

Training for Self-Conquest

By Flower A. Newhouse

Theme: CONSTRUCTIVE WORDS

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THOUGHT FOR THE MONTH

"Thy word have I hid in my heart." (Ps. 119:11)

REMEMBER

Thoughts and words are creative and will reflect into our experiences the kind of ideas and utterances we have permitted.



USE WORDS CONSTRUCTIVELY

An astonishing change begins when man decides to be the engineer in control of the waters and forces that stream through his estate of being. Heretofore he let events shape and determine the contours and condition of his life's domain. Now he recognizes that as an engineer he is responsible to God for the good use and improvement of the land he has under cultivation. He cannot again "let nature take its course" with him; but he can summon spiritual energies and intelligence to cultivate his fields of endeavor.

To this engineer *thoughts become the blue prints of plans* for his property; words are the seeds sown in fields and orchards, while actions pertain to the care of the whole place.

To our way of thinking, words are the fruits of

our thoughts. What kind of fruit have we been gathering from our life estates? Has the fruit been wholesome, sweet, and satisfying? Have others enjoyed their taste and character?

Many orchardists of life do not like the flavor of their own products. To them their fruits are tasteless and uninteresting, or bitter and repelling.

If we do not approve of the condition of our vineyard of being, nor of the fruit of its vines, we can change things so that our land shall be wholesome and our fruit flavorful.

With spiritual industry we can plough our fields of habit and sow good grain. We can plant sturdy trees of faithful ideals that shall bear delicious fruit. What we do must be done with zeal persistently; and within a given season we shall reap what we have patiently sown, and eat pleasantly what we have planted.

Nature insists upon ripened fruit falling. That is our cue! It is our care to see that when our fruit (or speech) falls, it provides well ripened food for tasty eating.

To guarantee the production of good fruit, good seed is necessary. Were every man to sow with Christ's prayer, "Be it unto me according to Thy Word," his seed would germinate healthfully. There could be no finer seed than that of Christ's. For that reason every time we choose His seed thoughts, our good harvests are assured.

Speech when it falls should be as Christ seeds that have developed into luscious fruit. We would not knowingly give a friend a bitter, wormy fruit. Neither should we express to him anything but that which comes from the Christ harvesting of our thoughts.

Although we may have, in the past, produced bitter fruit because of weariness or frustration, we can

now so live that from this same estate of consciousness only wholesome fruit shall be produced.

Another analogy which helps us visualize the effect of our words is to see them as related to the mineral kingdom. There are persons who scatter words in the same careless way that boys throw handfuls of pebbles in meaningless directions. Not infrequently human beings hurl words at each other as they would missiles in savage warfare. Sometimes words fall slowly from burdened hearts like weighty rocks.

Words that quicken our interest are those which are used to build a hearthstone, a cheerful fireplace, or a garden wall. Our words should have but one purpose in utterance — *to build something useful and of value to our fellowmen.*

At intervals in our busy lives we are given jewels through utterances of well wishers, or of penetrating observers. We cherish these bright gems for their crystalline beauty and for their value towards an enrichment of our memory possessions.

In this potential New Year we shall cultivate the habit of thinking about the consequences of our words ere they fall into the sphere of other human beings. It does not speak well of the condition of our consciousness if our speech can be compared to brittle, dead twigs, or bitter fruit, or hurled stones. What passes the portal of our lips should be true, wholesome, and edifying. Our fears should be corrected and transmuted; they should never be phrased into expression. Unlovely and forceful things we happen upon need not meet us as antagonists, but as challengers. Let us try to recreate them, with God's help, into constructive forces.

If we want this to be a finer and a more brotherly world, then we should report the Good unceasingly. Should it be necessary to mention something unpleas-

ant, let it be done with brevity, kindness, and truthfulness, always encouraging others to view everything as creatively yielding to the Power of Good. Let us not be guilty of ingratitude, despite the condition of our estate, when it lies within our God-imparted powers to change what we find with right thoughts, helpful words, and loving actions.

Do "the entrance of Thy words giveth life" in the experience of those surrounding you? Light, encouragement, and true helpfulness will be your constant gift to others if you are earnestly striving to keep your thoughts, words, and acts worthy of your Lord. This does not require Spartan perseverance, nor herculean effort. To live highly and to think and speak helpfully does not necessitate stern self-discipline, but rather a constant transformation — a going forward into greater realization of the Light.

THE PROMISE

"He that overcometh shall inherit all things, and I will be his God and he shall be my son."

(Rev. 21:6)

THE PRACTICE

Let us read slowly and apply thoughtfully: "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." (*Phil. 4:8*)

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