

# You Are What You Think and Feel

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BIG SANDY, Texas—In my article on Jan. 28, I wrote a few thoughts about personal denial and how a person can recognize who he is. In that article, I shared five ways in which a person can examine himself.

At this time, I want to give each of the five concepts its own personal article. In this article, we will discuss the third concept—you are what you think and feel.

## **As he thinks**

Many Bible students are aware that a concept mentioned in the book of Proverbs is also taught in the fields of psychology and philosophy.

*Proverbs 23:7*—"For as he thinks in his heart, so is he."

While there are valuable ideas written in many books to substantiate the words of this proverb, let's spend our time focusing on a few Bible passages.

## **Christ's comments**

Notice parts of a discussion that Christ had with the scribes and Pharisees.

*Mark 7:14-16*—"When He had called all the multitude to Himself, He said to them, 'Hear Me, everyone, and understand: There is nothing that enters a man from outside which can defile him; but the things which come out of him, those are the things that defile a man. If anyone has ears to hear, let him hear!' "

*Mark 7:20-23*—"And He said, 'What comes out of a man, that defiles a man. For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, thefts, covetousness, wickedness, deceit, lewdness, an evil eye, blasphemy, pride, foolishness. All these evil things come from within and defile a man.' "

Earlier in Christ's life, He gave valuable principles that are now referred to as the Sermon on the Mount. Let's notice two examples He gave.

*Matthew 5:21-22*—"You have heard that it was said to those of old, 'You shall not murder, and whoever murders will be in danger of the judgment.' But I say to you that whoever is angry with his brother without a cause shall be in dan-

ger of the judgment. And whoever says to his brother, 'Raca!' shall be in danger of the council. But whoever says, 'You fool!' shall be in danger of hell fire."

*Matthew 5:27-30*—"You have heard that it was said to those of old, 'You shall not commit adultery.' But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart. If your right eye causes you to sin, pluck it out and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell. And if your right hand causes you to sin, cut it off and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell."

### **Biblical advice**

Notice some wise advice from the Bible.

*Proverbs 3:3*—"Let not mercy and truth forsake you; bind them around your neck, write them on the tablet of your heart."

*Proverbs 7:1-3*—"My son, keep my words, and treasure my commands within you. Keep my commands and live, and my law as the apple of your eye. Bind them on your fingers; write them on the tablet of your heart."

*Philippians 4:8*—"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things."