



Episode 26: How Meditating on Scripture Rewires Your Brain

EPISODE NOTES

Summary:

In this episode of Transforming the Church podcast, Pastor Derwin Gray explores neuroplasticity—the brain's ability to rewire itself—and how Scripture can transform our thought patterns. He explains that by consistently meditating on God's Word and replacing lies with biblical truth, we can literally change our brain's neural pathways, moving from patterns of fear and shame to peace and joy. Gray emphasizes that Romans 12:2's call to "renew your mind" isn't just spiritual advice but aligns with neuroscience, showing that repeated Scripture meditation creates new mental "grooves" that reshape how we think and live. Through practical steps like Scripture rehearsal, meditation, and replacement of negative thoughts, believers can experience genuine transformation as the Holy Spirit uses God's truth to rewire their minds.

What You'll Learn:

1. Your brain can change through God's Word Neuroplasticity proves that your brain isn't fixed—it can form new connections and pathways. Scripture is a powerful tool God uses to rewire our thinking patterns.
2. Meditation on Scripture creates new mental pathways Just like repeated practice in football created muscle memory for Pastor Gray, consistently meditating on God's truth creates new "grooves" in your brain that replace old patterns of fear, shame, and negativity.
3. Replace lies with biblical truth When negative thoughts arise (like "I'm not good enough" or "God can't love me"), actively replace them with Scripture. For example, counter "I'm worthless" with "I am God's masterpiece" (Ephesians 2:10).
4. Three practical steps to renew your mind
 1. **Scripture rehearsal:** Pick one verse weekly and repeat it throughout the day
 2. **Scripture meditation:** Spend 5 minutes sitting with one verse, letting it sink in
 3. **Scripture replacement:** When negative thoughts hit, immediately replace them with God's truth
5. Transformation takes time and repetition Renewal doesn't happen overnight. Just as it took years to develop negative thought patterns, it takes consistent practice to rewire your brain with God's truth—but the Holy Spirit empowers this transformation.

QUOTES

- On neuroplasticity and Scripture: "Your brain can change. It literally can rewire itself. And here's the good news. God's word is one of the main tools he uses to do that."
- On thought patterns: "Thoughts that fire together, wire together."
- On mental hygiene: "The goal is not for negative thoughts to stop. The goal is to learn how to stop negative thoughts from dictating our moods, dictating our actions."
- On freedom: "Freedom is not doing anything you want to do. Freedom is doing what you were created to do."
- On identity in Christ: "It is so much better to believe that we are in him instead of out of him... When God looks at me, he sees Jesus."
- The bottom line: "You don't have to stay stuck in old patterns of fear, shame, or sin. The word of God, empowered by the spirit of God, can literally rewire your brain."

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