



Healthy and Happy Seminar 13



The Woman Who Stole the Baby! Brain Power Solved that Mystery.

Every baby born is a miracle! How can a tiny male sperm fertilize an invisible female ovum to start a new life with a heart and lungs and brain? Some women are so desperate for a baby that they are willing to steal one! A mother, whose baby died, stole her friend's child and claimed it as hers!

1. How did King Solomon use his brain power to solve that mystery?

1 Kings 3:24-27. True or False?

1. He ordered DNA testing for both mothers and the baby.
2. He proposed dividing the living child and giving half to each mother.
3. Then he watched to see the emotional reaction of each contender.
4. We, too, need brain power to resolve our big challenges today.

2. The human brain is the most powerful element of God's creation!

- It has 100 billion brain cells which are called neurons.
- Between these neurons there are structures called synapses.
- The neurons communicate with each other across these synapses!
- Each neuron can make from 1,000 to 200,000 connections!

3. The cerebrum has four principal lobes and each has different functions.

Choose the right words: memories, position, decisions, breathing, colors.

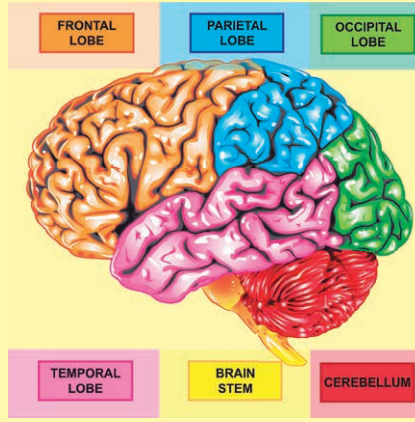
(a) **Frontal lobe** [colored orange] is responsible for reasoning, problem solving, and making _____ . It manages behavior and self control.

(b) **Parietal lobe** [colored blue] coordinates sensory information. It tells us which way is up, and helps us manage our _____ in space.

(c) **Occipital lobe** [colored green] is the smallest. It receives and processes all information we see, and enables us to recognize shapes and _____ .

(d) **Temporal lobe** [colored pink] deals with language and helps us understand and process speech. It stores auditory and visual _____ .

(e) **Brain Stem**, at the base of the brain, controls involuntary functions like blood pressure, heart rate, and _____ .



4. The first key to great brain power is Physical Activity.

- T F 1. Exercise aids growth of synapses, connections between blood cells.
- T F 2. Since exercise grows more synapses, it results in a sharper brain!
- T F 3. It enlarges the hippocampus of the brain, which controls memory.
- T F 4. Therefore exercise helps to combat Alzheimer's disease.

5. Our second key for brain health is Nutritional Activity. Eat brain food!

Choose the right words: germ, seeds, almonds.

(a) A rich source of brain food is grains, nuts and _____ .

(b) Serotonin aids brain health, and tryptophan raises the level of serotonin.

(c) Foods rich in tryptophan are tofu, flax seeds, sesame seeds, _____ .

(d) A good source of brain food is Omega-3 found in mackerel and salmon.

(e) Omega-3 is also found in wheat _____ , flax seeds, soybeans, walnuts.

6. Key number three is Cognitive Activity. Exercise your mind!

Group Activity. List some activities that can exercise the mind.

- (a) _____ (b) _____
- (c) _____ (d) _____

7. A fourth key to brain health is Social Activity. Connect with people!

- T F 1. Loneliness invites depression and lowers brain health.
- T F 2. Interaction with others provides support, increases brain power.
- T F 3. Watching television and texting messages improve social skills.
- T F 4. Dialogue in small groups can stimulate brain function.

8. Our final key to great brain power is Spiritual Activity.

What are two of them?

James 1:5. All who want wisdom should _____

God. That's **Prayer!**

That's exactly what Solomon did to get brain power. See 1 Kings 3:9, 12.

Psalm 119:130. God's _____ gives

understanding. That's **Bible Study!**

So studying and memorizing Scripture will increase brain power!



9. Just as those mothers stood in court before Solomon, king of Israel, so one day, every person must stand in court before God, the King of heaven!

2 Corinthians 5:10. "We must all appear before the judgment seat."

10. Usually, judgment has two phases. What are they?

Choose the right words: executive, investigative, before, second.

(a) The _____ phase: Cases are examined and sentence is passed.

(b) The _____ phase: The sentence is executed.

(c) God's executive phase takes place at Christ's _____ coming.

(d) So His investigative phase must take place _____ Christ returns.

11. In vision, Daniel saw the awesome heavenly court scene.

Daniel 7:9, 10. True or False?

1. God the Father, the Ancient of Days, sits as the Judge.

2. Hosts of heavenly angels are in attendance as witnesses.

3. We do not appear in person. God's records hold evidence.

12. Every court is governed by law. By what law are we being judged?

James 2:10-12. This is the Law of God's Ten _____.

13. In God's judgment, who is the prosecuting attorney?

Revelation 12:10. He is Satan. He is called "the accuser of our brethren"

- If I choose to stand alone in court, my case is lost! The verdict is "Guilty!"
- And "the wages of sin is death" Romans 6:23. That's eternal death!

14. But I need not stand alone! A Lawyer is available! Who is He?

1 John 2:1. His name is _____.

- With Jesus as my Lawyer, my case is won! The verdict is "Not guilty."
- My sentence is eternal Life. "The gift of God is eternal life" Romans 6:23

15. If Jesus is to be my Lawyer, I must take three steps. What are they?

(a) Revelation 7:14. I must accept the _____ of Jesus.

(b) Revelation 14:12. I should keep the _____ of Jesus.

(c) Mark 16:16. I need to experience the _____ of Jesus.

16. Soon God's Pre-Advent Judgment will be over. What will happen?

Revelation 22:12. "And behold, I come quickly; and my reward is with me."

Matthew 25:41. To Satan's people, Christ will say, "Depart from me ... into the everlasting fire."

Matthew 25:34. To God's people, Jesus will say, "Come ... inherit the kingdom prepared for you."



My Choice.

- I thank God for my brain! I will use the five keys for great brain power.
- I don't want to stand alone in court. I choose to have Jesus as my Lawyer.
- I accept the Blood of Jesus, the Sabbath of Jesus, the Baptism of Jesus.

Check Your Answers. 1. 1F, 2T, 3T, 4T. 4. 1F [brain cells], 2T, 3T, 4T. 7. 1T, 2T, 3F, 4T. 11. 1T, 2T, 3T.

Attention! The information in this seminar is for health education only. It is not designed to be a substitute for the medical care of your physician.

Contributors. For a list of health professionals, go to the Leader's Guide on Website.



Illustrations: Pages 1, 2 by Dreamstime; Pages 3, 4 by Arnol Jimenez.
Family Logo by Enrique Urquijo. Layout, Design & Health Logo by Elizabeth Valoyes.
Copyright © 2018 by Gordon & Waveney Martinborough, Happy Family Bible Seminars International.
Website: www.HappyFamilyBSI.com – Email: waveney@happyfamilybsi.com
Telephone: 407-884-0859 or 800-291-3060