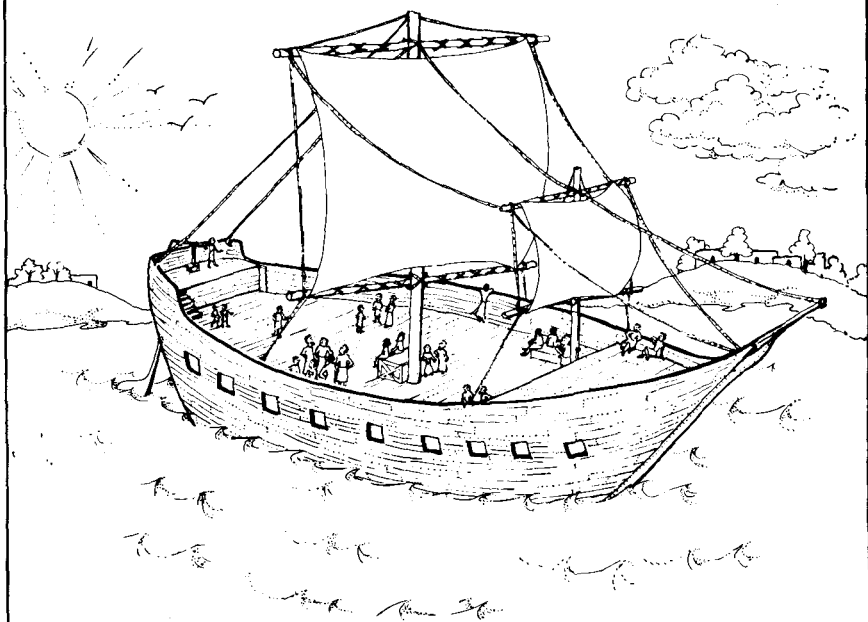


Children's Magazine



February 1982

The Disciplined Mind





The Disciplined Mind

Have you ever heard anyone talk about “being disciplined”? Maybe you’ve heard a teacher compliment a child by saying, “You are a very well-disciplined child.”

The word “discipline” means “to educate or prepare by instruction.” It means “to train.” If someone is disciplined, it means he is trained to do something (or many things) a certain way.

For example, let’s say your mom and dad taught you the right way to pray and they showed you how to make a “lift list.” Let’s say they also taught you to get up early so that you had time to pray each morning before you went to school. As you got up early on your own and prayed, you could say that you were “disciplined” at praying in the morning.

All discipline begins in the mind (in a person’s thinking). You never do anything until you first decide in your mind to do it. Then, you carry out that decision. It is always good to be disciplined, but only if you are disciplined to think and do what is right. It is God’s Word that teaches us what is right. You always want to discipline your thoughts and actions so that you think and do what the Word says. You want to believe what the Word says no matter what is happening around you. The Apostle Paul did this in Acts chapter 27.

Paul had been taken as a prisoner and was being taken by ship to the city of Rome. The captain of the ship wanted to get to Rome as quickly as possible and wanted to sail to Rome at a dangerous time of the year. Paul told them they should not go. God had told Paul that they should not go and that there would be hurt and loss if they did. The ship’s captain decided not to listen to Paul and went anyway. Since Paul was their prisoner, he had to go with them.

Not long after they left, a terrible storm developed. The winds were VERY strong, causing high and strong waves. The ship was tossed by the waves. The rain, wind and waves continued for fourteen days! In Acts 27:20 it says

about the people on the ship, "...all hope that we should be saved was then taken away."

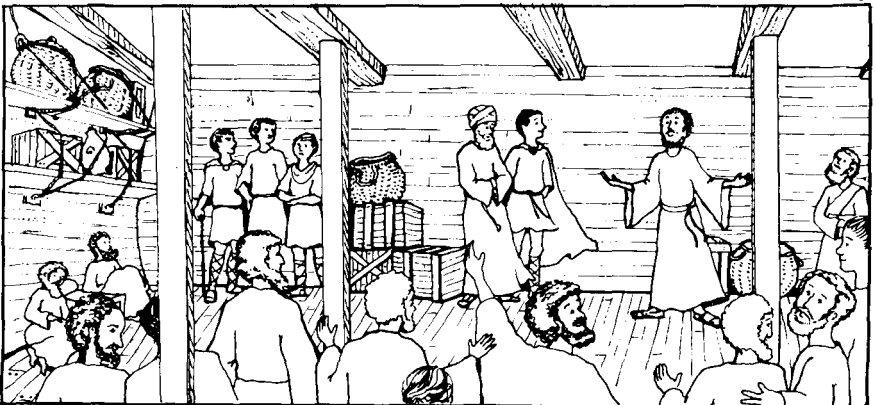
Can you imagine how Paul could have felt? There he was, prisoner on a ship that was in a very bad storm. Still, as negative as this situation was, Paul continued to trust God and stayed peaceful.

Paul reminded the people they should have listened to him. Then he said, "And now I exhort [encourage] you to be of good cheer: for there shall be no loss of *any man's* life among you, but of the ship" (Acts 27:22).

Paul could say these words because that night an angel sent from God told Paul that nobody would die. Paul knew from God what the people needed to do so that they would not die. Paul told the people and this time the people listened. The people lived because they obeyed the words from God which Paul spoke.

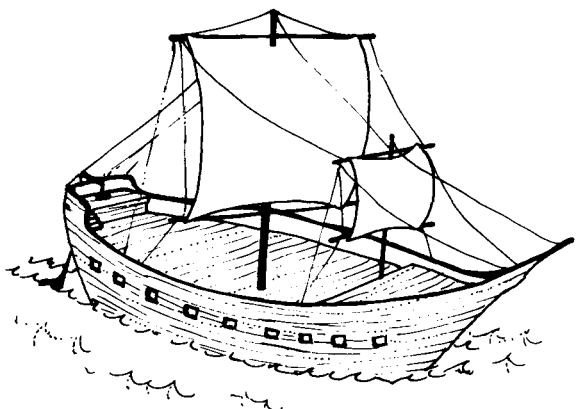
What a disciplined mind Paul had! He trained his mind to believe that God would take care of him no matter what was happening around him. Paul stayed peaceful and continued to believe. Paul believed the angel's words and did not fear.

We can live like this, too. Isaiah 26:3 tells us that as we stay our minds on God and the promises in His Word to us, we will be peaceful on the inside. No matter where we go or what is happening around us, we can remember that God is with us and He is on our side. I Peter encourages us to cast all our cares, all our doubts, worries and fears upon God because He cares for us. What a wonderful God we have and what a wonderful life we can live as we discipline our minds to believe God's Word!



Match 'n Mate

Match the numbers below each space with the numbers in the boxes. Then, put the correct letter on each space. The first one has been done for you.

I 9	J 10	K 11	L 12	M 13	N 14	O 15	P 16	Q 17	R 18
H 8									S 19
G 7									T 20
F 6									U 21
E 5									V 22
D 4									W 23
C 3									X 24
B 2									Y 25
A 1									Z 26

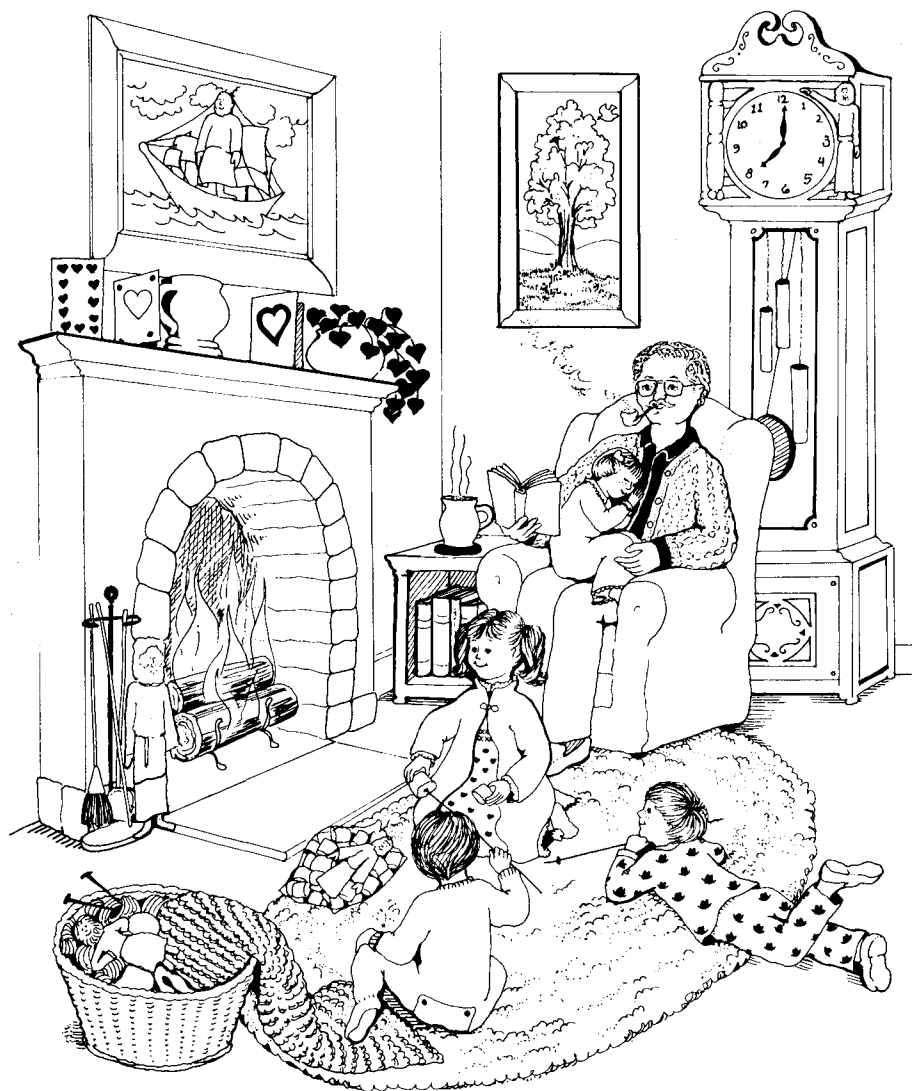
You always want to discipline your thoughts and ac-

tions so that you T 20 8 9 14 11 and 4 15

what the 23 15 18 4 says.

Hidden Pictures

Although the ship was wrecked by the storm, all the people lived. Look at the picture and see if you can find the five hidden people.



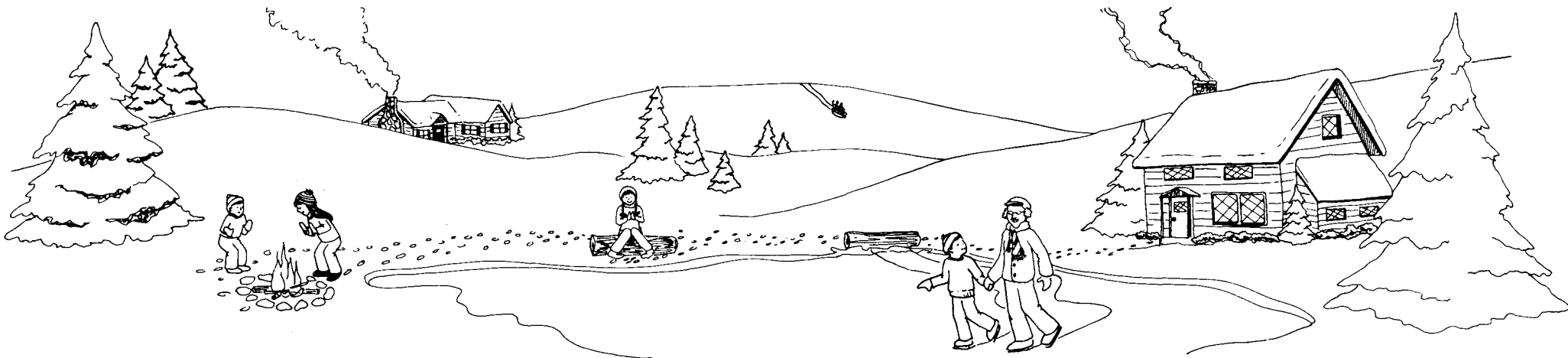
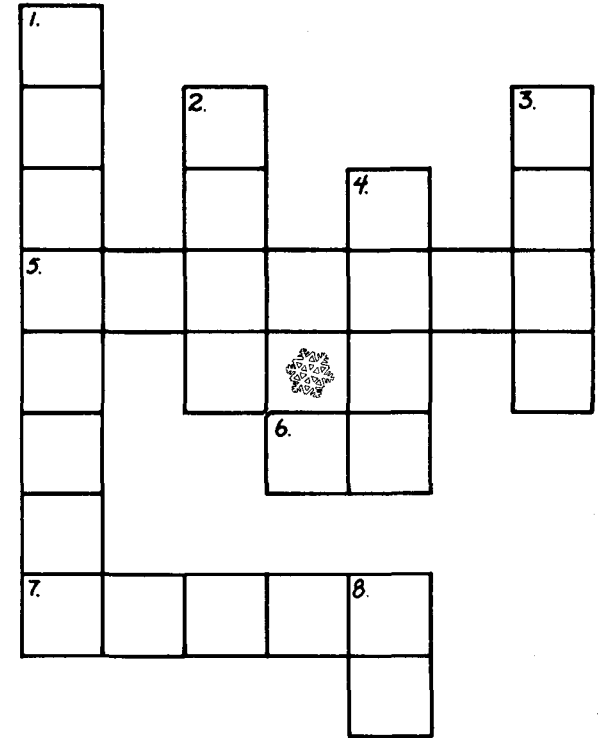
WORD CROSS FUN!

ACROSS:

5. If someone is disciplined, it means they have been trained to do something (or many things) a _____ way.
6. No matter where we go or what is happening around us, we can remember that God is with _____ and He is on our side.
7. The people _____ because they obeyed the words from God which Paul spoke.

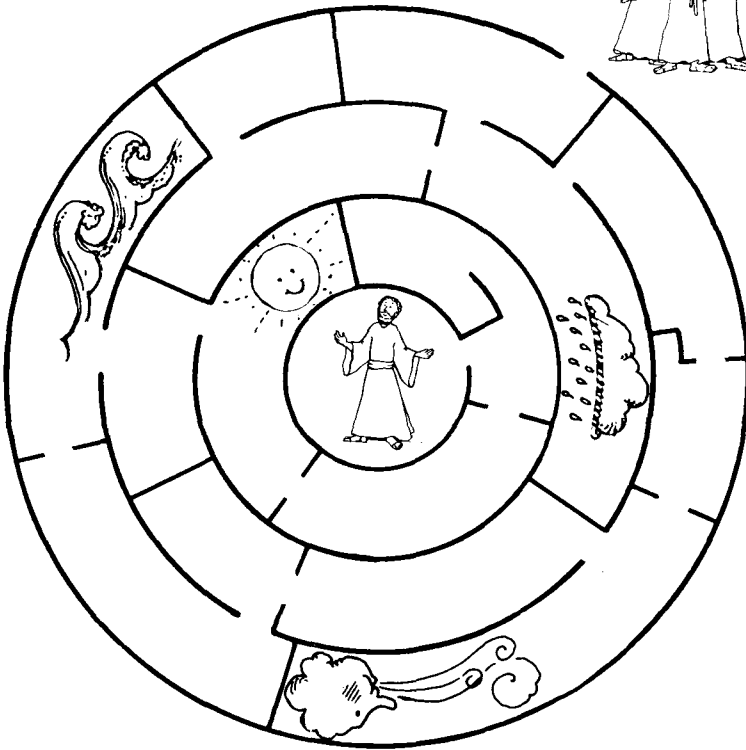
DOWN:

1. Isaiah 26:3 tells us that as we stay our minds on God and the promises in His Word to us, we will be _____ on the inside.
2. It is God's _____ that teaches us what is right.
3. All discipline begins in the _____ (in a person's thinking).
4. You always want to discipline your thoughts and actions so that you think and do what the Word _____.
8. Paul knew from God what the people needed to _____ so that they would not die.



Find the Way

The people lived because they obeyed the words from God which Paul spoke. Find the path which leads from the people to the Apostle Paul.



ANSWERS:

- page 4: think, do, Word
 page 6 and 7: ACROSS:
 5. certain
 6. us
 7. lived
 DOWN:
 1. peaceful
 2. Word
 3. mind
 4. says
 8. do
 page 9:
 1. Paul, 2. Ship, 3. Angel of the Lord,
 4. The ship's captain, 5. The mind
 page 10:
 1. b, 2. c, 3. c, 4. c, 5. b

Picture Match~up

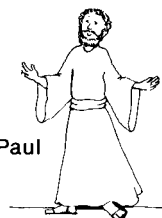
Look at the questions below. Each answer is one of the pictures. As you find the answer, draw a line from the question to the answer.

1. What was the name of the apostle who spoke for God in Acts 27?



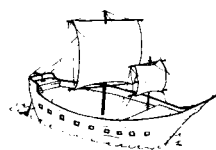
Angel
of the Lord

2. What did the people travel in?



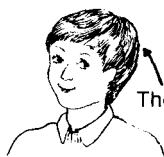
Paul

3. Who spoke to Paul one night?



Ship

4. Who did not listen to Paul the first time?



The mind

5. Where does all discipline begin?



The
ship's captain

The sentences below are from this month's article on pages two and three. See if you can fill in the blanks without looking at the article. If you need to look at it again, you may.

1. If someone is _____, it means they have been trained to do something (or many things) a certain way.
 - a. sloppy
 - b. disciplined
 - c. careless
2. All discipline begins in the _____ (in a person's thinking).
 - a. toes
 - b. arms
 - c. mind
3. You always want to discipline your thoughts and actions so that you _____ and _____ what the Word says.
 - a. guess, wonder
 - b. consider, disobey
 - c. think, do
4. The people lived because they obeyed the words from _____ which _____ spoke.
 - a. others, Paul
 - b. Paul, God
 - c. God, Paul
5. No matter where we go or what is happening around us, we can remember that God is with us and He is _____.
 - a. around our side
 - b. on our side
 - c. on the outside

WHIRLING HEARTS

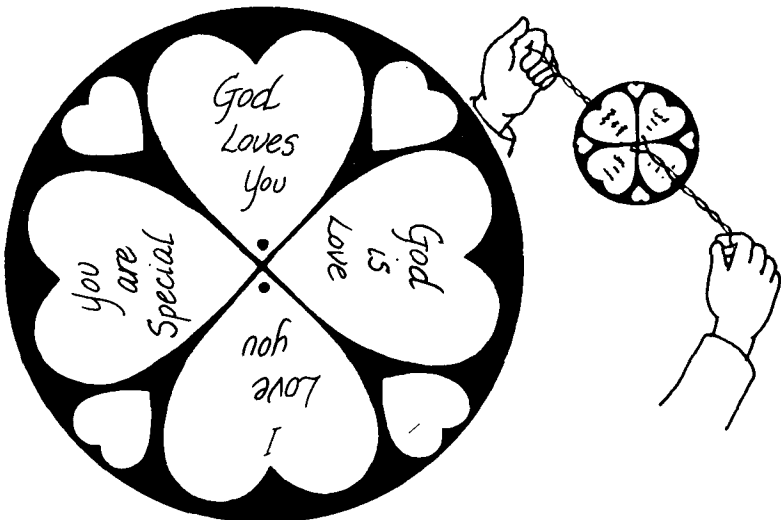
This year on Valentine's Day, you can send special messages to others telling of God's love and your love to them. Below is one idea you can do.

MATERIALS:

scissors, glue, one piece of cardboard (white cardboard is best), crayons or colored pencils, pencil, piece of string, pin

WHAT TO DO:

1. Cut out the circle with the hearts on it and glue the circle onto a piece of cardboard.
2. Cut out the cardboard along the circle.
3. Color the hearts. When you are done, color the other side any way you like.
4. Make a tiny hole where each of the two dots are. Run a piece of heavy thread or a piece of string through the two holes and tie the ends.
5. Place your fingers in the loops, as shown.
6. Whirl the toy to wind up the strings. Pull on the loops and watch the hearts spin!



In His Arms

No matter what skies are around me,
Whether they are blue or gray,
I know that my Lord is beside me
To guide me every day.

So I won't be afraid of the storm,
No, I won't be afraid of the darkest night
'Cause I know that the Lord is beside me
And His loving arms hold me tight!

Now I'll be glad to teach you
About our God above,
I'll tell you of all His goodness,
And I'll tell you of His love...

So you won't be afraid of the storm,
No, you won't be afraid of the darkest night,
'Cause you'll know that the Lord is beside you
And His loving arms hold you tight!

