

Second Thoughts Can Be Dangerous to My Health

By Dr. James L. Snyder

My New Year's resolution one year was to have one thought per day. After the first week, I ran out of thoughts.

This year, The Gracious Mistress of the Parsonage and I will be married 53 years. During that time, I discovered how vital just one thought can be.

If anybody thinks a lot, it is The Gracious Mistress of the Parsonage. She has everything thought through before I have a chance to even know what it is. Like most women, she is an expert in multitasking. That means it takes a lot of thought to do all those things simultaneously. She does it quite well.

She often says how many headaches she has during the day, and if I could put several thoughts together, I might tell her that those headaches are a result of all that thinking she does during the day. But, on second thought,

I better just leave that one alone.

I was once relaxing in my easy chair and staring at the ceiling. Looking at me, The Gracious Mistress of the Parsonage said, "Me thinkst thou ponderous too much."

Over the years, we have become a wonderful team. I call it the T&N team. What that means is that she Thinks, and I cannot Nod my head in agreement. I'm sure I didn't think that through, but I must confess it sure does work. It has produced almost 53 years of marital bliss.

Sometimes, The Gracious Mistress of the Parsonage will ask me about a particular problem and ask, "What do you think about that problem?"

After 53 years of the T&N team experience, I simply shoot back, "I'm not sure. What do you think about it, and what should we do?"

And when I say that, I can sit back and listen to all the good advice and nod my head at the appropriate places, and at the end, we both are smiling. No thought on my part involved.

The best thought I have ever had, and where I harbor no second thoughts, is when I asked The Gracious Mistress of the Parsonage to marry me. I'm not sure what her thought process was then, but I can assure you there were no second thoughts on my side of the aisle.

I can sit back and remember a lot of the things I did in the past. Of course, at my age, my memory is not up to par, but at least there's a little bit left. There were a few times when I thought about something and then had second thoughts, and it was the second thought that got me into trouble.

I have learned that I need to gather all

the information before exercising my first thought. If I have everything before me, then I can proceed to the next step in making a decision based on my thought process.

I remembered a special verse of scripture that encouraged me in this regard. "For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discernor of the thoughts and intents of the heart" (Hebrews 4:12).

This is where I need to surrender all my thoughts to God and obey His Word.

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RCMS Grizzly of the Week



Grizzly of the Week/ Braydon Courtney Roger and Lynna Back

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"I can do all things through Christ who strengthens me." Philippians 4:13 (NKJV)

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