

PURSUIT OF PEACE

"Seek Peace and Pursue it" - Psalm 34:14

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CHAPTER EIGHT -

MIND YOUR MIND

RECENTLY A FOOD COMPANY used the slogan, "What you eat is what you are." GOD's Word says that what you think is what you are. **"As he thinketh in his heart, so is he"** (Proverbs 23:7). If you will honestly write down your thoughts for the past week and I could read them I could tell what kind of a person you are.

Does it really matter what we think about? Men in all walks of life say, "Yes."

"A greater sculptor than Rodin and Michelangelo is thought. What a man thinketh in his heart, he advertises on his face" (Reader's Digest).

Ralph Waldo Emerson said, "A man is what he thinks about all day long."

Dr. Walter Wilson, a doctor and minister, said, "We are careful about what we put into our mouths, but take no thought about what we put into our minds," Yes, as someone has said, "We put the best gasoline and oil in our car, but we put trash in our minds."

Most of us who are rightly related to the three Persons of the Godhead and still lack peace do so because we either haven't learned to control our thoughts or we really don't want to. We have GOD's promise, **"Thou wilt keep him in perfect peace, whose mind is stayed on thee"** (Isaiah 26:3).

Our troubles come and peace is lost when we find more pleasure in thoughts that please our fancy than in those that are centered on the Lord.

Dr. John Mitchell, of Portland, Ore. says, "The more we grow in the Lord, the more our thought lives become the battleground. Our battles with sin are largely fought in the mind. There are two against us before we start our fight to control our thoughts. They are the flesh (ourselves) and the Devil."

The simplest definition of the mind is that which governs and controls our actions. It is the part of us that forms habits, thinks, feels, wills to do things, makes decisions, reasons, and has a memory.

The mind is the control tower of our lives. It can be compared to the control tower at an airport. There has to be someone in authority to govern the action so that all the planes won't try to land or take off at one time. He gives permission for one plane to use a gate for unloading and tells another to circle the field and wait for further instructions. If no one directed the planes, everything would go haywire. We would not be willing to board a plane or to land at an airport where there was no control tower, for fear of being killed.

So our minds control our lives. If our minds are stayed on the Lord, He will completely control our lives. The reverse is sadly true. When we let Satan guide our minds, we are letting him guide our lives. It is a subtle thing for him to make us feel that in letting him control our thoughts that is all he has. But it is a lie, for the one who directs the mind also directs the actions. If we turn over our minds to Satan, we are then turning our whole lives over to his control.

Does it really matter what you think about? Psychiatrists say, "Yes."

Psychology has loosely divided the mind into two parts, called the conscious and the unconscious. The mind is really all one but is thus divided according to its functions.

The conscious mind is one tenth of the whole, the unconscious nine tenths.

The conscious part of the mind is sometimes called the thinking or rational mind. This is the part over which we can exercise definite control. It can reason and accept or reject thoughts and ideas that come into it.

The unconscious mind is where thoughts and feelings are stored of which we are usually not aware. They are simply buried beneath the surface where they exist out of sight, yet still are capable of influencing our behavior and mental condition. In direct contrast to the conscious part of the mind, the unconscious thoughts may not submit or respond to reason or firm control because they are being denied access to the conscious mind.

Dr. Josephine Jackson in her book, *Outwitting Our Nerves*, shows that there is a covering or lid over the unconscious mind "as the skin covers the tissues and organs of the body." This is also the part of the mind that has memory. That is why we must be so careful what is dropped into it. Everything that we have done, seen, or heard from babyhood on is stored here. It may be good or evil. It may be used as a help or a destructive force in our lives.

I can remember many things that have happened in the past month, some things that happened last year, a few things that happened ten years ago and my wedding of more than twenty-two years ago. There are some unpleasant things that happened in my childhood which still stand out in my conscious memory. There are many, many things that have happened in between which I cannot remember. However, they are all stored in my unconscious mind and can be working actively without my conscious knowledge. It is frightening to think of the ugliness and degrading things that may be in our minds. Just looking at the advertisements of movies, popular books, and television shows is enough to fill our minds with unholy thoughts.

I know Christians who think that they can see what they please and it will never affect them; they have overlooked the fact that everything that comes to our attention is stored in the

unconscious part of our minds where it is beyond our control and might be working out through our behavior without our knowledge. Confession of sinful thoughts and desires brings forgiveness but it does not erase the impression that has been made on the unconscious mind.

Conflicts in the unconscious mind may produce abnormal behavior patterns and mental symptoms. The unconscious mind is the scene of conflicts in neurotics and sufferers with psychosomatic illness. The source of the trouble is not in the organ but in the mind.

A child may be constantly told that if he isn't good GOD will punish him. In adult life, he will usually believe that all misfortune is punishment for sin. The child who is told that he will never amount to anything seldom does, because his unconscious mind convinces him that it is impossible for him to succeed.

If not well guarded from damaging impressions, the mind may fail to help us achieve good spiritual adjustments. It may go even further and push us into sin before we realize it.

Recently a very moral, upright man who was a Sunday school teacher was convicted of a sex crime. People were horrified. They couldn't believe that he would do such a thing. Some felt that he must have been temporarily insane, or had blacked out. He later confessed that he had been thinking about such passionate acts for some time. He never thought that he would do such a thing. He was as surprised as his friends when he fell into that sin. He did not realize that an act originates in the thoughts first.

Does it really matter what we think about? Doctors say, "Yes."

The mind has a great deal to do with our physical well being or illness. When a patient says that he wants to die, he often does, though his condition is not serious and medication is or may be easily prescribed. Another patient who is critically ill, but who has a real desire to live, often does live because the mind has power to act in carrying out the will.

A doctor was trying to test the power of the mind over the body. He ordered medicine for all the patients in a large ward. Later he went into the ward and told them that they had been given the wrong kind of medicine by mistake and would soon be sick. In fifteen minutes all but two of the patients were vomiting. The pills were made of sugar and water.

When I was in college a group of us girls decided to see if we could make a girl sick by just suggesting that she didn't look well. It was our systematic plan through the day to ask her how she felt and tell her how badly she looked. Before the morning was over, she cut a class, took an aspirin and went to bed. By night she was feeling so badly that she decided she had better go to the infirmary. Then we confessed what we had done. We had taken a girl who felt fine in the morning and made her sick by the power of suggestion.

A group of doctors meeting in a convention in our city combined their case histories. Some interesting conclusions were made from their studies. They believe that 70 per cent of all illness is psychosomatic, that is, the symptoms described by the patients were not physical or organic but were the result of the wrong kind of thoughts.

They think that most of their patients who are constantly tired are so because they are facing life with the wrong kind of attitudes.

The energy they needed for an active, happy life was within them but it was being sapped by unrealized enemies in the mind.

Dr. Jackson has taken people, who have been in bed for years suffering with nervous exhaustion, on long walks as soon as they have come to her rest home just to prove to them that they have the strength they so strongly declare has deserted them. By proving to them from the start that they still have the necessary strength, it is easier and quicker to re-educate their minds and put them back into active society.

On the positive aspect, doctors also believe that there is great untapped power in the mind to heal as well as to make sick. Hypnotism has shown us the great power of the mind.

People who have been paralyzed for years and unable to move a step by themselves have walked instantly when it was suggested to them under the influence of hypnotism.

The paralysis was not truly physical. It was the result of something in the unconscious mind blocking the conscious mind and thus keeping the person from walking.

Does it matter what you think about? The psychologists say, "Yes."

Dr. Ben Sweetland, a psychologist who writes a column on the "Marriage Clinic" for the Dallas Morning News, has been making experiments on the power of the mind and the thought life. He personally believes that 95 per cent of the mental and emotional problems come from a negative type of thinking. He says that there is a block between the unconscious mind and the conscious mind that keeps us from receiving healing truths. This conflict does not exist while a person is asleep. He is working on a device that plays records telling a person that he can do things, believe things, etc. This is played while one is going to sleep and is asleep. The message gets through to the unconscious mind because in sleep the conscious mind is quiet. This is a nocturnal system of re-educating the unconscious mind.

We must never allow ourselves to even think that we can't do something. It may be too strong a suggestion to the unconscious mind to refuse, so it will take the suggestion and act on it; then we really "can't."

These are relatively new theories in modern psychology, but they are as old as the Bible. GOD has taught us this truth from the pen of Paul in Philippians 4:13: **"I can do all things through Christ which strengtheneth me,"**

The "I can" principle is there but it goes a step further. No matter how often we say, "I can," there are many things that we can't do. GOD does not expect us to do things in our own strength. He gives the real answer to effective positive thinking. **"I can - through Christ."** He strengtheneth me.

Modern psychology depends entirely on the power of the individual. We know our strength is

pitifully weak. The Christian is to depend on the power of the Lord JESUS CHRIST and then there is nothing that he can not do in GOD's will. In this way we are linking up the power of positive thinking with the all-powerful One. This is the only Source that can be trusted.

Does it really matter what you think about? GOD's Word emphatically says, "Yes!"

The Bible gives us a little different viewpoint of the thought life. GOD says that conscious thoughts come from the heart, which is the deeper part of the mind. It is rather unromantic to think of our feelings of love and other emotions as coming from a part of the mind, but we know that it is true. GOD's Word gave us these truths many years before psychology and psychiatry made these discoveries. In many verses the mind and the heart are used interchangeably to mean the same thing, or are used in a combination of the two words, showing us that the mind and the heart are really a unit and function together. A few references will show you what I mean.

" . . . every imagination of the thoughts of his [man's] heart was only evil continually" (Genesis 6:5).

"Out of the abundance of the heart the mouth speaketh" (Matthew 12:34).

GOD knows **"the thoughts and intents of the heart"** (Hebrews 4:12).

"As he [a man] thinketh in his heart, so is he" (Proverbs 23:7).

CHRIST often referred to the scribes and Pharisees as **"reasoning in their hearts"** (Mark 2:6).

Christians often fail to face the problem of what our thoughts are doing to our spiritual lives as well as our physical. We think that we can fool our friends, our pastor, and other church members, when in reality we are only fooling ourselves. Even if we can get away with fooling others, we cannot fool GOD. **"Thou [GOD] understandest my thought afar off"** (Psalm 139:2). He knows when our thoughts are just forming, even before we are actually conscious of them ourselves. All of us know these things but because we aren't instantly caught and punished, we go on in our own sinful thoughts thinking that we can get away with it.

Yesterday a friend and I were driving on the highway. We laughed when a long line of cars suddenly slowed down at the sight of a patrol car. As soon as the policeman turned off the road, cars speeded up again. People are careful to keep the traffic laws when a policeman is around. This is not so much because they fear breaking the law, but they fear being caught.

Just so we are careful not to show certain thoughts before people because we fear what they will reveal. We don't want to be embarrassed or ashamed. We overlook the fact that GOD sees and hears every thought (Job 42:2). There is nothing hid from GOD! If we kept this truth in our minds, we wouldn't have so much temptation to indulge in the wrong kind of thoughts.

There are hundreds of verses in the Bible concerning the thought life. GOD knew that this was a cardinal factor in our spiritual lives. There are verses that give the negative side, or tell us what we are not to think about.

There are many more that give the positive side, or tell us what we are to think about or how to control our thoughts.

Peter says to "**gird up the loins of your mind**" (I Peter 1:13). That means to belt it in or to girdle it. A girdle is worn to control flesh. We are to control and channel thought life according to GOD's standards.

We have a strong commandment in II Corinthians 10:5 on governing thoughts. "**Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.**" This may mean evil imaginations or foolish ones, or fanciful daydreams. We do not need to name them. We know if there are thoughts that are not pleasing to GOD.

"**Every high thing**" is next in the list of the wrong thoughts . . . things of pride. So often Christians do not recognize the pride that controls their lives. We are not "**to think of [ourselves] more highly than [we] ought to think; but to think soberly, according as GOD hath dealt to every man the measure of faith**" (Romans 12:3).

There is to be real humility even in the secret part of our minds. We are also told by Paul to "**let this mind be in you, which was also in Christ Jesus**" (Philippians 2:5). CHRIST had a humble mind that brought Him from His heavenly home to die on the Cross for us.

Next, we are admonished to cast down every thought that is contrary to the knowledge of GOD. Everything that the Bible says you should not think about, everything that the HOLY SPIRIT has ever shown you is wrong - everything that is not completely subjected to GOD is to be brought into captivity to CHRIST.

"**Keep thy heart with all diligence; for out of it are the issues of life**" (Proverbs 4:23). What does it matter what you think about? Why are we commanded to have firm control over our thoughts? It is imperative because everything that pertains to our lives starts in the mind - heart.

Before every deed we do there is a thought or a progression of thoughts.

- When a man steals, the act was done in his heart first, then in reality.
- Before the immoral act is performed, the mind has already committed the offense.

If an evil thought had not been entertained in the mind first, it never would have taken place. We control actions by the thoughts we make welcome. If the thoughts are wrong, the deeds we do will be wrong. If the thoughts are pure, the actions will be pure. What we ultimately will do of good or bad is usually determined much earlier by the thought life.

Have you ever said or done something unkind and then said, "I didn't mean that; I did it without thinking"? This is not true. We can't say anything without the mind functioning. Sometimes the things we say come out so fast that it seems as though we didn't think first. What was said or done came out of the thought life; it was not something that came on the spur of the moment. When it was said, it was already in the mind but it may have popped out so suddenly that there was no control over it. Satan may have influenced the mind so wrong thoughts were festering

underneath which suddenly came out without our desire. Then we wonder why we said or did such a thing.

In this connection we are told in Genesis 6:5 that "**every imagination of the thoughts of his [man's] heart was only evil continually.**" This was written about people before the flood. What they thought about showed in their lives, which became so bad that GOD had to destroy them all. This is also a description of our times.

A Christian psychiatrist, Dr. Gilbert Little, who has practiced for twenty-five years, says that he is still amazed and shocked at the amount of filth there is in the human mind. Christians aren't exempt either. Satan many times can only attack us in the realm of the mind when he cannot tempt us to open sin.

GOD lists seven things that He hates and which are an abomination to Him (Proverbs 6:16-19). You will notice that murder is listed right before "**An heart that deviseth wicked imaginations.**"

We have said enough about the negative side of controlling our thoughts. Now let us look at the positive side

It is not enough that we just empty our minds of all wrong. An empty mind will revert back to the old habits again. Clearing a swamp, and draining the water off, and cutting out the underbrush will not make a flower garden. The cleaning out must come first but then there must be the planting and cultivation of flowers and shrubs before there can be a garden. Left to itself, the land will only produce more weeds, underbrush, and swampy conditions. CHRIST gave us a Parable teaching that mere emptying the life of sins is not enough. When the life is left empty, sins of even a worse nature will take their place.

The pattern for the control of the Christian's thought life is given us in Philippians 4:8.

"**Whatsoever things are true,**" is the first command given to guide our thoughts. This means that we must face life in truth. We are not to daydream ourselves into unreality. Dr. Little says that mental troubles often start by people living in a perpetual dreamland. There are some people who take every difficult thing in life by side-tracking it through pleasant daydreams. This keeps them from facing the problems of life and doing something positive about them. This also suggests that we are not to spend our time reliving the past, no matter how true, or in dreading the future difficulties that we think might come. Don't let your imaginations color and distort the truth or do not rationalize yourself into denying things that are true whether you like them or not.

The seven astronauts chosen to train for space travel are supposed to be, mentally and emotionally the best adjusted men in the country. After being checked for physical fitness. they were screened by three tests. One of these was their ability to live in reality. They are men who never live in fanciful dreamland, and in untrue imaginations. They must face life head on. Their minds have to be able to think clearly without any chance of being colored with their own dream world. Even the government has learned this truth: we must think on things that are true to be complete and emotionally well balanced.

We are also told to think about things that are **honest** or honorable. This is an outgrowth of things that are true. It is so easy for us to explain and excuse our actions in our minds by blaming someone else or some set of circumstances in our lives. The mind will constantly play tricks on us by suggesting that we are in no way to blame for our spiritual or physical conditions. It suggests ways of blaming others for our plight and thus "saving face" for us. In many cases emotional healing comes as soon as one honestly faces up to life and takes full responsibility for his actions. It is difficult for some of us to realize that we aren't being completely honest in our thoughts because the unconscious mind has done such a good job of covering up the real source of trouble that we can even be fooled into believing a lie.

Think on "**whatsoever things are pure.**" This is a sore spot for many. They may carefully observe all the other tests for their meditations but find too much pleasure in shady thoughts to give them up. Our thoughts must recoil from the least shade of iniquity. Nothing is to stay in the mind of the believer that does not meet GOD's standard of absolute purity. In the fifth chapter of Matthew CHRIST spoke quite plainly on these things. If one hates his brother it is like the sin of murder. If a man looks at a woman to lust after her in his heart it is as the sin of adultery. This is blunt and frank, but it is GOD's unchanging Word. In giving the beatitudes, CHRIST said, "**Blessed are the pure in heart: for they shall see God.**" He did not say pure in actions, or even pure in body, but goes down to the depths of the thought life.

This admonition is much easier to talk about than to follow. We are beset by the wrong kind of influences. It is typical of our times to emphasize sensual love and the physical body and related things as the most important interest in life. It is difficult to see a movie advertisement, a television drama, the way many women dress, or look at many magazines without having impure thoughts. We may not be able to avoid seeing some of these things but we can keep them from staying in our minds by forcefully putting them out immediately.

Next we are told to think about "**whatsoever things are lovely.**" These are the things in life that pertain to the right kind of love, such as husband and wife; parents and children; friend and friend, and others. These also include beautiful, restful, refreshing things such as good art, music, and nature.

"**Whatsoever things are of good report**" is the next pattern for our thought lives. Our thoughts must be on things that are accepted by other Christians as right, good and well spoken of. If there are other things virtuous, praiseworthy, and that meet the standards already set up in this verse, then think on these things.

It is encouraging to note that the verse just before this one ends with a promise of the "**peace of God.**" The following verse starts by referring to "**those things**" that we are to think on, and then ends with the promise, "**the God of peace shall be with you.**" There is much Biblical proof that the right kind of thought life and peace are partners.

If you find that your thought life does not measure up to what the Bible gives as GOD's standard, it is time to make a Change. If this seems more than you can manage alone, you have just made the first step toward achieving your goal.

GOD knows that we cannot do anything in our own strength and has made provision for this

special need. The way out is found in Romans 12:2: **"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."** A similar commandment is given in Ephesians 4:23: **"And be renewed in the spirit of your mind."**

GOD never demands anything for which He does not give the way and the strength. He has also supplied the Agent through which this renewing will come. Titus 3:5 indicates that this is the work of the HOLY SPIRIT. In discussing the part that the HOLY SPIRIT has in our peace we have shown that the Christian is to walk by means of and under the control of the HOLY SPIRIT in every part of his life. This is just as true in the control of our thoughts.

Your part is to make a definite, purposeful choice of will that instead of letting your thoughts follow the line of least resistance, or fanciful daydreams, the HOLY SPIRIT will direct them in the pattern that pleases Him. He will start His control as soon as you let Him.

Perhaps a few practical suggestions for the control of the mind may help.

First of all, nothing of any lasting value can be accomplished until all the wrong kind of thoughts have been confessed and put out of your life. GOD has promised to forgive, no matter how bad they have been, if we really want to make a change.

Many of us are paying the price of the wrong kind of thoughts in the past. There is nothing that we can do about that now. It is over and done and cannot be changed. We can take Paul's advice and **"forgetting those things which are behind, and reaching forth unto those things which are before,"** we can live for the future. Dwelling on past sins after they have been confessed to the Lord is not only foolish but will hinder our spiritual development, may cause emotional problems, and will certainly keep us from enjoying our God-given peace. GOD has forgiven and forgotten, now you forgive and forget!

The conscious and unconscious mind were created by GOD and they are well understood by Him. He knows what is in the entire mind and can completely control it as we let Him. At the time that we are saved, what has been stored in the unconscious mind is not erased. It is natural to think that it would be much easier for us if it had been.

However, let's be honest about it; even if our minds had been made a blank at the time of salvation, we probably would have allowed a mess of sin and filth to enter them by now unless we had let the HOLY SPIRIT completely control them. GOD can control both parts of our minds. By giving Him our conscious minds, we are opening our unconscious minds to His healing power regardless of what we have let fall into them.

Realize that such thoughts as worry, bitterness, rebellion, envy, pride, covetousness, discontentment, hatred, illicit sex, are sin and break our fellowship with the Lord.

As each such sin enters the mind, say "No," to it and deny it actual expression. It will take some real fortitude to do this especially after years of the wrong kind of thoughts. Habit has a tight grip and is often very hard to break. Satan is also working through that habit so that he can control our minds and thus our actions. He will not give up easily and will have to be resisted in

the power of the HOLY SPIRIT. The Bible says that if you "**resist the devil, ...he will flee from you.**" The prize of winning the battle is worth more than the fight to overcome.

Avoid things that create the wrong kind of thoughts. If a visit to a wealthy friend's home makes you covetous, or resentful of what GOD has given you, it is far better to give up that friend than to continue in sin. Of course, it is far better to let GOD control your feelings so you can keep your friend, too.

If what you see on television, in movies, read in magazines or caused by dress has any tendency to start impure thoughts, then all of these things must go. There can be no complete listing of the ways we are tempted to evil thoughts regardless of the space in a book. I might miss the very one that is troubling you; because it was not mentioned, you might believe that your thought life is all right. If you really want to know when something is wrong, ask GOD to bring each thing to your remembrance. Usually we already know but don't want to admit it or give up the pleasure we get from it.

Fill your mind with GOD's Word by studying, reading, and memorizing it so that time can be spent in real meditation (Psalm 1:1,2).

Meditation seems to be a lost art in this age of rush and hurry. Even when we have a few minutes to relax, our bodies and minds refuse to slow down. Our thoughts go racing off in all directions and it is often impossible to make ourselves dwell on GOD's Word. This is a real problem to every Christian. It takes time and determination to carefully train our heart-minds to concentrate on anything and this seems especially true of meditation on the Scriptures. It is more than worth the effort it takes to get into the habit though. You can bring yourself by degrees to the place where you long for time spent in thinking about GOD, where you even feel the loss of joy and closeness of the Lord if you don't. Concentration is often very hard and sometimes impossible for the nervously or physically sick person. The best way I know to train yourself is by taking very short periods of time through the day to spend on the Word rather than the occasional long period. When your mind begins to wander badly, just put your Bible away and do something else. As you train yourself to meditate, start lengthening the periods of time a little until you have reached your desired goal (Psalm 46:10).

Practice GOD's command to "**pray without ceasing**" (I Thessalonians 5:17). "What?" you say, "Spend all my time just praying? That can't be done; I'm busy." This verse means that we are to be in an attitude of prayer about everything that we are doing. Prayer is not to be set apart from life and activity into a small section of our day but should be an integral part of every phase of our lives. My husband often has to correct students' examination papers in the evening.

I usually read or do some handwork. Every now and then he looks up from his work and smiles and says something. I answer. Sometimes there is a little longer conversation between the work, but we retain the feeling of communion with each other even when there is silence, and we know that we can speak whenever we wish. GOD wants us to feel His presence even when we are working hard and occasionally look up to Him in a smiling attitude to converse with Him, whether it is a request or just an acknowledgement that we know He is near. As long as our mind is busily occupied with our work or in conversation with GOD, there is little possibility of the wrong kind of thoughts becoming a habit.

During our leisure time there is usually more danger of our minds indulging in the wrong kind of thoughts. Try to find an interest that calls for active, creative thinking, especially if your daily work does not require much mental exercise. Many hobbies might not meet this need because they mostly use the muscles and leave the mind free to wander. If your trouble comes mostly when you wake in the morning, get up immediately and do something, or spend that time in prayer or reviewing the verses you have been meditating on the past few days.

"Keep back thy servant also from presumptuous [deliberate] sins; let them not have dominion over me; then shall I be upright, and I shall be innocent from the great transgression. Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength and my redeemer" (Psalm 19:13, 14). Make this your daily prayer for thought control.

The mind controls the life! It is divided into two parts according to their functions. They are called the conscious and unconscious mind. The deeper part of the mind is also called the heart.

Ministers, doctors, psychiatrists, and psychologists give us ample proof of the power of the mind over our lives. The mind has much to do to help make us well or sick; succeed or fail; be happy or despondent. When it is ruled by the HOLY SPIRIT, it brings spiritual and emotional health. Controlled by Satan, it brings sinful results.

We have not sinned when an improper thought enters our minds, but only when we entertain it and continue to dwell on it. If we welcome bad thoughts, wrong motivations will follow. Make it a habit to send in good thoughts and the mind will inevitably return attitudes of like nature.

Check your daily routine to find the danger periods and try to make special preparation to keep your mind active on other things or to counteract the effect your work has in bringing on the wrong kind of thoughts.

It is best to avoid places and activities that usually give wrong suggestions to your thoughts. The easiest thought control comes when you make it a habit to meditate on GOD's Word and spend frequent time conversing with GOD.

~ end of chapter 8 ~
