

Your Busy Brain

Not only is the human brain the most complex structure in the universe, it is also one of the busiest. In fact, during intense concentration, your brain can burn as many calories as your muscles do during exercise! Intense thinking can literally be as exhausting as a physical workout! More than 100,000 chemical reactions go on in your brain every second.

Among the brain's many jobs is chemist. The brain produces more than 50 psychoactive drugs. Some of these are associated with memory, others with intelligence, still others are sedatives. Endorphin is the brain's painkiller and it's three times more potent than morphine. Serotonin is produced by the brain to help keep our moods under control. The brain also makes dopamine. Dopamine makes people more talkative and excitable. Another hormone regulates hunger.

The brain is also a radio transmitter that sends out measurable electrical wave signals. In fact, the brain continues to send these signals for as long as 37 hours after death!

Our tiny knowledge of the brain is enough to show us that this incredible organ is no accident. The brain is much more than a powerful testimony to our Creator. Its incredible powers convince us that there is much more to existence than this material life. However, we can learn only from the Word of God about eternal life through the forgiveness of sins in Jesus Christ.

Put your brain together with the Word of God today!

Psalm 25:4

"Shew me thy ways, O LORD; teach me thy paths."

Prayer: Dear Father, I thank You for the incredible gift of my brain. Forgive me, for Jesus' sake, for my misuse of this gift and help me to better use it in Your service. In Jesus' Name. Amen.

Ref: McCutcheon, *The Compass in Your Nose*. Los Angeles: Jeremy P. Tarcher, Inc.