

# **AS A MAN THINKS, SO IS HE**

## **I. INTRODUCTION:**

It is becoming more and more certain that the Bible writers *knew* what they were talking about as they pointed out time and time again that what we store up in our hearts has a direct affect upon our actions, our physical health, our mental health, and our spiritual condition.

A There are numerous passages which bear upon this matter:

1. Prov. 4:23: “Keep your heart with all diligence, for out of it spring the issues of life.”
2. Prov. 23:7: “For as he thinks in his heart, so is he. ‘Eat and drink!’ he says to you, but his heart is not with you.”
3. Matt. 15:10-11, 15-20: “When He had called the multitude to Himself, He said to them, ‘Hear and understand: Not what goes into the mouth defiles a man; but what comes out of the mouth, this defiles a man.’ ... Then Peter answered and said to Him, ‘Explain this parable to us.’ So Jesus said, ‘Are you also still without understanding? Do you not yet understand that whatever enters the mouth goes into the stomach and is eliminated? But those things which proceed out of the mouth come from the heart, and they defile a man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies. These axe the things which defile a man, but to eat with unwashed hands does not defile a man.”
4. Matt. 23:25-28: “Woe to you, scribes and Pharisees, hypocrites! For you cleanse the outside of the cup and dish, but inside they are hill of extortion and self-indulgence. Blind Pharisee, first cleanse the inside of the cup and dish, that the outside of them may be clean also. Woe to you, scribes and Pharisees, hypocrites! For you are like whitewashed tombs which indeed appear beautiful outwardly, but inside are hill of dead men’s bones and all uncleanness. Even so you also outwardly appear righteous to men, but inside you are hill of hypocrisy and lawlessness.”
5. 1 Sam. 16:7: “But the Lord said to Samuel, ‘Do not look at his appearance or at his physical stature, because I have refused him. For the Lord does not see as man sees; for man looks at the outward appearance, but the Lord looks at the heart.’”

(a) Sobering: What is my status with God?

## **II. THERE IS AMPLE MEDICAL EVIDENCE LINKING MAN’S THINKING AND HIS PHYSICAL HEALTH.**

A. The four great emotions of: Hatred, Fear, Guilt, and Failure-Frustration affect our whole physical being.

1. Competent doctors say that these emotions cause:

Some types of asthma, duodenal or stomach ulcers, high blood pressure, chronic ulcerative colitis, rheumatoid arthritis, and other diseases.

2. Listen to these case studies:

Dr. Hans Selve of Montreal, Canada in an experiment inoculated a group of rats with disease-producing germs such as staphylococcus, and streptococcus. Poison was injected into a second controlled group of rats. A third similar group of rats was subjected to stresses that produced great anxiety and mental and emotional confusion. The amazing result was that the stresses of hate, envy, jealousy, fear and anxiety produced bodily disintegration and brought on death just as certainly as did the disease germs and the poison.

Russian Scientists have repeatedly reproduced symptoms of hardening of the arteries and high blood pressure in chimpanzees by subjecting them to experiments that made them violently and helplessly jealous. Several times they have conducted experiments in which a chimpanzee that had been living happily with his family was suddenly taken away and placed in an adjoining cage from which he could see and hear his family but could not reach them. In full view, another chimpanzee was given his place. Screaming with rage, he could only watch as his fury mounted. Within three months he was dead of severe hardening of the arteries and of high blood pressure. He was killed by the strong negative emotions which resulted from his situation. Even though the chimpanzee was thoroughly justified in his feelings of jealousy and rage, he died of hardening of the arteries and high blood pressure just the same. Identical traumatic experiences have been produced in human beings in far less harrowing ordeals.

## II. THERE IS ALSO AMPLE MEDICAL EVIDENCE LINKING GOOD THINKING WITH GOOD MENTAL HEALTH.

- A. Diseases caused by mental attitudes are called psychosomatic.

Psycho-Mind

Soma-Body

1. Baxter says that “the American Medical Association has long suggested that possibly fifty percent of man’s illnesses are of this type. Many who come to see a physician are not organically ill, but are rather suffering from their own mental attitudes. Incidentally, this is the large area in which modern faith healers can easily create the illusion of having performed wondrous cures.... Some respected doctors of today estimate that as high as eighty percent of the people who come to them are suffering from physical ailments brought on by a man’s way of thinking. (Washington Mfg. Company)
2. Concerning the Deadly Emotion of Hatred, one doctor says:

“Chronic resentments, grudges that we carry around with us, become deep seated abscesses. They ruin our personalities. They poison our minds and they produce diseases in our bodies. When we continue to carry them, we are slowly but surely committing suicide. The cure for a surgical abscess is incision and drainage. This makes healing possible from the inside out so that the patient is rid of the abscess once and for all. The cure of a spiritual abscess is forgiveness .real forgiveness. This heals our minds, our bodies, and our souls.”

Matt. 5:23-24, 43-45: “Therefore if you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be

reconciled to your brother, and then come and offer your gift.” You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ But I say to you, ‘love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust.”

Note: It is thrilling to realize that modern men of medicine are saying in effect, “If you would be healthy in body and mind, be a Christian.”

3. Hear another case study:

“I think I must have been about forty years old before it finally began to dawn on me that the reason for forgiving someone was not primarily as a favor to the person that I was forgiving, but as a favor to myself. Forgiveness is the greatest act of self-interest in which you can possibly engage. When you forgive, you quit committing suicide. A burden is lifted from your life. Happiness, together with a sense of release, comes with a measure that few have ever known.” Then he goes on to say, “Some of us have had to learn this the hard way. I developed a duodenal ulcer with a very severe hemorrhage before it really began to dawn on me that the person that I was damaging most by my hatred and resentment was myself. This realization made it much easier to forgive. As I looked back into my own life and began to see how cause and effect had operated, I was able to see how cause and effect had operated in another person’s life. When I realized this, I was able to see why people had done evil things against me. After a while, I was able to feel sorry for them, and able to forgive them.

Forgiving means all emotional impact has been removed from the things which have happened. And once you have forgiven a person, you can think or talk about the things which they did to you with no more emotional impact than you would have in discussing the price of a sack of potatoes at the market.”

III. THE CONTENTS OF A MAN’S HEART DETERMINES HIS SPIRITUAL HEALTH.

- A. A person who spends all his time attending the filthy movies of our day rated X and R will constantly have his mind filled with rape, sadism, perversion, and violence.
- B. A person who reads pornographic trash will have his mind full of trash. His constant reading of this trash will cause his actions to be trashy. The sordid “girlie” magazines made by using prostitutes as models, and the new men’s magazines using male perverts, should be revolting to the entire American nation.
- C. Association constantly with people who use dirty, vulgar language will cause one to store up such in his own mind.
- D. Our television screen is filled with violence and corruption and a constant dose of this affects the thinking of our children.

- E. A good portion of the modern songs on the radio have a sexual overtone and appeal to the baser part of this generation.  
F. James Allen has a fine quotation bearing on this point. He says:

“A noble and God-like character is not a thing of favor or chance, but is the natural result of continued effort in right thinking, the effect of long-cherished association with God-like thoughts. An ignoble and festival character, by the same process, is a result of the continued harboring of groveling thoughts.”

- G. Paul could well say to the Philippians: “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. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.” (Phil. 4:8-9)

### CONCLUSION:

“Keep your heart with all diligence, for out of it spring the issues of life.”

“Let the words of my mouth and the meditations of my heart be acceptable in your sight, O Lord, my strength and my redeemer.”

Look at the Effects:

1. Broken marriages.
2. Children living in constant turmoil.
3. A world at war.
4. Worry over life's necessities.
5. The haunting guilt of sin in one's own life.

These bring a sick body.

These bring a sick mind.

These bring a sick spirit.