



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

BIBLE REFERENCES IN HARMONY WITH SCIENTIFIC BRAIN-REWIRING PRINCIPLES

Here are just a few of the many scriptures from the Bible that speak beautifully of the harmony between scientifically proven principles of successful brain rewiring (the fourteen headings displayed below) and the teachings of Jesus Christ. The more you become familiar with this harmony, the more you will see it surface in your regular scripture study.

You will note that many scriptures in this list can easily fall into more than one category. Taking note of that when it happens will help reinforce the beauty of the harmony we are trying to bring into sharper focus... and will add layers of meaning that will enhance your study.

I encourage you to take note of those messages that jump off the page and into your heart (stay tuned for a future Faith Squared Music song on that subject!), and then journal about it, pray about it, talk about it. The more you internalize *and* share these messages, the more they will naturally come alive in your life.

[Daily gratitude practices have transformative power](#)

- 2 Cor 4:15 – All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God. (NIV)
 - Psalm 147: 1 & 3 – Praise the Lord. How good it is to sing praises to our God, how pleasant and fitting to praise him! He heals the brokenhearted and binds up their wounds. (NIV)
 - Psalm 100 – Make a joyful noise unto the LORD, all ye lands. Serve the LORD with gladness: come before his presence with singing. Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture. Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the LORD is good; his mercy is everlasting; and his truth endureth to all generations. (KJV)
 - Psalm 92:1, 2, & 4 – It is a good thing to give thanks unto the LORD, and to sing praises unto thy name, O most High: to shew forth thy lovingkindness in the morning, and thy faithfulness every night, for thou, LORD, hast made me glad through thy work: I will triumph in the works of thy hands. (KJV)
 - Psalm 95:1-2 – Come, let us sing for joy to the LORD; let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving and extol him with music and song. (NIV)
 - Col 3: 15 – Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. (NIV)
- Rev 7:12 – ... Blessing, and glory, and wisdom, and thanksgiving, and honour, and power, and might, be unto our God for ever and ever. Amen. (KJV)

[Meditation and prayer invite and expand both healing and peace](#)

- 1 Tim 4:15 – Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all. (KJV)
- Phil 4:6-7 – Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard

your hearts and your minds in Christ Jesus. (NIV)

- James 5:13-16 – Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. 1And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. 1Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. (NIV)

- Eph 6:18 – And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. (NIV)

John 17 – [The Great Intercessory Prayer in its entirety](#)

- Matt 6:6 – But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. (KJV)

Psalms 104:34 – May my meditation be pleasing unto him, as I rejoice in the Lord. (NIV)

Use thoughts, words, and actions with intention

- Prov 23:7 – For as he thinketh in his heart, so is he... (KJV)

- Heb 4:12 – For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart. (KJV)

- 1 Thes 1:5 – ...because our gospel came to you not simply with words but also with power, with the Holy Spirit and deep conviction. (NIV)

- 1 Thes 3:12 – May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you. (NIV)

- Acts 11:23 – When he arrived and saw what the grace of God had done, he was glad and encouraged them all to remain true to the Lord with all their hearts. (NIV)

- Phil 4:8 – Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. (KJV)

- Mark 4:14 – The sower soweth the word. (KJV) *(Verses 3-20 tell the complete parable of the sower, which relates beautifully to intentional thoughts, words, and actions in bringing good things to pass.)*

- 2 Cor 9:7 – Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver. (KJV)

Mindfulness and using our senses create awareness

- 2 Pet 3:1, 2 – This second epistle, beloved, I now write unto you; in both which I stir up your pure minds by way of remembrance: That ye may be mindful of the words which were spoken before by the holy prophets, and of the commandment of us the apostles of the Lord and Saviour... (KJV)

- Matt 13:16 – But blessed are your eyes, for they see: and your ears, for they hear.

- Rom 10:17-18 – So then faith cometh by hearing, and hearing by the word of God. But I say, Have they not heard? Yes verily, their sound went into all the earth, and their words unto the ends of the world. (KJV)

- Heb 5:14 – But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil. (KJV)

- Luke 4:31 – And their eyes were opened, and they recognized him [Jesus]... (NIV)

- Proverbs 22:12 – The hearing ear, and the seeing eye, the Lord hath made even both of them. (KJV)
- Col 3:2 – Set your minds on things above, not on earthly things. (NIV)
- Acts 28:26, 27 – “Go to this people and say, “You will be ever hearing but never understanding; you will be ever seeing but never perceiving.” For this people’s heart has become calloused; they hardly hear with their ears, and they have closed their eyes. Otherwise they might see with their eyes, hear with their ears, understand with their hearts and turn, and I would heal them. (NIV)

Forgiveness of self and others is crucial to healing

- John 1:29 – The next day John seeth Jesus coming unto him and saith, Behold the Lamb of God, which taketh away the sin of the world. (KJV)
- Matt 6:14 – For if you forgive men their trespasses, your heavenly Father will also forgive you. (KJV)
- Luke 11:4 – And forgive us our sins; for we also forgive everyone that is indebted to us... (KJV)
- Eph 4:32 – And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ’s sake hath forgiven you. (KJV)
- 1 John 1:9 – If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. (KJV)
- Mark 2:4-12 – Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus by digging through it and then lowered the mat the man was lying on. When Jesus saw their faith, he said to the paralyzed man, “Son, your sins are forgiven.” Now some teachers of the law were sitting there, thinking to themselves, “Why does this fellow talk like that? He’s blaspheming! Who can forgive sins but God alone?” Immediately Jesus knew in his spirit that this was what they were thinking in their hearts, and he said to them, “Why are you thinking these things? Which is easier: to say to this paralyzed man, ‘Your sins are forgiven,’ or to say, ‘Get up, take your mat and walk’? But I want you to know that the Son of Man has authority on earth to forgive sins.” So he said to the man, “I tell you, get up, take your mat and go home.” He got up, took his mat and walked out in full view of them all. This amazed everyone and they praised God, saying, “We have never seen anything like this!” (NIV)

Self-care practices are vital to personal well-being

- 3 John 1:2 – Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. (KJV)
 - Acts 27:34 – Now I urge you to take some food. You need it to survive. Not one of you will lose a single hair from his head. (NIV)
 - 1 Cor 6:19-20 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s. (KJV)
 - Mark 6:31- And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat. (KJV)
 - Luke 5:16 – But Jesus often withdrew to lonely places and prayed. (NIV)
- Eph 5:29 – After all, no one ever hated his own body, but he feeds and cares for it, just as Christ does the church... (NIV)

Service to others increases confidence and self-worth

- Isa 58:7-8 – Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood? Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard.
- Prov 28:27 – He that giveth unto the poor shall not lack: but he that hideth his eyes shall have many a curse. (KJV)
- 1 Pet 4:8-10 – And above all things have fervent charity among yourselves: for charity shall cover the multitude of sins. Use hospitality one to another without grudging. (KJV)
- Mark 10:42-45 – But Jesus called them to him, and saith unto them, Ye know that they which are accounted to rule over the Gentiles exercise lordship over them; and their great ones exercise authority upon them. But so shall it not be among you: but whosoever will be great among you, shall be your minister: and whosoever of you will be the chiefest, shall be servant of all. For even the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many. (KJV)
- Matt 25:34-40 – “Then the King will say to those on his right, ‘Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.’ “Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?’ “The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’ (NIV)

Caring relationships add meaning and value to our lives

- Prov 18:24 – One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother. (NIV)
- Eph 4:32 – And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ’s sake hath forgiven you. (KJV)
- 1 Thes 5:11 – Therefore encourage one another and build each other up, just as in fact you are doing. (NIV)
- John 15:9-17 – As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one’s life for one’s friends. You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. This is my command: Love each other. (NIV)
- 1 Cor 13:4-7 – Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

Connecting with nature needs to be part of our healing

- Luke 6:12 – One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. (NIV)
- John 18:1 – When Jesus had spoken these words, he went forth with his disciples over the brook Cedron, where was a garden, into the which he entered, and his disciples. (KJV)
- Ps 118:24 – This is the day which the LORD hath made; we will rejoice and be glad in it. (KJV)
- Job 38:7 – When the morning stars sang together, and all the sons of God shouted for joy (KJV)
- Gen 1:31 – And God saw every thing that he had made, and, behold, it was very good. (KJV)
- Ex 19:3 – And Moses went up unto God, and the LORD called unto him out of the mountain... (KJV)
- Acts 16:13 – On the Sabbath we went outside the city gate to the river, where we expected to find a place of prayer... (NIV)

We must choose taking responsibility over victimhood

- Heb 12:6-7 & 11 – “My son, do not make light of the Lord’s discipline, and do not lose heart when he rebukes you, because the Lord disciplines the one he loves, and he chastens everyone he accepts as his son.” Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father... No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. (NIV)
- Luke 15:17-20 & 24 – “When he came to his senses, he said, ‘How many of my father’s hired servants have food to spare, and here I am starving to death! I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. I am no longer worthy to be called your son; make me like one of your hired servants.’ So he got up and went to his father. / For this son of mine was dead and is alive again; he was lost and is found.’ So they began to celebrate. (NIV)
- John 5:5-9 – One who was there had been an invalid for thirty-eight years. When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, “Do you want to get well?” “Sir,” the invalid replied, “I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me.” Then Jesus said to him, “Get up! Pick up your mat and walk.” At once the man was cured; he picked up his mat and walked. (NIV)
- Gal 6:3-5 – If anyone thinks they are something when they are not, they deceive themselves. Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load. (NIV)
- 2 Cor 9:6 – Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. (NIV)
- Luke 22:41-43 – And he was withdrawn from them about a stone’s cast, and knelt down, and prayed, Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done. And there appeared an angel unto him from heaven, strengthening him. (KJV)

Repeating affirmations shapes perceptions and possibilities

- Luke 18:27 – And he said, The things which are impossible with men are possible with God. (KJV)
- Prov 4:23 – Keep thy heart with all diligence; for out of it are the issues of life. (KJV)

- Mark 4:39 – He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm. (NIV)
- Gen 1:3 – And God said, “Let there be light,” and there was light. (NIV/KJV)
- 1 Pet 2:9 – But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvelous light... (KJV)
- Ps 19:14 – Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer. (KJV)

Emotions, beliefs, and expectations create your reality

- Heb 4:3 & 16 – For we which have believed do enter into rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world. / Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need. (KJV)
- Heb 3:14 – For we are made partakers of Christ, if we hold the beginning of our confidence steadfast unto the end... (KJV)
- Heb 12:2 – Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. (KJV)
- Matt 15:28 – Then Jesus answered and said unto her, O woman, great is thy faith: be it unto thee even as thou wilt. And her daughter was made whole from that very hour. (KJV)
- Matt 21:22 – And all things, whatsoever ye shall ask in prayer, believing, ye shall receive. (KJV)
- Eph 6:16-17 – In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. (NIV)
- John 17:13 – “I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them. (NIV)

Joy is found in visualizing righteous desires

- Heb 9:11 – But Christ being come an high priest of good things to come... (KJV)
- Matt 6:21 – For where your treasure is, there will your heart be also. (KJV)
- Matt 17:20 – ...for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. (KJV)
- Prov 13:12 & 19 – Hope deferred makes the heart sick, but a longing fulfilled is a tree of life. / A longing fulfilled is sweet to the soul... (NIV)
- Prov 29:18 – Where there is no revelation, people cast off restraint; but blessed is the one who heeds wisdom’s instruction. (NIV)
- John 16:24 – Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete. (NIV)
- Ps 5:1-3 & 11 – Give ear to my words, O LORD, consider my meditation. Hearken unto the voice of my cry, my King, and my God: for unto thee will I pray. My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up. / But let all those that put their trust in thee rejoice: let them ever shout for joy, because thou defendest them: let them also that love thy name be joyful in thee. (KJV)

Love and light bring energy, connection, and hope

- Matt 11: 28-30 – Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light. (KJV)
- Matt 13:43 – Then the righteous will shine like the sun in the kingdom of their Father. Whoever has ears, let them hear. (NIV)
- Matt 5:14-16 – You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. (NIV)
- Eph 5:8 – For ye were sometimes darkness, but now are ye light in the Lord: walk as children of light... (KJV)
- 2 Cor. 5:17 – Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new. (KJV)
- Rev 3:20 – Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me. (KJV)
- James 1:17 – Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning. (KJV)
- John 8:12 – When Jesus spoke again to the people, he said, “I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.” (NIV)

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