

## **YOUR MIND IS A GARDEN II**

### **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.**

**[STOP]**

### **I WON'T HOLD GRUDGES**

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.**

### **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.

### **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.

#### **THAT'S WHAT GOD DOES TO US.**

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.....**

### **WHAT ARE THE BENEFITS OF FORGIVING SOMEONE?**

Letting go of grudges and bitterness can make way for compassion, kindness and peace. Forgiveness can lead to:

- Healthier relationships
- Greater spiritual and psychological well-being
- Less anxiety, stress and hostility
- Lower blood pressure

- Fewer symptoms of depression
- **HOW DO I REACH A STATE OF FORGIVENESS?**

Forgiveness is a commitment to a process of change. To begin, you might:

- Consider the value of forgiveness and its importance in your life at a given time
- When you're ready, **actively choose to forgive the person who's offended you**
- Move away from your role as victim and **release the control and power the offending person and situation have had in your life**

**As you let go of grudges, you'll no longer define your life by how you've been hurt. You can even find compassion and understanding.**

CHRIST.IS.THE.MYSTERY.OF.GOD.REVEALED\_ JEFF.IN V-3 N-7 SUNDAY\_ 63-0728 86

**If the brother, you think he's a little wrong, or the sister, say, "Lord, don't let me never have the root of bitterness spring up, 'cause it'll--it'll affect him, and it'll take the Christ right out of my life." That poison acids of malice, and jealousy, and hatred, that will just take the Holy Spirit right away from you. It will run Him from the tabernacle here. It'll kill the Spirit of God, or drive It away from here, hurt you pastor. It'll do everything. See? Don't you do that.**

### **HOW DOES THE BRAIN DEAL WITH FORGIVENESS?**

**The first stage of forgiveness is the awareness that to forgive is far greater than the need to be right.** To forgive a person who judges or hurts you is to refuse the role of victim and **to unleash a new chemical and electrical circuitry for letting go of grudges.** Once you leap past the doors of anger or

grief, you often find yourself ready to enter new doors of compassion and understanding for others who face injustice.

**If you value a person deeply, forgiving that person's offense is harder because your amygdala stores the pain and your mind replays its sting. It takes a desire for a sense of integrity, peace and wellbeing to move forward.**

You can sense forgiveness if you no longer feel stress or tension in that person's presence. Here's where an open mind helps and it does not depend on another person feeling regret or feeling your hurt. It helps to admit your own mistakes and treat others as if you walked in their shoes. The brain responds with compassion, care and curiosity – to move you forward by treating others with the respect.

## **MAYO CLINIC**

### **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.

Stay away from outside influences that are negative. It is extremely important that you keep your **Thought Garden** away from any concept that is contrary to your desires. Only you can control the growth of your Garden. In order for you to reap the rewards you wish for **you need to do whatever is in your power to control your thoughts.**

**Remember, what you focus upon the most is what you tend to create in your life.** While most of us have fleeting moments of negative thinking now and again, the length and frequency of time you focus on these thoughts determines

whether they will sprout roots and grow into something larger and much more troublesome.

**What kind of trouble can negative thoughts create in your mind?** Feelings of depression, defeatism, inability to recognize opportunities, hopelessness, resistance to positive change, confusion, lack of focus, lack of direction and purpose, and much, much more.

Even worse, negative thoughts (just like weeds) are incredibly prolific. They multiply and take over the whole garden if you let them. They invite all their rowdy, boisterous friends and begin to bully and crowd out the positive thoughts you are trying to encourage to take root.

**If you want to keep your mind (and life) free from interfering “weeds,” you must learn to pluck out the ones that prevent the better growth from happening.**

That means letting go of grudges, not letting yourself be overcome by anger or frustration, and learning how to find the good in every situation.

**You must learn how to cultivate only that which you want to harvest in your life.** You will reap what you sow, but remember too that sometimes other people are gardening on your land without your conscious awareness or permission.

Don't let them!

Reprogramming your mind is more like pulling the weeds and planting the seeds. I must pull the weeds of my old life and plant the seeds of my new life thought by thought.

## **MORE AFFIRMATIONS**

### **I'M A GROWING CHRISTIAN**

#### **JOB 17:9**

9 The righteous also shall hold on his way, and he that hath clean hands shall be **stronger and stronger**.

### **PSALM 84:7**

7 They go from **strength to strength**, every one of them in Zion appeareth before God.

### **PROVERBS 4:18**

18 But the path of the just is as the shining light, that **shineth more and more** unto the perfect day.

### **MATTHEW 13:12**

12 For **whosoever hath, to him shall be given, and he shall have more abundance**: but whosoever hath not, from him shall be taken away even that he hath.

### **II CORINTHIANS 3:18**

18 But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image **from glory to glory**, even as by the Spirit of the Lord.

### **EPHESIANS 4:15**

15 But speaking the truth in love, **may grow up** into him in all things, which is the head, even Christ:

### **II PETER 3:18**

18 But **grow in grace, and in the knowledge** of our Lord and Saviour Jesus Christ. To him be glory both now and for ever. Amen.

### **I HAVE DELIVERANCE FROM ENEMIES**

#### **EXODUS 23:22**

22 But if thou shalt indeed obey his voice, and do all that I speak; then **I will be an enemy unto thine enemies**, and an adversary unto thine adversaries.

#### **LEVITICUS 26:6**



6 And I will give peace in the land, and ye shall lie down, and **none shall make you afraid**: and I will rid evil beasts out of the land, neither shall the sword go through your land.

#### **LEVITICUS 26:7**

7 And ye shall **chase your enemies**, and they shall fall before you by the sword.

#### **LEVITICUS 26:8**

8 And five of you shall chase an hundred, and an hundred of you shall put ten thousand to flight: and **your enemies shall fall before you by the sword**.

#### **DEUTERONOMY 20:4**

4 For the LORD your God is he that goeth with you, **to fight for you against your enemies, to save you**.

#### **II SAMUEL 22:4**

4 I will call on the LORD, who is worthy to be praised: **so shall I be saved from mine enemies**.

#### **II KINGS 17:39**

39 But the LORD your God ye shall fear; and **he shall deliver you out of the hand of all your enemies**.

#### **PSALM 18:3**

3 I will call upon the LORD, who is worthy to be praised: **so shall I be saved from mine enemies**.

#### **PSALM 18:48**

48 **He delivereth me from mine enemies**: yea, thou liftest me up above those that rise up against me: thou hast delivered me from the violent man.

#### **PSALM 23:5**

5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

## **HIS PRESENCE IS WITH ME**

### **DEUTERONOMY 31:8**

8 And the LORD, he it is that doth go before thee; **he will be with thee**, he will not fail thee, neither forsake thee: fear not, neither be dismayed.

### **PSALM 31:19**

19 ¶ Oh how great is thy goodness, which thou hast laid up for them that fear thee; which thou hast wrought for them that trust in thee before the sons of men!

### **PSALM 31:20**

20 **Thou shalt hide them in the secret of thy presence** from the pride of man: thou shalt **keep them secretly in a pavilion** from the strife of tongues.

### **PSALM 140:13**

13 Surely the righteous shall give thanks unto thy name: **the upright shall dwell in thy presence.**

### **ISAIAH 41:10**

10 ¶ Fear thou not; **for I am with thee**: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

### **JOHN 14:23**

23 Jesus answered and said unto him, If a man love me, he will keep my words: and my Father will love him, and **we will come unto him, and make our abode with him.**

### **HEBREWS 13:5**

5 Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, **I will never leave thee, nor forsake thee.**

What you put into your mind affects the chemistry of your brain. When you put in positive things, you push the chemistry in a positive direction. When you put in negative things, you push it in a negative direction.

Your brain has billions of neurons (brain cells) and trillions of connections between those neurons. Brain cells are not physically connected directly with each other like the wires in your house or car. The neurons are connected indirectly through special chemicals called neurotransmitters.

When one brain cell talks to another, it sends the message using neurotransmitters. The sending cell releases a tiny packet of chemicals that carries the message to the receiving cell. This scenario repeats itself trillions of times each day. The amount and distribution of the neurotransmitters is critical to the normal functioning of your brain.

Every thought that you think is embedded at some level in the chemistry of your brain. When you say that someone has a positive mind, you infer that their positive thoughts are embedded in the biochemistry of their brain.

The distribution and balance of neurotransmitters in your mind vary with your mood and patterns of thought. One type of brain chemistry is associated with depression and negative thoughts, and a different type is associated with a positive state of mind.

## **HE REJOICES OVER ME**

### **ISAIAH 62:5**

5.....as the bridegroom rejoiceth over the bride, so shall thy **God rejoice over thee.**

### **JEREMIAH 32:41**

41.....**I will rejoice over them** to do them good, and I will plant them in this land assuredly with my whole heart and with my whole soul.

### **ZEPHANIAH 3:17**

17 The LORD thy God in the midst of thee is mighty; he will save, **he will rejoice over thee with joy**; he will rest in his love, **he will joy over thee with singing**.

### **I'M NEEDED IN THE BODY OF CHRIST**

#### **ROMANS 12:4**

4 For as we have many members in one body, and all members have not the same office:

#### **ROMANS 12:5**

5 So we, being many, are one body in Christ, and every one members one of another.

#### **I CORINTHIANS 12:27**

27 ¶ Now ye are the body of Christ, and members in particular.

#### **EPHESIANS 4:16**

16 From whom the whole body fitly joined together and compacted by that which every joint supplieth, according to the effectual working in the measure of every part, maketh increase of the body unto the edifying of itself in love.

### **HE HAS A PLACE PREPARED FOR ME**

#### **JOHN 14:2**

2 In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you.

3 And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also.