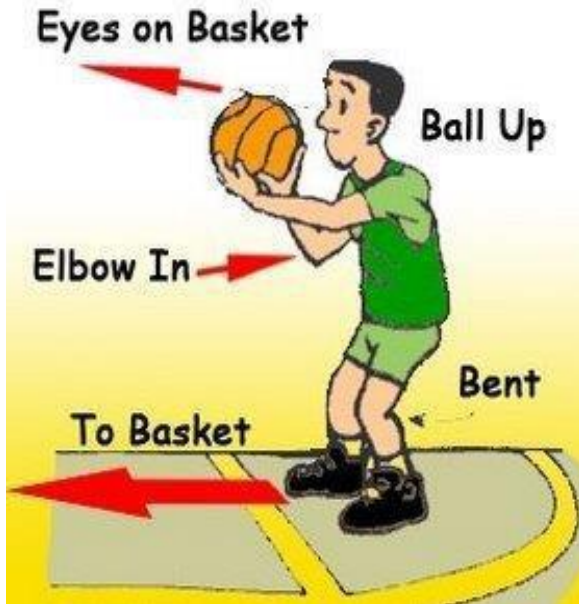


# Likewise, our brain is capable of performing spiritual neuroplasticity!



“Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like . . . those who **practice** such things will not inherit the kingdom of God” (Galatians 5:19-21).

Use of the word “**practice**” implies that each of the “works of the flesh” listed above was learned and practiced. The word “practice” means “performed repeatedly or habitually” (Strong’s Dictionary).

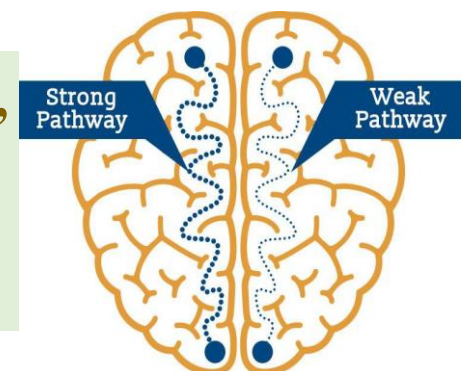
**With “practice” pathways for “works of the flesh” grow wider and faster. This is harmful neuroplasticity (addiction).**

**The following passages imply that with practice and the Holy Spirit’s help, “works of the flesh” pathways weaken and “fruit of the Spirit” pathways strengthen.**

“I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh... And those who are Christ's have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit” (Galatians 5:16,24,25).

“But the **fruit** of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control”

(Galatians 5:22,23).





1. “Now the \_\_\_\_\_ of the \_\_\_\_\_ are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, \_\_\_\_\_ ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like . . . those who \_\_\_\_\_ such things will not inherit the kingdom of God” (Galatians 5:19-21).

works flesh selfish practice

2. Use of the word “\_\_\_\_\_” implies that each of the “works of the flesh” listed above was \_\_\_\_\_ and practiced. The word “practice” means “performed \_\_\_\_\_ or habitually” (Strong’s Dictionary).

practice learned repeatedly

3. With “\_\_\_\_\_” pathways for “works of the flesh” grow wider and faster. This is harmful \_\_\_\_\_ (\_\_\_\_\_).

practice neuroplasticity addiction

4. “I say then: Walk in the \_\_\_\_\_, and you shall not fulfill the lust of the flesh... And those who are Christ's have \_\_\_\_\_ the flesh with its passions and \_\_\_\_\_. If we live in the Spirit, let us also walk in the Spirit” (Galatians 5:16,24,25).

Spirit crucified desires

5. “But the \_\_\_\_\_ of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, \_\_\_\_\_”

12. What should you do if you feel tightness while in your stance?



Flare out your trail foot

13. What should you do with you trail hip?



Load it with weight to use the ground as leverage to strengthen your swing

14. If you feel like there is too much movement in your swing, what should you do?



Widen your stance