

HABITS OF THINKING

What are some habits of human thinking?

9:5.7 (103.5) Too often, all too often, you mar your minds by insincerity and sear them with unrighteousness; you subject them to animal fear and distort them by useless anxiety. Therefore, though the source of mind is divine, mind as you know it on your world of ascension can hardly become the object of great admiration, much less of adoration or worship. The contemplation of the immature and inactive human intellect should lead only to reactions of humility.

How can we improve our thinking?

Family therapist and Urantia Book reader Marvin Gawryn has seen the impact that God can have people's mindsets. He says that when people meditate on the idea of God as a loving parent they can experience profound healing. We can also protect our minds by keeping our thoughts honest—not egoistic or overly critical of ourselves. Bringing God into our daily thoughts and being sincere to ourselves can go a long way to promoting healthy thinking habits.

Anyone who is really struggling with their thoughts should not be afraid to ask for specialized help.

Word Search

Answer key is on our website

M O H C G G C Z B K
 G D S O C N O I P O
 A F I M H L U A J C
 Y U N P K T R V G C
 L L C A W B A Z A O
 Z J E S V Y G Q P M
 X E R S L H E H L F
 Q Q I I Z O X V M O
 X C T O C P U J T R
 S U Y N R E F R V T

Courage
Sincerity
Compassion

Hope
Comfort

Why is this important?

As people have become more isolated from each other and society has become more secular, people increasingly struggle with mental health problems. This has painful implications for individuals and society as a whole, and it is a reminder of the need for a revelation, like The Urantia Book, for bringing people a sense of comfort, worth, and purpose.

Think about God as a loving parent