

EUROPEAN BIBLE SCHOOL · PRAGUE

# Loving God with all your mind

*AI and the Brain*

Romans 12:2

Do not conform to the pattern of this world,  
but be transformed by the renewing of your mind.  
Then you will be able to test and approve what God's will  
is—his good, pleasing and perfect will.

Romans 12:2 · NIV

A question to begin

Who is training  
your mind  
right now?

What we will cover

I

## Your mind is a trainable system

*What neuroscience and AI both discovered.*

II

## Someone else is already training you

*The attention economy and its measurable effects.*

III

## Intentional retraining on the Master

*Six ancient practices, one daily regimen.*

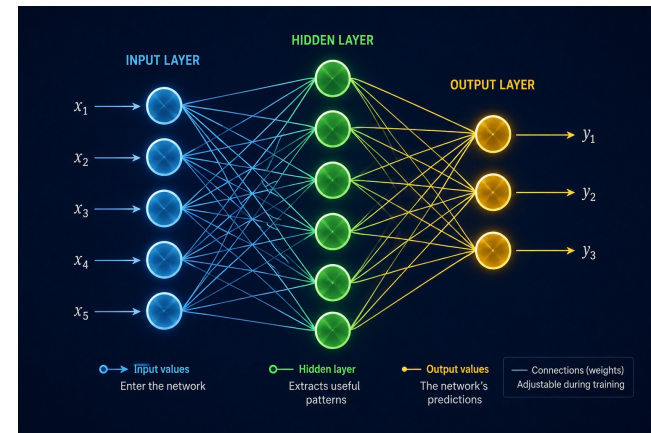
PART I

Your mind is  
a trainable system

# AI was modelled on the brain



*Biological neurons*

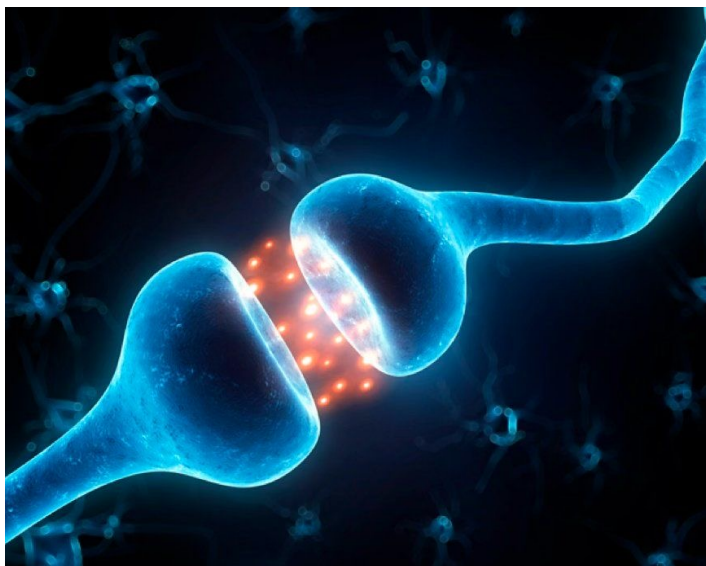


*Artificial neural network*

Neurons fire. Connections strengthen. Patterns emerge through repetition. John Hopfield's 1982 network, an early theoretical model, borrowed this directly from neuroscience and formulated with physics.

I · Your mind is a trainable system

## The information lives in the network



*There is no “grandmother neuron.”*

What you know, what you believe, what you feel,  
none of it lives inside any single cell.

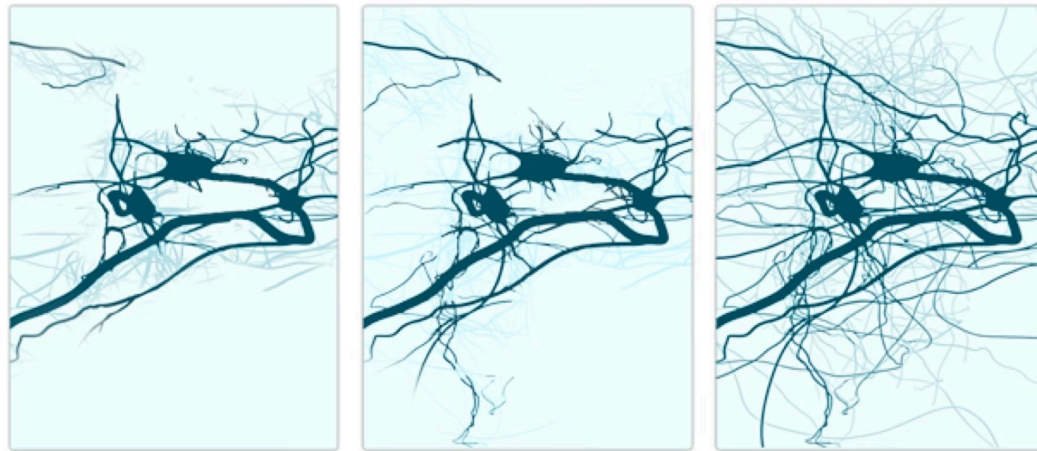
It lives in the pattern of connections:

- which neurons connect to which
- and how strongly

*This is exactly what machine learning sets out to replicate.*

## Networks grow and reshape

*Use it and it strengthens. Neglect it and it fades. The brain is constantly editing itself.*



Whatever you repeatedly feed your attention to — thoughts, images, behaviours, feelings — physically reshapes the wiring of your brain. Neuroscientists call this neuroplasticity.

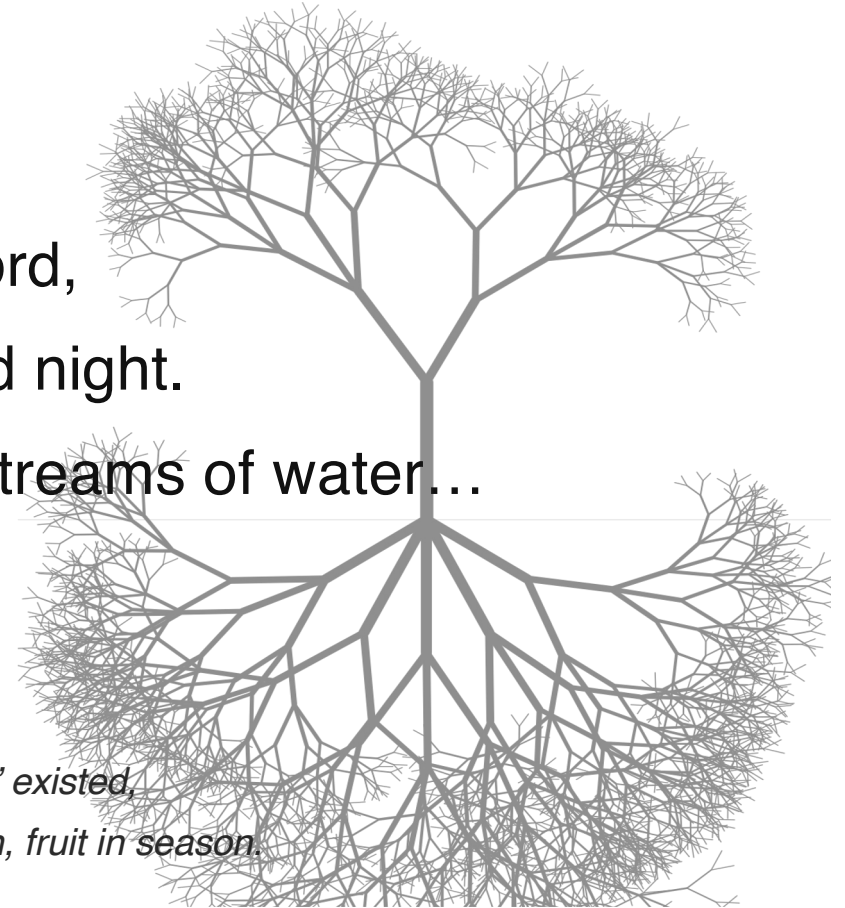
SCRIPTURE SAW IT FIRST

...whose delight is in the law of the Lord,  
and who meditates on his law day and night.  
That person is like a tree planted by streams of water...

Psalms 1:2-3 · NIV

*Two and a half thousand years before the word “neuroplasticity” existed,  
the psalmist described it exactly: repeated input, deep formation, fruit in season.*

I · Your mind is a trainable system



Two words. Same reality.

NEUROSCIENCE CALLS IT

## Plasticity

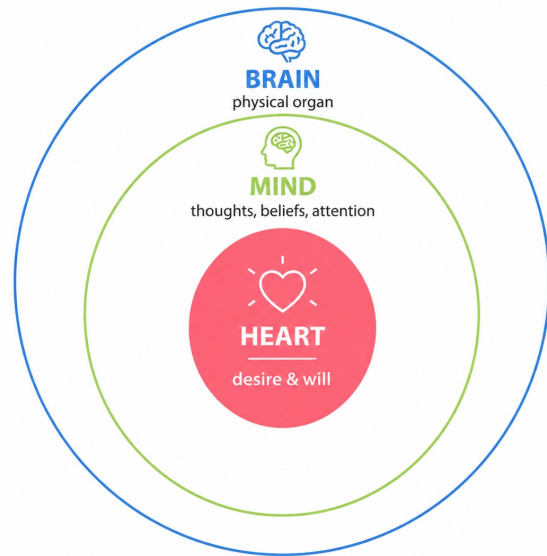
The brain physically changes  
in response to what it processes  
repeatedly.

SCRIPTURE CALLS IT

## Formation

The person we become is shaped  
by what we love, enjoy, and repeat,  
... over years, often without noticing.

## But we are more than hardware



*Renewing the mind eventually  
transforms the heart.*

**Brain**     *the physical organ — neurons, synapses, plasticity.*

**Mind**     *the seat of thought, belief and attention.*

**Heart**     *the deeper seat of desire and will.*

Above all else, guard your heart,  
for everything you do flows from it.

Proverbs 4:23 · NIV

KEY PRINCIPLE

No data, no AI.

No input, no formation.

*You are always being shaped by something — whether you chose it or not.*

I · Your mind is a trainable system

PART II

Someone else is  
already training you

D O T H I S N O W

Pull out your phone.

# Read your report card.

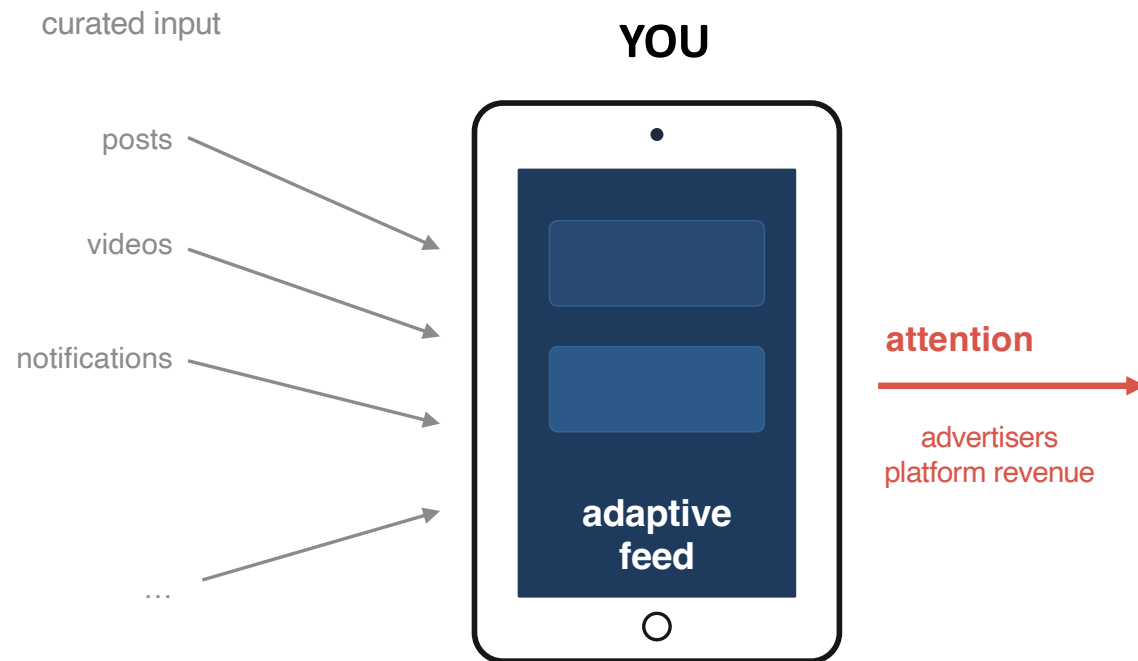
iPhone: Settings → Screen Time

Android: Settings → Digital Wellbeing

*Don't share the number. Just look at it. That is the report card of your current trainer.*

II · Someone else is already training you

# Attention-capture systems



At their core, social platforms are not communication tools — they are systems engineered to capture and hold human attention.

Curated input is fed in continuously. Algorithms learn which signals hold you longer. The feed adapts — to your wants, your fears, your weak points.

II · Someone else is already training you

# The business model

01

## Capture

Hold your attention as long  
as possible.

02

## Shape

Adjust what you want, fear  
and notice.

03

## Sell

Sell that captured attention  
to advertisers.

*Your attention is the product. Your mind is what gets reshaped — as collateral damage.*

## This is measurable



Clinical anxiety

has risen sharply in the smartphone era, especially among adolescents.



Average attention span

for sustained focused work has shortened over the last fifteen years.



Capacity for deep focus

is measurably lower in heavy social-media users across multiple studies.

*None of this is accidental. It is the design working as intended.*

JOHN SAW THE MECHANISM

Everything in the world —  
the lust of the flesh, the lust of the eyes,  
and the pride of life —  
comes not from the Father but from the world.

1 John 2:16 · NIV

*Twenty centuries before the feed, John named its three vectors precisely.  
He wasn't moralising. He was describing the mechanism.*

II · Someone else is already training you

THE URGENT QUESTION

If your mind is  
always being trained —

**who is your trainer  
right now?**

PART III

# Intentional retraining on the Master

## Transformation is not passive

In AI, retraining means actively feeding a model new data to overwrite the patterns it learned before.

The same is required of us.

*Old patterns do not quietly fade because we have heard a better idea.*

*They must be actively displaced — by attention given, repeatedly, to something better.*

## Putt off – Put on

You were taught, with regard to your former way of life, to **put off** your old self, which is being corrupted by its deceitful desires; to be **made new** in the attitude of your minds; and to **put on** the new self, created to be like God in true righteousness and holiness.

Ephesians 4:22-23 · NIV

Guarding your heart is never just quitting — it's swapping.

Paul says it plain in Ephesians 4: put off the old self, put on the new. Two steps. Always two.

## Notice the sequence

01 · FIRST

### Do not conform

Resistance to the world's training  
is the prerequisite, not the result,  
of renewal.



02 · THEN

### Be transformed

Renewal of the mind follows —  
through the steady inflow of  
new, better training data.

*You cannot simply layer God-content on top of the world's programming: REMOVE — RENEW — INSTALL*

T H E   P A T T E R N

# Stop something. Start something.

*Above all else, guard your heart, for everything you do flows from it.*

PROVERBS 4:23 · NIV

*Put off your old self ... and put on the new self.*

EPHESIANS 4:22–24 · NIV

*Two steps. Never one. Refusal and replacement together.*

III · Intentional retraining on the Master

# Choose your Trainer

For who has known the mind of the Lord so as to instruct him?  
But we have the mind of Christ.

1 Corinthians 2:16 · NIV

The goal of retraining is not generic self-improvement.  
It is a mind increasingly aligned with his values, his attention, his loves.

## Six practices · one training routine

*Together they address the full architecture of the mind:  
input, silence, content, reception, depth and community.*



Pray

*open the channel*



Fast

*cut the signal*



Read

*feed true data*



Listen

*receive, don't broadcast*



Meditate

*process deeply*



Gather

*shape one another*

O N E   W O R D   F O R   A L L   O F   T H I S

hagah · הגה

*to mutter · to chew · to repeat under your breath*

The mind is always doing this. The feed knows it — that's why it loops.

Whatever you can't stop chewing on is what's shaping you.

*The six practices that follow are not a checklist.  
They are six ways of choosing your hagah.*

## PRACTICE 01



*Open the direct channel — before the algorithms claim your attention.*

Very early in the morning, while it was still dark, Jesus got up,  
left the house and went off to a solitary place, where he prayed.

Mark 1:35 · NIV

## PRACTICE 02



# Fast

*Deliberately cut the signal — to create the silence in which a different voice can be heard.*

Man shall not live on bread alone, but on every word  
that comes from the mouth of God.

Matthew 4:4 · NIV

PRACTICE 03



## Read

*Feed the mind its true training data — slowly, repeatedly, on purpose.*

Keep this Book of the Law always on your lips;  
meditate on it day and night.

Joshua 1:8 · NIV

PRACTICE 04



## Listen

*Shift from output to receptive attention — in silence, in worship, in counsel.*

The Lord was not in the wind, the earthquake, or the fire.

After the fire came a gentle whisper.

1 Kings 19:11–12 · NIV

# Meditate

*Process deeply — long enough for information to become formation.*

*hagah is wider than a quiet study desk:*

The blessed man *meditates on* Torah.

P S A L M 1

The nations *plot* rebellion.

P S A L M 2

A lion *growls over* its prey.

I S A I A H 31

A dove *moans in* grief.

I S A I A H 38

*Same Hebrew verb in every line.*

**You are always meditating. The question is on what.**

PRACTICE 06



## Gather

*The mind is shaped by who surrounds it.*

Let us consider how we may spur one another on toward love and good deeds,  
not giving up meeting together ... but encouraging one another.

Hebrews 10:24–25 · NIV

C H O O S E    O N E

# Pick one.

Not six. One.

*Which practice, starting tomorrow, for the next seven days?*

*Write it down. Tell the person next to you.*

## Together they form an architecture

|          |                               |
|----------|-------------------------------|
| Pray     | <i>sets the orientation</i>   |
| Fast     | <i>creates the silence</i>    |
| Read     | <i>supplies the content</i>   |
| Listen   | <i>opens the receiver</i>     |
| Meditate | <i>deepens the processing</i> |
| Gather   | <i>shapes us in community</i> |

# To love God with all your mind

- 01      **Recognise**      *your mind is always being trained.*
- 02      **Refuse**      *to leave that training to the world's algorithms.*
- 03      **Retrain**      *intentionally — on the Master — every day.*

Be transformed  
by the renewing of your mind.

Romans 12:2 · NIV