

Praying For The Brain

Dr. Jeffrey Barsch

Session #2

Frontal Lobe

Location front part of the brain. Functions of the frontal lobe are problem solving, organization, planning, and selective attention.

Suggested Prayer Targets

- Ask the Lord to teach the brain how to plan in proper order and sequence.
- Ask the Lord to repair the brain so that the person is connected to the ways of the Lord, which are just and right and proper.
- Ask the Lord to destroy all lack of spiritual focus and to mentally conform your mind to the mind of Christ.
- Renounce seeking the tree of the knowledge of good and evil. We choose to eat from the tree of life and to get our problem solving abilities from this tree.
- Release streams of living water to this area of the brain.
- In the name of Jesus, command all demonic influence from the generational line to stop influencing present mental problem solving and organization pathways.
- Pray for a Holy Spirit shock treatment to awaken all spiritual senses that have been shut down as a result of sin.
- Ask the Lord to give that person heavenly revelation about how to mentally organize, plan and solve problems so that it may be done on earth as it is in heaven. Pray that the Lord will rewire the brain to recognize and know heavenly things that have not yet been seen.
- Pray to know God's wisdom (Proverbs chapter 8 says wisdom is walking on the street calling and is not recognized).

Broca's Area

Part of the frontal lobe. Location thumbs in middle slightly above the hairline at the front of the head. Function/ formulates speech and writing.

Suggested Prayer Targets

- Reminder that the power of life and death is in the tongue (James)
- Repent for all words that you have spoken that did not please Jesus

- Pray for encouraging, edifying words, others
- Renounce all verbal statements made by you stating low personal expectations that deny the power of God. Speak the truth out loud that states I can do all things through Christ Jesus.
- Ask the Lord to cleanse Broca's area with his holy fire (Malachi 4)

Note- For many people this area is like a contaminated pool caused by self-condemning words and words that have narrowed what God can do. This pool is significant in that it may hinder the gift of tongues!

Temporal Lobe

Location is at the back of the head near top of the ears. Function is to store and make new memories. In this brain area people store things they are unable to forgive. Forgiveness of self and others is the key to repairing the function in this area of the brain.

Suggested Prayer Targets

- Ask the Lord to heal all hurtful memories
- Remove all demonic cement that has closed doors that God wants open in your memory. Invite the Holy Spirit into your memories so you may forgive those who have hurt you – whether unknowingly or knowingly.
- Open and Release in the Name of Jesus
- Pray for increase in the ability to remember the Word of God.
- Pray for the ability to remember Godly dreams and to remember all the times the Lord has spoken to you or worked on your behalf.

The brain may require a brief time of rest after all these prayers in order to drain and process. Expect fatigue, possibly headache, etc. for a brief time.

Teaching The Brain To Rest

When someone has a learning disability or attention deficit disorder it is often difficult for the brain to experience rest. Their brain may be misfiring, having problems focusing or coming to attention. Everything seems of equal importance and thinking continues in circular patterns that produce stress. When we rest in the Lord, He can shut down our brain and mind and do the Holy Spirit surgery necessary to repair us.

Jesus says: “Come to me and I will give you rest-all of you who work so hard beneath a heavy yoke. Wear my yoke-for it fits perfectly- and let me teach you; for I am gentle and humble, and you shall find rest for your souls; for I give only light burdens” (Matthew 11:28-30, Living Bible). The soul is often considered to include the mind, will and emotions.

Jesus is the only source of all true rest and shalom, without Him we bear a heavy yoke (v. 28).

What is the Heavy Yoke?

The heavy yoke is the cares and worries of this world handled in the ways and methods of this world. In terms of brain training a heavy yoke is listening to other remedies before going to Jesus. Our world without Jesus thrives on chaos.

Chaos is a state of confusion, disorder, and lack of organization encouraged by Satan and practiced everyday in our world. In Job 10:22 Hell is depicted as a “land of gloom and chaos.” Satan’s kingdom promotes chaos.

Chaos promotes stress, sickness in our bodies, and mental and spiritual confusion.

Chaos promotes wasting away the day in disorganization finding that we have no time left to spend with Jesus.

When you live in chaos you are spiritually unstable, the slightest disappointment or mild disturbance to your world can cause significant depression and fear.

God’s Kingdom Destroys Chaos

“ When God began creating the heavens and the earth, the earth was a shapeless, chaotic mass with the Spirit of God brooding over the dark vapors. Then God said let there be light. (Genesis 1:1-2, Living Bible)

The Holy Spirit was present at the creation of the world and dispelled chaos. God spoke his breath (“ruach”) upon the world and the Holy Spirit transformed the chaos into organized patterns.

“ Be sure that everything is done properly in a good and orderly way”
(1 Corinthians 14:40)

What Is The Light Yoke?

The Lord wants to teach us about rest (Matt 11: 29).

Rest is not the absence of conflict but a positive position of peace, contentment, refreshment and stillness.

Rest includes:

- Quietness of Heart
- An Ability to Let Go and Not Try So Hard
- An Ability to enjoy Leisure, Nature and Things That Do Not Involve Performance
- Time for Reflection
- Breathing Easily
- Waiting Without Impatience
- Not Being Impulsive or Rash

List from Rest by Siang Yang Tan

Rest is not taught by our society. People with A.D.D. will dramatically improve when they learn the Lord’s rest!

What Does The Lord Teach Us About Rest?

1.Observe: “ Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labor and do all your work but the seventh day is a Sabbath day to the Lord your God” (Deuteronomy 5:12).

Principle: Dedicate a 24-hour period to physical, mental and spiritual rest. Rest begins when we practice stillness.

“We continue to suffer from the disease of hurry sickness. Hurry is the great enemy of spiritual life in our day.” (John Ortberg).

Sometimes we purposely avoid rest because we don't really want to be quiet and face our lives and our feelings.

In Psalm 46:10 the Lord says: "Cease striving and know that I am God." Striving is a demonstration of the fact that we don't really observe who God is because we are taking matters into our own hands.

2. Remember: "These commands I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your homes and on your gates. When the Lord your God brings you into the land he swore to your fathers... be careful that you do not forget the Lord" (Deuteronomy 6:6-12).

Principle: Spend your Sabbath day thinking about the Lord. Record in your journal the great things he has done for you. What sicknesses have you been healed of in your life? What are the times God has rescued you from the pit? Remember that the Lord is trustworthy. Spend the day soaking in his love.

Rest is not the absence of problems in your life. Rest is rather that the presence of Jesus in your body, soul and spirit is equal or greater to the pressure placed on you by the outside world.

3. Bless: "The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace. (Numbers 6:24).

Blessing- "Barak"- a self contained beneficial force, which can be transmitted to another.

Principle: Blessings work and have real spiritual power they are not just nice words you say to someone. Make it a point to verbally bless your husband, wife, family, friends and enemies. Pray that their mind will be transformed. When you bless your enemies it promotes forgiveness, which in turn promotes your rest.

Prayer For Rest

Dear Heavenly Father,

I thank You that because of your grace and mercy You are the giver of all good gifts.

I thank You that Your Holy Spirit dispels chaos and fear everywhere You are invited in.

I ask You to forgive me for the times in my life that I have purposefully chosen chaos and anxiety rather than asking you to deal with my worries and fears.

I repent for the times in my life when I have not accepted your rest, but instead have invited stress, disorganization and confusion.

Forgive me for anyone I may have hurt by my words and behaviors when I was under stress and submerged in chaos. I ask you to bless those I may have hurt and place them under the shadow of Your wings.

As a member of my family line, I repent for all those who used drugs, alcohol or medications to force rest upon their bodies and spirits rather than turning to You.

I declare that You give only light burdens. I welcome Your gentle touch upon my life.

In the name of Jesus, I break, shatter, dissolve and destroy the behaviors in my life that have prevented me from observing Your Sabbath rest or remembering Your healing touch.

Father, in the name of Jesus, I ask you now to come into my brain and transform any thoughts that are not pleasing to you. Seal all cracks in my brain that have allowed chaos and fear to enter.

I thank You and bless Your name because You carry my problems and teach me to depend on You. Thank You for your peace and the joy of your Sabbath rest.

Breath Prayers

One of the most beautiful and ancient of Christian traditions is the Breath Prayer. These prayers are simple statements that allow each of us to stop in the midst of impulsive behaviors and to allow the Lord to refocus our attention towards his kingdom and his glory. Saying your breath prayer many times during the day can change your brain.

Below you will find several Breath Prayers listed for you to practice with:

Prayer #1

Inhale slowly praying silently: "Lord Jesus, slow me down."

Exhale slowly, praying silently: "Slow me down that I might enjoy you more."

Prayer #2

Inhale: "I turn to You, Jesus, for wisdom and revelation."

Exhale: " You are Jehovah Sebaoth in my life."

Prayer #3

Inhale: " Jesus put your healing touch on my brain."

Exhale: " Jesus, touch me and I will be healed."

Prayer #4

Inhale: " Jesus, You are the same yesterday, today and tomorrow"

Exhale: "All issues of impulsivity I place under Your dominion."