

1. The mind relies on stored information that it retrieves from the long-term memory.
2. What you think is the result of your life experiences that are stored in your long-term memory
3. The most impactful thoughts are thoughts coming from your long-term memory.
4. The existence of negative experiences has a bearing on your responses to things that happen currently.
5. I believe when Jesus and the Bible talk about the heart, I believe they are referring to what our modern day would consider the brain. That is because the Bible portrays the heart as something that contains information much like the Brain contains information. Proverbs 4:23, **Guard the heart with all diligence for from it comes the issues of life.** Another translation says, **above all else, guard your heart for everything you do flows from it.**

You need to practice selective attention because what you put your mind on will affect the condition of your heart. Advertising and social media are explicitly engineered to make you feel discontent with your life, weaponizing the human tendency to compare to entice you to feel the need for things that are detrimental and self-destructive. Guard your inner circle. Watch the people you spend the most time with as they will inevitably shape what gets stored in your heart. Emotional states, attitudes, speech patterns, even bad habits are highly contagious. Some people are full of gossip, complaining, and negativity that can contaminate your own internal monologue.

Surround yourself with people who challenge you to be better, practice kindness, and offer constructive truth rather than echo boxes of negativity.

6. The Heart is the steering wheel for the soul in much the same way that neurologists say the brain dictates everything as relates to bodily function and mental health. For example, psychologists say that trauma is housed in the long-term memory. When Jesus said he had come to heal the broken-hearted, isn't that referring to stored trauma? The brain which depends on this retrieval system of stored experiences sounds exactly what the Bible talks about things being in the heart. The Bible explicitly describes the heart as a spiritual storehouse or storage unit. It teaches that whatever you actively store inside your heart will ultimately dictate your character, your speech and the entire trajectory of your life. Jesus said in Luke 6:45, **"A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart, For the mouth speaks what the heart is full of."** The Old Testament frequently instructs believers to use their hearts as a secure archive for spiritual truth, the most famous example is Psalms 119:11 which says, **"I have stored up your word in my heart, that I might not sin against you."** The Hebrew word used here for stored up (saphan) means to hide, treasure, or hoard something of immense value in a safe place for protective custody. Proverbs 7:1 says, **"Keep my words and store up my commands within you."** By memorizing and deeply meditating on truth, you are effectively stocking your internal warehouse with tools for moral guidance. In the Sermon of the Mount Jesus notes a profound psychological link between what we value and where your mind dwells. He says in Matthew 6:21, **"For where your treasure is, there your heart will be also."**
7. Scripture says as a man thinketh in his heart so is he. That must be talking about the brain because the brain is where all thinking takes place.
8. Salvation is when you believe in your heart. Paul describes this piece of armor as the helmet of salvation.