

### Prayer List

Judy  
Wallace  
Sheila  
Ophelia

### Services:

#### Sunday

Bible Class 9:00 a.m.  
Assembly 9:50 a.m.  
Assembly 6:00 p.m.

#### Wednesday

Bible Class 7:00 p.m.

# *Pinole Tidings*

*www.pinolechurchofchrist.com*

*Vol. 13, No. 48 - September 9, 2012*

### Elders:

Brad Behrens - [bradbehrens@pinolechurchofchrist.com](mailto:bradbehrens@pinolechurchofchrist.com)  
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### This Week's Question:

What was the affliction of the man healed by Jesus then sent to the priest?

### Answer To Last Week's Question:

Micah - Judges 17:5

Published by the church of Christ which meets at 755 Pinole Valley Road, Pinole, CA 94564, Phone (510) 724-1994, (Mailing address: church of Christ, P.O. Box 453, Pinole, CA 94564)

## **MENTAL SELF-DISCIPLINE**

"The tongue can no man tame," said James in (Jas. 3:8), but what charges the tongue with all its words? Surely it is the mind for "out of the abundance of the heart the mouth speaks" (Matt. 12:34), and "as he (a man) thinks in his heart, so is he" (Prov. 23:7). Perhaps the difficulty of controlling the tongue stems from the difficulty of controlling the mind. The mind, uncontrolled, may be occupied with all sorts of evil thoughts. Once, God looked upon mankind and saw that "every imagination of the thoughts of his heart was only evil continually" (Gen. 6:5). Paul said that God gave mankind who chose to reject Him "over to a debased mind, to do those things which are not fitting" (Rom. 1:28) and describes some as "men of corrupt minds and destitute of the truth" (1 Tim. 6:5). One of the hardest tasks that Christians face continually is controlling our minds. This is a constant struggle, for the mind is active during every moment we are awake (and sometimes even when we are asleep).

Faithful Christians who are set on serving God and doing good wrestle long and hard to keep their minds pure, and

too often still catch themselves thinking things they ought not. Will we ever win this battle so completely that we do not need to be concerned with our thoughts? Surely not! We must bring "every thought into captivity to the obedience of Christ," not only in others, but in ourselves also (2 Cor. 10:5). How we exercise ourselves in godliness and deal with the issue of temptation to do evil will determine the degree of success that we have in this battle. Since temptation comes through thoughts evoked by what we see and hear, and by the random wanderings of the mind, which are influenced by fleshly appetites, there is never a time when the mind cannot go astray. As one prepares a Bible lesson, reads the Scriptures, or writes an article on mental self-discipline, his mind may jump the tracks and introduce ungodly thoughts. Even in our meditation during the observance of the Lord's Supper, doubtful thoughts and impure thoughts may intrude upon our worship. This is agonizing to the true worshipper. Of course our mental action here is to cast out the evil with disgust, saying in effect, "Get behind me, Satan!"

Many of us love to daydream. Young men dream of beautiful girls and heroic and masterful deeds. Young women may dream of the ideal husband, Prince Charming. Out of dreams come ambitions, goals, and hard work. But those dreams may take an ungodly direction, motivated by the flesh. There may be more Walter Mittly in each of us than we would be willing to admit, and human dreams are beginning of things both good and evil. Reveries about Heaven can become a reality if we set our minds on things above, not on things on the earth (Col. 3:1-15).

How can we successfully govern our thoughts? First, we can refuse to dwell on evil thoughts that come to our minds. Second, we can fill up our minds with useful things as much as possible. Third, we can avoid many things, seen or heard, by being careful to stay away from the presence of evil. "Abstain from every form of evil." "Flee fornication." "Flee also youthful lusts." Fourth, as we think on holy things, we can read Scripture or pray or quote to ourselves appropriate thoughts from God's Word.

Have we won the battle? Let us not deceive ourselves. We must fight the good fight of faith until we lay our sword down in death or until our mental faculties cease to function. We can be successful, though we sometimes stumble, through determination, prayer, and the strength of the Lord. "Greater is He that is in you than he that is in the world" (1 Jno. 4:4). ----- Gilbert Alexander.

### **Forgiveness Pays**

It does not pay to hold a grudge  
'Tis poison to the soul:  
It hinders every step you take  
To reach the goodly goal.  
It does not pay to nurse a wound-  
Refuse to let it heal;  
For 'tis a burden one must shed  
To gain the "Well done" seal.  
So use a little balm of love -  
Forgive the other man,  
And offer now a sincere prayer:  
"God, help me understand."

Author Unknown