

## **A MAN IS AS STRONG AS HIS THINKING.**

*For as He thinketh in his heart, so is he: Eat and drink, saith He to thee; but his heart is not with thee.*

**Proverbs 23:7**

*Then Zebah and Zalmunna said, Rise thou, and fall upon us: for as the man is, so is his strength. And Gideon arose, and slew Zebah and Zalmunna, and took away the ornaments that were on their camels' necks.*

**Judges 8:21.**

When the above two scriptures are combined, the submission is that the strength of a man is determined, not by his muscles, money, material possession, handsomeness, background, ... but by the capacity of his **heart** and **mind**.

**Expanded Bible Proverbs 23:7** · *Selfish people are always worrying about how much the food costs [L They calculate in their **minds**; or They are like a hair in the throat]. They tell you, "Eat and drink," but ·they don't really mean it [L their **heart** is not with you].*

You see, thinking involves both your mind and your heart. The scriptures above are not referring to your heart alone or your mind alone. They refer to both.

**Judges 8:21** says

... as a man is, so is his strength ...

**Proverbs 23:7** says

... as the man thinketh in his heart, so is he (so is the man) ...

Expanding Judges 8:21, we can quote it thus:

*... as a man thinketh in his heart, so he is, and so is his strength ...*

A man's thinking determines his strength and capacity.

For a man to boost his strength, he simply needs to boost his thinking faculty.

### **3 STAGES OF THINKING**

#### **1st. THINKING :**

A deliberate exertion of control over the natural flow of thoughts in the mind. Separating of useful thoughts or ideas and discarding of shallow and useless ones by the mind. As well as

Continuous pondering on the useful thoughts by the mind until they are submitted to the heart, where the remaining stages of thinking take place.

**2nd. REASONING:**

This stage is the stage of rational thinking, where man think objectively with definite purposes in view.

The thinking here is deeper than the thinking at the previous stage. This dimension of thinking takes place in the heart, not in the mind.

This heart doesn't refer to your cardiovascular organ that pumps blood, but man's core being; man's spirit, where thoughts become things.

Before thoughts become things in the heart, they must be brought to the third stage of thinking

**3rd. MEDITATING:**

This is a research, study, streamlining and applied dimension of thinking that automatically converts thoughts to things. Or should I say, it converts thoughts to STRENGTH.

Yours,

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