

YOUR MIND IS A GARDEN

PROVERBS 24:30

30 I went by the field of the slothful, and by the vineyard of the man void of understanding;

PROVERBS 24:31

31 And, lo, it was all grown over with thorns, and nettles had covered the face thereof, and the stone wall thereof was broken down.

PROVERBS 24:32

32 Then I saw, and considered it well: I looked upon it, and received instruction.

PROVERBS 24:33

33 Yet a little sleep, a little slumber, a little folding of the hands to sleep:

PROVERBS 24:34

34 So shall thy poverty come as one that travelleth; and thy want as an armed man.

Your mind is a Garden. Your Thoughts are the seeds. You can grow flowers or, you can grow weeds.

PROVERBS 24:30

30 I went by the field of the slothful, and by the vineyard of the man *VOID of *UNDERSTANDING;

VOID: chacer {khaw-sare'}
in need of, lacking, needy, in want of

UNDERSTANDING: leb {labe}
inner man, mind, knowledge, thinking, reflection, memory, determination (of will)

PROVERBS 24:31

31 And, lo, it was all grown over with thorns, and nettles had covered the face thereof, and the stone wall thereof was broken down.

MATTHEW 13:22

22 He also that received seed among the thorns is he that heareth the word; and the care of this world, and the deceitfulness of riches, choke the word, and he becometh unfruitful.

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An unattended mind can create havoc for you because your mind is amazingly receptive to whatever suggestions may be dropped into it. When you stop and consider how many thought-seeds are blown, dropped or purposefully planted in your mind on a daily basis,

it may cause you to tend to your mental garden with a bit more regularity. In addition to all the seeds that were planted in your mind before you knew you even had one; as you listen to the radio, watch TV or even sit in a restaurant where others are talking,

your mind hears it ALL, irrespective of whether you are conscious of it or not. Given what's going on in our world today with all of the talk that comes from fear and anger, this is a vital point to

grasp. Even when you engage in gossip or negative conversation with or about others,

your subconscious mind hears it all, and here is the hook; it takes it personally—about you. The only way to avoid this type of mind pollution is to be consciously focused on what YOU want to have planted and growing in the garden of your mind.

Instead of planting a mixed bag of thousands of various seeds, from fearful to simply confused and unfocused thought-seeds, which will require a full time gardener to pull up the weeds, why not specialize in planting one or two types of seed?

Plant thought-seeds about yourself and others that are rooted in reverence and loving-kindness. Plant seeds that focus on God's Presence at the center and circumference of all you say, think and do. Be mindful. . . be skillful in the seeds you plant and how you nurture them.

Your life is your garden; keep the weeds out because that is one way in which you can personally beautify our world. You owe that much to yourself and to those who receive the benefit of the seeds you drop along the way.

Because you are a garden whatever seeds (thoughts) you plant in your mind will grow. Your emotions are the water and fertilizer that causes your garden to either grow beautiful flowers or ugly weeds.

When you plant seeds of love and you water and fertilize it with feelings of tenderness, warmth, passion, affection, and happiness your garden will flourish with plants growing after their kind.

Also, if you plant seeds of hate and you water and fertilize them with feelings of anger, loathing, displeasure, fear, belligerence, and hostility your garden will flourish with plants growing after their kind.

What seeds are you planting in your mind garden? The seeds you sow today will be the harvest you reap tomorrow.

As you begin to explore the concept of having a Thought Garden, consider this statement: What you pay attention to grows. Imagine the more attention you send to each of your desired thoughts the stronger it will become. Picture it as a plant growing.

Whether it is a tree, flower or shrub, see in your mind's eye a time lapsed version of it growing; becoming taller, sturdy and bountiful. As you move through your days and have new desires, continue planting them with the understanding that your garden has unlimited space and potential.

There is absolutely enough room for you to have everything you desire in life. You will never run out of "land".

TESTIMONY. RAISING. DEAD. BOY_ WEST. PALM. BEACH. FL THURSDAY_ 53-1203

E-8 Here's an old slogan I want you to remember it. "Do right; That's your duty to God. Think right: That's your duty to yourself. And you're bound to be right. "

That's right. See? You'll come out right if you'll do right. That's your duty to God. Think right; That's your duty for yourself, and you'll come out right.

I WON'T HOLD GRUDGES

LEVITICUS 19:17

17 Thou shalt not hate thy brother in thine heart: thou shalt in any wise rebuke thy neighbour, and not suffer sin upon him.

LEVITICUS 19:18

18 Thou shalt not avenge, nor bear any grudge against the children of thy people, but thou shalt love thy neighbour as thyself: I am the LORD.

JAMES 5:8

8 Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh.

JAMES 5:9

9 Grudge not one against another, brethren, lest ye be condemned: behold, the judge standeth before the door.

COLOSSIANS 3:12

12 *PUT on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, *LONGSUFFERING;

PUT: enduo {en-doo'-o}
clothed with, be endued, arrayed in, to sink into (clothing), clothe one's self

LONGSUFFERING: makrothumia {mak-roth-oo-mee'-ah}
patience, endurance, constancy, steadfastness, perseverance, forbearance, long suffering, slowness in avenging wrongs

COLOSSIANS 3:13

13 Forbearing one another, and *FORGIVING one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.

FORGIVING: charizomai {khar-id'-zom-ahee}
frankly forgive, to do something pleasant or agreeable (to one), to do a favour to, to show one's self gracious, kind, benevolent, to grant forgiveness, to pardon, graciously to restore one to another; to preserve for one a person in peril

COLOSSIANS 3:14

14 And above all these things put on charity, which is the bond of perfectness.

Holding a grudge takes work. It's an active process, during which we consciously recall the initial insult or replay the event over and over again in our mind and allow the anger, hurt, and resentment to control our thoughts and feelings.

There's an old saying that goes, "Holding a grudge is like drinking poison and waiting for the other person to die. " This insightful little gem of wisdom likens a grudge to poison, and it's a pretty good comparison.

Research has shown that carrying a grudge is bad for our physical health and our mental well-being.

In one study conducted at Hope College in Holland, Michigan, researchers asked subjects to recall a situation in which they had been hurt and then imagine either forgiving their offender or holding a grudge.

The researchers found there was a physiological response in subjects who imagined holding a grudge. Their facial muscles tensed, they perspired, and their heart rate and blood pressure increased in comparison to subjects who imagined forgiving.

In fact, the physical response of holding a grudge was sustained even when the subjects were instructed to stop thinking of the situation. Long-term effects of carrying a grudge can range from depression to cardiovascular ailments, even diminishing a person's outlook on life and overall well-being.

THE. DOOR. INSIDE. THE. DOOR_ SOUTH. BEND. IN SUNDAY_ 58-0209E
E-18 And if you have a neighbor or somebody that's done you injustice, remember this for me--don't never turn him down. See? Take--take him to God in prayer and see what a different attitude you'll have.

If you're sincere in your prayer, you stand shoulder to shoulder with him. Though he's done you wrong, injustice, but you just take that man to God and stand there in the Presence of Father one time, and say, "Father, my neighbor here has done me wrong.

But I guess. . . " Watch, when you go to telling his wrong. It not only help him, but it'll help you also. And you'll see what he's been through in the temptations and things. It'll change your attitude towards that brother. And it'll help him also. You always are doing good when you're praying one for the other.

THE. GREAT. COMMISSION_ CHATTANOOGA. TN SATURDAY_ 58-0301B
E-12 If I have found grace in your sight through God, you take my word for this, brethren. If you want to be a blessing, and get a blessing, when a man has done you wrong, and he has absolutely justly, he. . .

I mean he has done you wrong and you know that he's done you wrong; he's done you evil. Don't mention that; you take him to prayer before God. And don't take it in a way of just a selfish and say,

"Well, I'm supposed to do this. " But stand with your shoulder to his shoulder, and stand in the Presence of God our Father, way a prayer should be made in the Presence of God, say,

"Father, here's my brother, and he--he is justly; he deserves punishment because he has--he's done me evil. And I don't see why he did it. "

THE. GREAT. COMMISSION_ CHATTANOOGA. TN SATURDAY_ 58-0301B
E-13 Then let God go to talking to you. And you'll see maybe, what that man's been through. The devil has twisted him up somewhere and caused him to do that.

Though he's absolutely wrong, before you leave the throne of God you'll be feeling sorry for that man. You'll be sympathizing with that brother. And when you get back down to where--earth again, you'll go over to that brother and shake his hand, 'cause you know what he's been through.

You can't stand with a mortal in the Presence of God and condemn anybody, I don't believe, no, sir, even if he is a rank

sinner. And what about a brother that has made a mistake? Though I say he's wrong. Sometimes he's accused wrong when he's not wrong.

But if he is wrong, well, if we will take him to the throne of God, stand there shoulder-to-shoulder with our brother, knowing he's a mortal, and maybe his destination rests upon our attitude towards him,

when we come back from the throne of God, we'll realize that we're every one guilty, and we all need help one from the other. And the best way to do is pray.

In one study done, 71 people were asked about transgressions that had been done to them. They found that once they had forgiven the transgressor, their blood pressure showed a marked decrease and overall they had decreased coronary artery disease. This is one of many studies.

It is well-known that people who are able to forgive, rather than those who hold onto it, have a decrease in cardiovascular disease, a decrease in blood pressure, and an overall improvement in mood and a decrease in depression.

MAYO CLINIC

There is also some very powerful research being conducted on the power of forgiveness. Through his research, Dr. Fredrick Luskin out of Stanford University,

has shown that forgiveness can reduce anger, hurt, depression, and stress, and actually increase feelings of hopefulness, optimism, compassion and self-confidence.

Deciding to forgive rather than hold a grudge is a very powerful choice that can have long lasting effects on our physical and mental health.

Nearly everyone has been hurt by the actions or words of another. Perhaps your mother criticized your parenting skills,

your colleague sabotaged a project or your partner had an affair. These wounds can leave you with lasting feelings of anger, bitterness or even vengeance —

but if you don't practice forgiveness, you might be the one who pays most dearly. By embracing forgiveness, you can also embrace peace, hope, gratitude and joy. Consider how forgiveness can lead you down the path of physical, emotional and spiritual well-being.

Why do brains hold grudges that slow mental synapses. When hurt by people you trust and love, your brain slips into confusions and sadness tends to follow. If you replay the situation, or dwell on hurtful events, negative feelings begin to crowd out possibilities and you may drown in a sense of injustice.

The brain's basal ganglia stores reactions to severe disappointments and if negative or bitter – these reactions limit your chances for finding well-being in a similar situation.

Over time, feelings of anger, sadness or resentment can rob your contentment, because these can form the engine that drives behavior. If you repeatedly find yourself drowning in a sense of injustice or bitter disappointment – you may create a pattern of bitterness.

That toxin will follow you into new relationships, and the cost tends to be far higher than the pain of disappointment. Your actions become tainted by the sense of loss – so that you lose sight of your ability to enjoy the present.

Depression and anxiety spring from an inability to forgive. You begin to sense your life lacks meaning to others you love most, and you seem to be at odds with all that you hold dear. Unless checked – you begin to lose ongoing connections with those you care about most.

Forgiveness literally changes the brain's wiring. It leads from misery to wellness, and builds new neuron pathways to physical, emotional and spiritual well being.

What is forgiveness?

Generally, forgiveness is a decision to let go of resentment and thoughts of revenge. The act that hurt or offended you might always remain a part of your life, but forgiveness can lessen its grip on you and help you focus on other, positive parts of your life.

Forgiveness can even lead to feelings of understanding, empathy and compassion for the one who hurt you

Forgiveness doesn't mean that you deny the other person's responsibility for hurting you, and it doesn't minimize or justify the wrong. You can forgive the person without excusing the act. Forgiveness brings a kind of peace that helps you go on with life.

How do brains forgive?

From a brain's perspective, forgiveness takes far more than merely letting go. It takes deliberate decisions to move beyond another person's judgment of you. Replace a sad or disappointing encounter with memories of events that stoke healing, for instance, and your brain shifts focus.

The willingness to drop any need to blame or to explain your perspective. The desire to forgive is a commitment to understand the other side, to feel empathy for another, or to regain compassion for a person you care about who hurt you.

The event that caused conflict in the first place often does not change, but forgiveness opens new doors into empathy, compassion or care for another person. Pardon opens escape routes that may otherwise be relegated into places that distrust or fear.

Forgiveness rarely minimizes another person's ability to cause you pain. Nor does it validate hurtful words, callous acts, or quell harsh judgments. It simply adds a peace that allows you to move on and embrace your mission in life.

Forgiving brains lead to .

Mental benefits that emerge through forgiveness

The way to let go of hurts is to replace grudges with generosity. Make kindness more important than hostility, and let gestures of care for others train the brain to form habits for healthy relationships.

THE. LAMB. AND. THE. DOVE_ LA. CA MONDAY_ 56-0917

E-20 How God must be so brokenhearted because of our conduct, after He has received us as sons and daughters, and to see us the way we act, and carry on, and grudges we hold, and fusses, and little things that doesn't--that should not be,

and yet calling ourselves sons and daughters of God. We must be gallant men. We must be gallant women. We must hold ourselves up, as children of God. We must be an example to the world, as our Lord was.

We must lead an outstanding life, as David. When God seen his-his. . . How. . . What a gallant man he was, God said, "Thou art a man after my own heart. "

New research shockingly reveals that unforgiving, resentful, pessimistic or negative thoughts cause the "memory trees" in a brain's dendrites to become sparse and thorny. They no longer look like healthy, abundant "branches" sometimes referred to as "magic trees" by neurologists and brain researchers.

When we are unloving, angry and unforgiving of others, special photographs of the dendrites in our brains begin to look as if dark abscesses have taken root. Literally. We develop black holes in

our brains.

Neuroscientists and biochemists tell us that when we think malicious, hateful thoughts our brains release toxic chemicals which "burn" holes in the brain! Or at least, they look like "holes" and abscesses in brain scans to the layman. Perhaps a "cavity" might be a better term.

"Microphotographs reveal these chemicals burn tunnel-like holes in branched nerve cells called dendrites. "

By contrast, positive thoughts actually create more dendrite nerve fibers in the brain. 'You can grow a new memory over the old memory. ' One of the elements in this healing process is forgiveness. '"

THY. LOVING. KINDNESS_ CHATTANOOGA. TN FRIDAY_ 58-0228
E-43 When your life tallies with Christ, that's when you've got it.
"By their fruits you shall know them. "

And the fruits of the Spirit is love, joy, peace, longsuffering, goodness, meekness, gentleness, not grudges, and fusses, and fights, and stews, and arguments.
See where you got out acting like the world, living like the world, and the coming of the Lord at hand.

God be merciful, children. Satisfy that thirst tonight with Christ.
How cold the church has got, how it cooled off.

THE. HANDWRITING. ON. THE. WALL_ JEFF. IN SUNDAY_ 58-0309M
E-52 Branham Tabernacle knows that you've been warned of those things years ago. But now you're weighed in the balances and found wanting. Fussing, fighting, holding grudges, and stewing.

You think God could work in a place like that? Never. There you are. Indifferent, unholy, without natural affections, trucebreakers, false accusers, that's the day that we're living.

THE. PERGAMEAN. CHURCH. AGE_ JEFF. IN ROJC 229-285 WEDNESDAY_ 60-1207

20 hold no malice, no grudges; don't let any bitterness. No matter how bad the person is and how bad they talk about you, don't you never think evil in your heart against them;

'cause right there the devil will set right in, work up something right there. Just keep it all covered up with godly love, confession, and making right, and do good to those who do evil to you. "If you only do good to those who do good to you, why," Jesus said, "don't the Publicans the same?"

See, the sinners, anybody can be good to those that's good to them. But be good to those who are not good to you; do something for those that would not do nothing for you.

Speak a good word for the man that would speak evil against you, and that way you keep all the bitterness out of your heart; and you're always in love with everybody then.