

Connect timeless truths with today's news.

### INSTRUCTIONS BUILT INTO BRAIN CELLS

Late last month, a team of researchers from several universities published their discovery that the human brain comes “pre-wired” with the ability to understand the world, even before the brain has come into contact with any sensory input. In other words, we may have been preinstalled with instructions that can interpret information long before that information arrives. This discovery helps to answer the question of whether our first thoughts form at birth—when an infant encounters the world—or much earlier in the womb. This discovery could also advance the diagnosis and treatment of several developmental brain disorders and show how toxins can harm fetal development.

### INSTRUCTIONS COMING FROM GOD

Today's reading includes passages from both Testaments. In Psalm 19, the psalmist praises God's “law” as his instruction that is able to make us wise and help us to see in a clear way. Words from God leave a sweet taste in our mouth, and they also show that nothing can be hidden from God. He alone can cleanse us from sin. In 2 Timothy 3, Paul sees that the end is near, so he writes to encourage one of his closest friends to not depart from the legacy of faith he had received, a legacy including the close study of Scripture. Paul says that all Scripture grants wisdom and insight, leading us to faith in Jesus.

1. When have the right instructions made your life better?
2. How can Scripture leave a sweet taste in your mouth?
3. What's an instruction from God's Word that you treasure and enjoy keeping?

### Additional Resources

*Any videos or web materials are for your personal use. If you play any media files in class, be sure to have the necessary rights to do so.*

Playlist: [Contemporary Worship Weekly](#)

Playlist: [Echoes Worship Weekly](#) (featuring African-American music artists)

Playlist: [Traditional Worship Weekly](#)

Commentary: [Nancy deClaisé-Walford's "Commentary on Psalm 19"](#)

Commentary: [W. H. Bellinger, Jr.'s "Commentary on Psalm 19"](#)

BibleProject Guide: ["2 Timothy 2:14-4:5—Paul Encourages Timothy to Confront Corruption"](#)