

The Old Hickory Bulletin

Old Hickory Church of Christ

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Think Right ... Feel Right!

I stand amazed at the "new, enlightening" concepts that our nation's highly trained, scientific men of learning come up with. There was an article in Reader's Digest (Dec., 1980) entitled "*Think Your Way Out of Depression*," based on the studies of David D. Burns, M.D. and Aaron T. Beck, M.D., who have written a book on this subject. Way back in 1956 Dr. Beck began to recognize the effect of thoughts upon the moods of a person. This discovery led doctors Beck and Burns to a continued study which culminated with this basic theory: "Our moods don't decree our thoughts. It's the other way around. Our thoughts govern our moods. Therefore, if you think right, you'll feel right."

Isn't it incredible? It only took a few thousand years for educated man to discover what God revealed through the wisdom of Solomon, i.e., "For as he thinketh in his heart, so is he ..." (Proverbs 23:7). Jesus, the master teacher, enlarged upon this truth when he admonished, "But those things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts, murders, adulteries,

fornications, thefts, false witness, blasphemies: These are the things which defile a man ..." (Matthew 15:18-20).

The word *heart* in Bible usage "stands for soul, mind, spirit, will, the whole inner man, that which makes him what he is, a conscious, intelligent, responsible being" (Pulpit Commentary, Vol. 15, page 98). Jesus said from this mind, this inner man, come the evil thoughts which prompt all other sins. Quite obviously, according to the Scriptures, the one who dwells on evil, depressing, and self-defeating thoughts will realize the consequences in his actions.

But wait . . . the good doctors Beck and Burns offer hope! They say, "if you think right, you'll feel right." What a revolutionary concept! It's high time someone came along who can tell us how to control the evil moods that possess so many unfortunate people.

As a matter of fact, someone did give such sound advice a long time ago. Once again, the wise man Solomon wrote: "Keep thy heart with all diligence; for out of it are the issues of life" (Proverbs 4:23). He was telling us to guard the heart, keep it clean, keep it up-beat, and life will be good!

Man controls his actions by controlling his thoughts. Therefore, the Apostle Paul stipulated in the New Testament the method for "mind control": "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue, and if there be any praise, think on these things" (Philippians 4:8). These simple instructions in the ancient words of inspiration

contain the formula for positive thinking and a healthy frame of mind.

Perhaps someone should inform the erudite doctors that the concept of "think right . . . feel right" did not originate with them.

- Pat Higgins, Gospel Anchor, June, 1981

THANK GOD FOR YOUNG PEOPLE WHO ARE CHRISTIANS!

Thanksgiving to God abounds for the many Christians who edify, encourage, support and strengthen their brethren. Older Christians are oftentimes an untapped source of wisdom. Christians may enjoy great benefits from their experience, guidance, prayers, etc. We should be thankful for every ounce of good that aids us in our growth toward spiritual perfection. One source of blessing that should not be minimized is young people who are Christians.

I am greatly blessed to see young people who have risen above the corrupting forces of evil in this wicked, hell-bent world. It is wonderful to know young people who are well-pleasing to the Lord: "sensible; in all things show yourself to be an example of good deeds, with purity in doctrine, dignified, sound in speech which is beyond reproach," (Titus 2:6b-8a). There ARE young people who have not yielded to peer pressure to conform to the world. They care not to gain acceptance by beer-drinking, pot-smoking crowds. Their commitment to purity and good works is NOT because "My parents won't let me," or "Our old-fashioned 'church rules' don't permit it," but rather, they are committed to the Lord Jesus Christ who is "instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the

present age, looking for the blessed hope and the appearing of the glory of our great God and Savior, Christ Jesus, who gave Himself for us to redeem us from every lawless deed, and to purify for Himself a people for His own possession, zealous for good deeds." (Titus 2:12-14).

They know how to make difficult choices too! Such young Christians choose to attend every service of the church including gospel meetings and Bible classes, very many times sacrificing attendance at or participation in school activities or sports events. In MANY things they know what the Bible teaches and are not afraid to show others what the will of the Lord is. They are like the young men to whom John wrote in 1 John 2:14b, "you are strong, and the word of God abides in you, and you have overcome the evil one."

It is a privilege to know young people whose manner of life is worthy of the gospel of Christ (Phil. 1:27). God be thanked for their dedication and the strength they impart.

- Gary Smalley

"Let no one look down on your youthfulness, but rather in speech, conduct, love, faith and purity, show yourself an example of those who believe." (1 Tim. 4:12).

REINCARNATION

Reincarnation is "the belief that the souls of the dead successively return to earth in new forms or bodies; hence, a rebirth of the soul in a new, esp. a human body" (Webster's Collegiate Dictionary). This philosophy is a part of eastern

religions but has been seen among those of the Western world quite frequently, yea, even among those who claim to be Bible believers. But one cannot believe the Bible and believe this error for several reasons.

"And inasmuch as it is appointed unto man once to die and after this cometh the judgment" (Heb. 10:27) declares that it is false. Men are to die "once." If there is a reincarnation, the return of the soul to another body, there will be as many deaths as there are bodies. Christ, in the flesh, overcame death for man, having abolished the power of the devil in his control of death. So, in Christ the fear of death has been removed.

Further, in the judgment, we are to "receive the things done in the body" (2 Cor. 5:10); "Each one of us shall give account of himself to God" (Rom. 14:12). In reincarnation we would have to ask, "Which body?" We would have to give account unto God for the deeds done in each body. In one we may have been extremely immoral and have died in that condition, then in another body have heard the gospel and become righteous. Which place would the soul go to, heaven or hell? Such a dilemma! Error always does that.

Further the Bible describes the new body that we are to have. There will be a resurrection and Christ will "fashion anew the body of our humiliation, that it may be conformed to the body of his glory" (Phil, 3:21). Paul spoke of only one earthly body. After that was dissolved, he was to have had one that is eternal, in the heavens (2 Cor. 5:1). He had described the change (1 Cor. 15). "It is sown in corruption; it is raised in incorruption: it is sown in dishonor; it is raised in glory: it is sown in weakness; it is raised in power: it is sown a natural body; it is raised a spiritual body."

Again, "As we have borne the image of the earthy, we shall also bear the image of the heavenly."

Error can so easily be set aside by truth, but we must be knowledgeable of truth lest we be taken in by error. The truth sets us free.

- Morris D. Norman

- > The great thing in life is not where we are, (necessarily), but in what direction are we moving.
 - > The world is better or worse because of every man who has lived in it.
 - > "It's not who is right, but what is right, that is important."
 - > "We all need someone who will urge us on to do what we are capable of doing."
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THIS WEEK'S LESSONS: Sunday morning: "*The Individual's Money!*"

(Text: Matt. 6:19-21); Sunday evening: "*Sayings of the Humble!*"

GOSPEL MEETING 2015: Our Gospel Meeting is scheduled for July 19-24, with Jerry Crolius, of Conway, AR, preaching.