

As We Think, So Are We

Our Mind Acts According to our Belief, "For as he thinks in his heart, so is he." ([Proverbs 23:7](#))

A Story of Bart and Carl:

Bart was in prison awaiting the end of his life by the use of an electric chair because of a crime he had previously committed. He was understandably scared of facing a very painful death.

Carl was a doctor at that prison with an idea - a theory that he was hoping to prove. So, He approached Bart with a proposal of a way to die without the pain of the electric chair. It was rather simple. He told Bart that they would just slit his wrist and let his blood drain out until Bart died. He was glad to except this more-humane way to die.

When the time came, they covered Bart's head so he could not see what was happening. Then Carl made just a shallow cut on his wrist - enough to hurt, but without cutting into the large vein that would cause his blood to drain. Then they started a machine that dripped water into a bowl. Hearing this, Bart naturally thought that the dripping sound was his blood draining from his body. As a result, his mind started shutting down his bodily functions, gradually leading to Bart's death.

"For as he thinks in his heart, so is he."([Proverbs 23:7](#))

A Story of Healing Due to Positive Thoughts of Faith

A woman in the crowd had suffered for twelve years with constant bleeding. She had suffered a great deal from many doctors, and over the years she had spent everything she had to pay them, but she had gotten no better. In fact, she had gotten worse.

She had heard about Jesus, so she came up behind him through the crowd and touched his robe. For she thought to herself, "If I can just touch his robe, I will be healed." Immediately the bleeding stopped, and she could feel in her body that she had been healed of her terrible condition.

Jesus realized at once that healing power had gone out from him, so he turned around in the crowd and asked, "Who touched my robe?" ... Then the frightened woman, trembling at the realization of what had happened to her, came and fell to her knees in front of him and told him what she had done. And he said to her, "**Daughter, your faith has made you well. Go in peace. Your suffering is over.**" ([Mark 5:25-34](#))

For as she thinks in her heart, so is she.([Proverbs 23:7](#))

A Person's Inner Thoughts Reveal Their True Character

- [Matthew 15:19](#) For out of the heart come **evil thoughts**—murder, adultery, sexual immorality, theft, false testimony, slander.
- [Romans 5:3-4](#) **We glory in our sufferings**, because we know that suffering produces perseverance; perseverance, character; and character, hope.
- [1 Corinthians 15:33](#) Do not be misled: '**Bad company corrupts good character.**'
- [Romans 1:20-21](#) For although they knew God, they neither glorified him as God nor gave thanks to him, but **their thinking** became futile and their foolish hearts were darkened.
- [Galatians 5:22-23](#) **The fruit of the Spirit** is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."
 - **Mind and "Spirit"** connection => <https://sidnash.org/docs/SpiritDefined.html>

- [Proverbs 23:7](#) For as he **thinks in his heart**, so is he.

The Bible encourages believers to guard their thoughts, renew their minds, and align their inner world with spiritual principles.

Harsh versus Kind Spirit

Mike and Sheila -- harsh spirit

Mike and Sheila had been married for many years and had much love for each other, with good intentions and memories of fun times together. However, neither one did well at developing a character of love, forbearance and kindness, as spoken of in [Gal5:22-23](#) . So, not far under the surface lay unresolved frustrations that occasionally raised it's ugly "head" to argue and criticize each other.

As they grew old, their health was not as good as it once was. Mike's health was worse and probably had very few years left to live, when an argument erupted. Sheila wanted to bring Kate, a member of her family of origin and a retired nurse, into their home to help them both. But Mike hated Kate and would not allow her into their home. It was then that Sheila, with very harsh words, left Mike and threatened to never return.

This was devastating for Mike. He began having nightmares. His love for his wife was strong and he couldn't bear the thought of losing her. He was losing his will to live. Three days later, he died of a broken heart.

For as she/he thinks in her/his heart, so is she/he . ([Proverbs 23:7](#))

Ruth and Naomi -- kind spirit

Ruth's extraordinary kindness transformed not just one life, but an entire family's future. The story comes from [the Book of Ruth in the Old Testament](#).

The Context:

- Naomi, an older woman, had lost her husband and both sons in a foreign land
- She was bitter, broken, and believed she had nothing left to live for
- She told her daughters-in-law to return to their own people, expecting to die alone

Ruth responded with an incredible **pledge of unconditional love and support**:

- She refused to leave Naomi alone
- Committed herself to care for Naomi completely
- Spoke words of profound loyalty: "Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God." ([Ruth 1:16](#))

The Healing Journey:

- Ruth worked tirelessly to provide for Naomi
- She gleaned in fields to ensure they had food
- Her kindness attracted the attention of Boaz, a wealthy landowner
- Eventually, Ruth married Boaz and became the great-grandmother of King David

Transformation:

- Naomi, who once said to call her "Mara" (meaning bitter), found joy again
- The community recognized Ruth's exceptional character
- Her kindness restored life and hope to an entire family

Spiritual Insights

- Kindness is a powerful healing force
- Love can overcome bitterness
- Compassion has the power to restore what seems lost

Harshness vs. Kindness Conclusion

This story powerfully contrasts with Mike and Sheila's narrative. Where harsh words and unresolved frustrations led to brokenness, Ruth's kindness brought complete restoration. It demonstrates how **a spirit of love**, as described in [Galatians 5:22-23](#), **can literally transform lives**.

The key difference is the approach to relationship:

- Mike and Sheila: Allowed unresolved frustrations to create distance
- Ruth: Chose radical kindness, loyalty, and sacrificial love

Healing begins or ends with the spirit we choose to cultivate - whether that's a spirit of harsh criticism or a spirit of kind compassionate care.

"Think About These Things" ([Philippians 4:8](#))

As we read the words of Paul in Philippians 4 below, remember this conviction that Paul has also given us => "... *there are gods a many and lords a many. But for us, **there is one God, the Father... And there is one Lord, Jesus Christ...***"([1 Corinthians 8:5-6](#))

[Philippians 4:4-23](#) Always be full of joy in the Lord. I say it again—rejoice! 5 **Let everyone see that you are considerate in all you do**. Remember, the Lord is coming soon. 6 **Don't worry about anything; instead, pray about everything**. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. **His peace will guard your hearts and minds** as you live in Christ Jesus. 8 And now, dear brothers and sisters, one final thing. **Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise**. 9 Keep putting into practice all you learned and received from me {Paul}—everything you heard from me and saw me doing. Then the God of peace will be with you. ... 13 For I can do everything through Christ, who gives me strength. ... 19 And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus. 20 Now **all glory to God our Father forever and ever!** Amen. ... 23 May the grace of the Lord Jesus Christ be with your spirit.

Study of Philippians 3 and 4 => <https://sidnash.org/docs/PHP3-4.html>

"For as he thinks in his heart, so is he." ([Proverbs 23:7](#))

Desiring to live by every word that comes from the mouth of Jehovah ([Deut8:3, Matt4:4](#))

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