

CHECKUP



Thoughts: The Power of the Mind

Much inspired counsel has been given to us regarding the mind. Here are a few to ponder from *The Ministry of Healing*.



"The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which people suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death" (p. 241).



"Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. 'A merry heart doeth good like a medicine.' Proverbs 17:22" (p. 241).



"Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. . . . It is a law of nature that our thoughts and feelings are encouraged and strengthened as we give them utterance. While words express thoughts, it is also true that thoughts follow words." (p. 251).

