



## Stewardship Motives of the Heart Lesson 12 1Q 2018

### The Habits of a Steward

#### SABBATH

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Read memory text: “How can a young man cleanse his way? By taking heed according to Your word. With my whole heart I have sought You; Oh, let me not wander from Your commandments! Your word I have hidden in my heart, That I might not sin against You.” Ps119:9-11 NKJV

How can a person change their ways?

Can we get people to change their ways by passing laws requiring them to conform to our ways?

- Will passing laws against drug use stop drug use?
- Will passing laws against murder stop murder?

Why will passing laws not stop criminal behavior?

Because passing laws does not change the hearts of people and criminal behavior is a problem with selfishness in hearts.

So, how can people change their ways? What is described in the memory text? By heeding God’s word—which means what? What does it mean to heed something? To listen, comprehend, pay attention, consider, think about, and ultimately agree and choose to do. And in the text the choice is with the whole heart seeking to apply God’s design law.

Now, what happens in a person when they choose to do this? It is an internal transformation of being—the formation of new methods of thinking, processing, understanding—new habits.

How are habits formed?

Read first paragraph, “Your habits reveal...” Are habits only behavioral, like prayer, attending church, what foods we eat?

Or, do we have habits of how we think, habits of how we interpret information, habits of how we emotionally react in various situations?

How do such habits form? What makes a habit? Which determines habit formation—the brain or the mind?

What is the difference between the brain and the mind?



### The Brain:

- 100 billion nerve cells
- Over 1 trillion supporting cells
- Each brain cell with up to 10,000 connections to other cells
  - 40,000,000,000,000
  - Forty Quadrillion

### How much is 40 Quadrillion?

- 1 million seconds ago was 11.5 days ago
- 1 billion is 1000 million and 1 billion seconds ago was 32 years ago
- 1 trillion is 1000 billion and 1 trillion seconds ago was 31,688 years ago
- 1 Quadrillion is 1000 trillion and 1 quadrillion seconds ago was 24 million BC
- So, 40 quadrillion seconds ago would be 1 billion BC

### Now these 40 quadrillion interconnections are made up of billions of axons and dendrites.

- Within each of the quadrillions of dendrites are 10 million microtubules
- Each microtubule is made up of billions of tubulin molecules
- Each tubulin molecule is made up of 445 amino acids
- Each amino acid is made up of individual molecules like carbon, oxygen, hydrogen, nitrogen
- Microtubules do many things:
  - They provide structure, like scaffolding,
  - They are transport pathways for various chemicals,
  - They are the most likely place where your memories are storied through a series of chemical modifications on the tubulin molecules that make up the microtubules.
- The microtubules are the most likely site of quantum processing in which over 100 trillion point operations happen per second in your brain
- The quantum processing allows ideas to be considered by your mind
- Within the microtubules there are electron clouds that exist and it is within these clouds that ideas are considered.
- As you make choices your actual choice determines the ultimate position of the electrons within the molecular structure and collapses the electron cloud forming a belief or memory
- Repeated choosing will cause the neurons to form networks that will automatically process information based on the beliefs, memories, ideas that you have chosen
- This not only changes your perspectives, beliefs, but your brain as well
- This is why every person must be fully persuaded in their own mind
- This is why a person convinced against his will is of the same opinion still
- This is why Satan's power is the power of lies
- This is why the truth sets free
- This is why the legal theories of salvation are lies that trap people into belief systems with no power to transform or heal



So, what makes choices your brain or your mind?

The brain is the platform, the substrate, upon which the mind exists and operates. The brain will process sensory information and provide it to the mind, but the mind interprets the meaning, and thus the mind makes choices.

Hear a loud bang and experience a startle reaction, the startle reaction is not a choice, it is a reflex, reflexes are wired into the brain. After the reflex, the mind evaluates the meaning—was it a car backfiring or a report of a gun?

When your mind makes choices those choices immediately determine which brain pathways will fire, the recurrent and repeated firing of pathways form networks that become automated, i.e. habits.

Many networks, i.e. habits are formed before the age of accountability, formed in childhood from the experiences the child is put through. As adults we *can* evaluate those automated processes and change them, but it takes effort.

So, people can form networks/habits in which they automatically, without a purposeful choice to consider in real time, interpret events consistent with previous beliefs, whether those beliefs are true or not.

So a person who has been abused, if the experience is not processed accurately can form false beliefs—“I’m gross, I’m ugly, I’m worthless, I’m no good” and then when other events happen they automatically interpret life through these automated belief systems. These are thought habits.

We are to bring all our thoughts into captivity to Jesus Christ and Jesus is the source of all truth. This means we are to evaluate our automated thinking processes and replace false beliefs, assumptions, biases, prejudices, ideas, with more accurate and truthful ones.

The more “certain” we are of an idea, a belief, the more difficult it is to experience change, because the more solidified that belief is in our microtubules. It is our choice, our certainty, that causes the conformation change. Thus, to change a belief requires an experience which will cause us to question what we have previously held to be true. In that state of uncertainty, of questioning, we can alter the microtubule conformation by new decisions, the formation of new beliefs.

## SUNDAY

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Read third paragraph, “God said...” Why does God say this we are to have no other God’s before Him?

This is because of the design law of worship, also known as modeling, or by beholding we become changed.



We actually become like what we admire, worship, spend time doing.

As we just discussed, habitual choosing to engage in activities, behaviors, watching, reading etc. will form beliefs, ideas, which will shape our individuality and alter our character as well as our brains.

Only by worshipping the infinite one who is love and goodness do we advance. Worship any other thing and we degrade ourselves.

Thus the instruction to have no other gods before the true God is not for God's need, but for our need, for our good.

## MONDAY

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The lesson title: "Habit: Look for the Return of Jesus" and the lesson points out that "Abraham looked for an eternal city (*Heb. 11:10*), and Paul looked for Christ's return (*Heb. 10:25*).

Why is it important to look for the return of Jesus?

What impact does it have on your life to look for Jesus to return?

Does it make a difference in your choices?

And will your choices change you?

Why does Come and Reason Ministries exist?

Because we want Jesus to come; we want an end to pain, suffering, death, heartache, sin; we believe that if the gospel will be preached to the entire world then Jesus will come; and we believe that Christianity has been infected with a false legal gospel that prevents the true gospel from going to the world thus obstructing God's plan. So Come and Reason Ministries' goal is to present the most clear gospel message we can to inspire more and more people to come to this beautiful picture of God in order to prepare the world so Jesus will come.

## TUESDAY

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The lesson is about Time, and using it wisely

What is time? It is a dimension of reality in which life events happen in sequence—a before and after.

Newton thought that time and space were completely separate and fixed entities and moving through



time was different than moving through space and they had nothing to do with each other.

Einstein overturned this idea and discovered that time and space are not separate but intimately connected.

Imagine driving 60 mph north, in that direction all your speed is directed northward. If you change your heading to northeast and continue at 60 mph you will no longer be heading north at 60mph, some of your speed is now directed eastward.

Einstein discovered space and time work similarly.

- Imagine standing next to a parked car. You and the car are not moving at all and thus all your movement is through time. You and the car are both moving through time at the same rate.
- However, if the car takes off and you watch it drive away, now some of the car's movement is directed through space and less movement is directed through time. Thus, the progress of car, and the driver in the car, through time slows down; they are moving more slowly through time than you who are standing still.
- The law of relativity states that the combined speed of an object's movement through space added to its movement through time always equals the speed of light
- This means the faster you travel through space the slower you travel through time
- So if one could actually travel through space at the speed of light then all their movement would be directed toward going through space and no movement would be left to move through time, thus for such a person time doesn't move. Another way to say this is that as one approaches the speed of light time slows down. If you are traveling due east then no movement is happening north.
- Light has all its movement through space thus light doesn't age—hmmm God lives in unapproachable light 1Tim 6:16
- 1971 Joseph Hafele and Richard Keating flew cesium atomic clocks around the world on a jet. When they compared the clocks on the jet to identical and synchronized clocks left stationary on the ground they found that less time had elapsed on the moving clocks.

Time is extremely interesting—have you considered how much of your views, decisions, perspectives, choices are influenced by time?

Imagine for a minute, that you will live as long as humans did before the flood, say 950 years. In other words everyone in this room would have around 900 more years on this earth to live—now consider the choices you have made in your life thus far—would you make different choices if you knew you had 900 more years to live?

Would you:

- Have more children?
- Have built your house of different material—to last longer?
- Stay in your same career or go learn something new?



- Would you have a schedule to change careers every 40 years?
- Would your retirement plan look different?
- Would you think more seriously about the impact your choices have on the environment and the next generations?
- Would you get lazy, self-indulgent, think, “I don’t need to get serious about God now, I can have fun, party, experience all the pleasures of the world for centuries and repent seven or eight hundred years from now?” Do you think that happened before the flood?

After Jesus comes and we live eternally, not 950 years, but billions and billions of years, will that impact how we think, how we make decisions?

Should we today think like we only have 80 years or less, or should we think like eternal beings; should we think that those who believe in Jesus will never die—we may sleep, but we will never die?

What is the most precious commodity, i.e. most valuable—gold, money, land—or time? If the richest person in the world were dying and they could exchange their wealth for health and another 100 years of life, what do you think they would do?

What did Jesus say about gaining the entire world but losing one’s soul?

Do we think about our use of time? Do we consider how we move through time?

Not all people pass through time equally—meaning our choices affect how we move through time.

Until Jesus comes, every human being on earth is aging, not just chronologically getting older, but experiencing a slow decline in vitality and ability. Not all of us age at the same rate—why?

Genetics, environment, and choices: Our choices play a huge role in the rate of aging, our slow loss of vitality and ability—the foods we eat, the activities in which we engage, the God we worship, our relationships and more all impact us and will either accelerate or slow the aging process.

In June, my new book *The Aging Brain: Proven Steps to Prevent Dementia and Sharpen Your Mind* comes out and it contains many evidenced-based actions we can take to slow the functional decline and maintain our abilities. But we cannot, on this earth today stop the decline. Time marches on.

So while we cannot stop the passage of time, we can make choices that alters how we move through time, either healthier or more damaging.

Another thought about time, since speed alters the passage of time, is it possible time passes differently in heaven than here?



In Ezekiel's vision he saw heavenly creatures, how fast did they move?

- The creatures sped back and forth like flashes of lightning. Eze 1:14

Could time pass differently in heaven than here?

- Psalms 90:4 "For a thousand years in your sight are like a day that has just gone by, or like a watch in the night."
- 2Pet 3:8,9: "But do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day. <sup>9</sup> The Lord is not slow in keeping his promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance."

Could it be that in heaven, since Adam's fall, it has only been six days?

The lesson asks, "How important, then, that we develop the habit of making the most of every moment we have been given."

Does this mean we are supposed to be working every moment other than the hours of sleep and the hours of the Sabbath?

No! We are to make healthy choices and healthy choices mean we live in harmony with design law and design law includes the law of restoration.

What is the law of restoration? When a finite being expends a resource that finite being must rest and recover in order to expend more, without proper rest and recovery the finite being will burn out.

This is true not only on a physical level—even with the top athletes in the world, but also on an emotional and relational level. When you expend energy helping others, it is important that you not only sleep, but you get mental rest, time away to decompress and rejuvenate in healthy activities.

Jesus took time away from the masses to meditate and rejuvenate—it is a design law—and Jesus' humanity was like ours. His humanity didn't have infinite resources—it required rest and rejuvenation.

Mothers with small children cannot "turn off" their minds and rest. They must stay on alert, be aware all the time and this is exhausting; thus mothers with young children need time without their children, time where they can be awake, but not "on alert" where they can unwind, relax, and rejuvenate.

Thus, a healthy use of time is to consider, what are the requirements that I need to build into my HABITS that are necessary to maintain my wellness. These would include:

- clean air
- clean and proper amounts of water
- proper nutrition
- daily sleep at night of 7-8 hours for adults



- weekly Sabbath rest—rest from the burdens of the world
- time for recreation, rejuvenation
- exercise both physical and mental
- meditation and contemplation of God
- time with family
- time to minister to others
- work
- others?

## WEDNESDAY

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The lesson is about keeping a healthy mind, body and soul, read second paragraph, “Christ worked tirelessly...”

What kinds of work did Christ do when here on earth?

- Healing
- Various other miracles
- Teaching
- Carpentry
- Confrontation with Satan
- Cooking fish
- Helping with the boats when they traveled?
- Bible study?
- Meditation and time with Father?
- Attending weddings?
- Attending feasts?
- Resisting temptation and saying no to selfishness?

What makes it easier to resist temptation?

- Is it merely saying no behaviorally?
- Is it saying no in heart?
- What is the difference?
- Consider addicts who says no behaviorally because they fear the legal or health consequences, but in heart they think or feel, “Yeah, but I wish I could, it would feel so good, that was so fun.” Does this make it easy to resist temptation? What needs to change for this person?
- How do such changes come about?
- How does this apply to the non-addict?





What about changing dietary habits, what helps?

- Understanding the need
- Believing the purpose
- Choosing to apply and sticking with it for 3 months, then neural wiring and taste change

## **THURSDAY**

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Read second paragraph, “The world is given to self-indulgence....” What are some errors and fables that abound in the world, and what impact do they have?

- Godless evolution
- What is the impact?
- Magic and witchcraft

Are there any errors or fables commonly held in Christianity and what is the impact?

- God’s law is imposed
- God is the source of inflicted punishment
- Jesus died to assuage the Father
- Jesus pleads to the Father to protect us
- The ritual of baptism is necessary to be saved
- The blood of Jesus cleanses us from sin
- The Bible is to be taken literally

What is the consequence to believing these distortions? Is there a relationship between these distortions in Christianity and the teaching of godless evolution?

Could it be that godless evolution came about as a reaction to the illogical legal and punitive views of God taught by the church through the Dark Ages?

## **FRIDAY**

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Read and discuss questions



## ANNOUNCEMENTS:

**Come and Reason Ministries has launched a new TV program, “The Dr. Tim Jennings Show,” on WBTN.TV, streaming every Tuesday at 8:00 PM Eastern, Watch our website and Facebook page for announcements regarding these programs.**

**New Blogs**—If you don’t follow us on Facebook, then be sure to visit our website we are posting new blogs again, the go up every Tuesday, recently we posted:

**March 24, 2018:** Dr. Jennings will be doing two presentations at the California Baptist University in San Bernardino CA, in conjunction with the AACC

**April 6, 2018:** Dr. Jennings will be speaking at PUC, Pacific Union College

**April 6,7 2018:** Dr. Jennings will be speaking at St. Helena SDA church

**April 12, 2018: 7:00 PM** Dr. Jennings will be speaking at the Hixson United Methodist Church: **Addictions and the Adolescent Brain**, Adolescence is a time of marked vulnerability to addictions. Explore the brain’s reward pathway, healthy activities which activate this pathway and how addictions hijack normal reward circuitry and damage the brain.

**May 4-5, 2018:** Dr. Jennings will be doing two presentations at Grace Fellowship, York PA, in conjunction with the AACC

**May 25, 26, 2018:** Dr. Jennings will be speaking in London England at the Stanborough Park SDA Church, 609 St Albans Road, Watford, WD25 9JL

**July 27-28, 2018:** Dr. Jennings will be doing two presentation at New Life Church, Colorado Springs CO, in conjunction with the AACC

**September 27-29, 2018:** Dr. Jennings will be speaking at the Mega National Conference of the American Association of Christian Counselors in Dallas, TX