The most important thing about your brain is the thoughts that dominate it. The Bible says: "Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Holy Spirit have their minds set on what the Holy Spirit desires. The mind governed by the flesh is death, but the mind governed by the Holy Spirit is life and peace." (Romans 8:5-6)

You need to make a conscious effort to fill your mind with Scripture - to read it, study it, and memorize it. You need to meditate on the words of the Bible from Genesis to Revelation. Biblical meditation on Scripture acts as a believer's medicine, because God's Holy Spirit always uses the balm of His truth to provide lasting comfort and help. God will keep in perfect peace those whose minds are fixed on Him. (see Isaiah 26:3) It is *our God* who can put wisdom in our minds and understanding in our hearts.

Job 38:36 "Who has put wisdom in the mind? Or who has given understanding to the heart?"