavioral change.

This does not mean Bible reading healing is instant. Rewiring takes consistency. When negativity is tied to trauma, anxiety, depression, or long-term emotional pain, Scripture can be deeply healing, and some people may also benefit from Christian counseling or pastoral care.

A simple practice is to read a short passage daily, choose one verse that confronts a negative pattern, write it down, speak it aloud, pray it back to God, so you can respond differently when old thoughts return.

**The only way you can keep your faith pure is by immersing yourself in the Word and daily prayer** in order to establish a relationship with the Almighty God, a direct connection that allows you to rewire your brain with His thoughts and His ways. John write to us that in the beginning Jesus was the Word, (John 1:1) so by reading it we incorporate Jesus into our lives more daily. Holy Spirit then comes in and brings the Scriptures back to you when you need it the most while rewiring our stinking thinking so our brain can catch up! What a wonderful God we serve. My prayer is that this simple teaching blesses you. Remember to cite the sources if you use it for your own church or group home Bible study. God Bless! ❤️