

Write Upon My Heart
Thoughtfulness

Published by Keepers of the Faith

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CHARACTER—WHAT IS IT?

What is character? Why do we say that one person has good character and another poor character, or that someone has character and someone else does not? What is being measured? It is not really a person's actions, for people often make mistakes acting in good faith, and we do not consider that bad character. No, it has to do with who a person is—or has become—by the *habits* that he or she has formed.

Good habits become good character, and bad habits become bad character; and yet character is not just the sum of one's habits. In many cases it has taken only a single bad habit to destroy a life. In other cases, just one outstanding good habit has prevented an otherwise mediocre life from totally crumbling. We cannot know which habit might be our most powerful support, or which might cause our complete downfall. So, the safest venture is to develop as many good habits or traits as we can, especially in areas displacing any habits that we have which may not be good.

It takes work to form habits, but the good news is that once they are formed they are a snap to keep, for then they come naturally to us! How nice it is to be so used to doing the right thing that we actually prefer to do it! *“Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap,”* —Galatians 6:7. Develop good habits when you are young, and you will reap the benefits for all of your life.

Where can we look to find the best essence of good character? How about God's Word? It has the essence of everything good. Jesus was an example of perfect character. *“For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps,”* —1 Peter 2:21. As we study His life and God's Word, they will give us the guidelines by which to form our own habits and lives.

HABITS—WHAT ARE THEY?

Habits are those things that we do most naturally or instinctively—without having to make a decision, because the decision has been made enough times that we do not have to think about it any more. Things said and done by habit are

sometimes done without thinking.

For example, you do not contemplate whether or not to dress in the morning. You do it out of habit. If you brush your teeth every morning, you do not ask yourself if you should each day. You do it out of habit. Each good habit that we build—diligently—doing the best thing in an oft-repeated situation—is like a fence that we build between ourselves and some sort of heartbreak. However, it requires no effort to develop bad habits, and bad character is exactly what lack of effort becomes. So, a little work early in life can do much to prevent the manifold grief and loss encountered as a poorly formed character limps on through the years of life.

HABITS—THEY BEGIN IN THE HEART

“For as he thinketh in his heart, so is he,” —Proverbs 23:7a. That means that we are what we think. We say what we think, and we do what we think. What determines what we think? We do. Why do we think the way that we do? We taught ourselves to think that way. Often when people say, “I really didn’t think about it,” they had already taught themselves exactly what to think about “it.”

Each thought makes a tiny connection in the brain like a thread. Each similar thought strengthens that connection by adding another thread. Eventually, the threads become great enough in number that they become a rope. Often a mind becomes bound by such a rope, whether it is a good rope or a bad rope. Habit begins to affect our thinking. We begin to do things almost automatically because what we think is what we will do.

It is important to form good habits *now*. Later may be too late. We are becoming *right now* what we are going to be. We are going to become what we are thinking *now*, because *“as he thinketh in his heart, so is he.”* Our thoughts are very powerful. We cannot touch them or see them, but nevertheless, they are very real. They are more powerful than our actions because they control our actions. However, we can decide what we think! We can make our thoughts subject to our will and the will of God. We have access to a power stronger than our thoughts—the power of God. He tells how to control our thoughts. *“For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) casting down imaginations, and*

every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;” —2 Corinthians 10:3-5.

So, why is it so important to form good habits early? Is not God powerful enough to break bad habits? Yes, He has the power to break any habit, but there are very many that He never breaks. The reason is that people grow to like their habits. They begin to hate the thought of breaking them—even the bad ones. People do not like change. The ropes that bind their minds are of their own making, and they are loath to give them up. How many drug addicts live absolutely horrid lives, bound to drugs from which they wish they were free, yet who will lie, cheat, steal, fight, and even kill to continue taking the drugs causing them so much misery? People grow to like their bad habits so much that they often will not let them go for what they wish they could have.

How do we learn not to like our bad habits? By learning to like new ones. Do what is right, and soon you will like doing it. There is a saying, “Your actions will determine your emotions.” We become comfortable with something only after we do it for a while. Another saying says, “Eat olives nine times and you will like them.” Proverbs 16:3 teaches, “*Commit thy works unto the Lord, and thy thoughts shall be established.*” Do you want to think rightly? Do you want to feel good doing right even if you do not like it right now? Just do it anyway! See how much it changes the way you think and feel. Replace bad habits and have good character by simply making new habits in place of the old ones!

Lastly, it is not enough to have good character. We can have the very best character, and yet become lost for eternity, for there are none who have not sinned. The Bible tells us that the wages of sin is death, but the gift of God is eternal life through Jesus Christ. Jesus paid the price for our debt of sin. Only by trusting Him will we see the Celestial City.

It is said that “character has its own reward,” and so it does. People with good character instinctively feel much better about themselves than people without it. This is a far better and happier way to live. However, this reward pales at the prospect of eternal reward. It is great to have character. But, remember, it is infinitely more rewarding to belong to Jesus, and have character for His glory.

Thoughtfulness

*If I speak before I think,
And if I act before I consider,
If I ever speak or act on impulse,
I know nothing yet of thoughtfulness.*

Simply put, thoughtfulness means to be full of thought—but it means so much more. It means thoughts fully formed through reasoning and understanding. It also means thoughts formed for the goodness and benefit of others. We think about our own benefit all the time, but that thought involves no strength of character.

Our thoughts become our beliefs. What if they are wrong? Serious thinking is important—especially when it comes to God. A thoughtful person will find truth; others simply find a belief. A non-thinker doesn't even know what he doesn't know. He is a favorite target for the devil to lead astray.

Thoughtfulness is essential to a Christlike character. What we think governs whether we do wisely or foolishly—how we behave, how we spend, who we choose as friends—it governs everything we ever do. Thoughtful people *understand* that *all* actions bring about consequences—not only to ourselves, but others. Others are important to God. That is why we *cannot be godly* without thoughtfulness.

God is a most thoughtful God. He excels at thoughtfulness. If we want to learn how to be truly thoughtful, we only need to study His thoughts revealed by His Words in the Bible. In this study on thoughtfulness, we will learn a great deal about that subject, and our hope and prayer is that each of you will become a more thoughtful person, taking a great deal of thought about your faith and your life.



LEARNING THE TRAIT

Thoughtfulness takes time; it requires deep thinking; the following words help describe the process of thinking deeply. Look up the definitions of the following words using a dictionary, and write them in the space provided.

Consideration _____

Contemplation _____

Musing _____

Reflection _____

Rumination _____

Thought _____

Thoughtful _____

Thoughtfulness _____



SCRIPTURE STUDY

Copy the following verse.
Psalm 119:59

What does this verse mean?

How can this verse be applied to your life?

BIBLE EXAMPLE



1. Read Ruth 2:1-17.
2. Answer the following questions.
 - (1) After inquiring who Ruth was, what did Boaz tell her?

- (2) After further discussion, what else did Boaz tell her? (vs 14)

- (3) What did Boaz tell the young male reapers concerning Ruth and her gleaning?

- (4) How did Boaz show thoughtfulness for one little gleaner named Ruth?

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- (5) What did this thoughtfulness toward Ruth reveal about the character of Boaz?
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SCRIPTURE STUDY

Copy the following verse.
Psalm 41:1

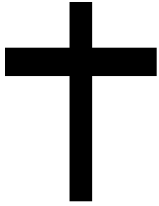
What does this verse mean?

How can this verse be applied to your life?

A Thoughtful Hour

The flower is small that decks the field,
The bee is small that bends the flower,
But flower and bee alike may yield
Food for a thoughtful hour.

MORE ABOUT JESUS



“Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God: but made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: and being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross.” —Philippians 2:5-8

Jesus was God, and took upon Him the form of man when He came to earth. He must have given this a great deal of thought. He knew He was equal to God in Heaven, and yet He decided to come to earth, not as a great King, not as a wealthy man, not as a ruler. He thought it best to come as a poor man, as a servant, without a reputation in this world, and further decided to humble Himself by allowing His own creation to scorn Him and crucify Him.

He thought about what He was going to be and do before He ever came to this earth, and while He lived and walked on this earth, He also took great thought about the needs of others. This thoughtfulness extended to His personal family, for He expressed concern for His mother even from the cross upon which He was dying. He gave her care to John. *“Then saith he to the disciple, Behold thy mother! And from that hour that disciple took her unto his own home,”* —John 19:27.

Jesus was thoughtful of people when they were tired, or hungry, or sick. He cared about their families and healed multitudes. Jesus took great time to teach others the truths of God, and expose the errors of man, even the errors of the religious leaders of His day.

“He that saith he abideth in him ought himself also so to walk, even as he walked,” —1 John 2:6. If we say that we are followers of Jesus, and we say that we are abiding in Him, should we not walk as He walked? This question provides great opportunity to think, do self-examination, and to be deliberate in our thoughts, words, and actions. Does our “walk” really look like the “walk” of Jesus? Are we thoughtful of our Lord? Do we *always consider* others? Do we *always think* about being the servant? Do we deliberately avoid being known?

1. Why do you think Jesus thought it best to come as a poor man?

2. Why do you think Jesus thought it best to come as a servant?

3. Why do you think Jesus thought it best to let others scorn and ridicule Him without taking vengeance on them or fighting back?

4. What thoughts might have prompted Jesus to be so helpful to the poor, sick, and needy?

5. As you think about your life, are you looking to be more than a servant, to have wealth instead of being poor? If so, think some more about Jesus and list a few ways that your thoughts might need to change.

A STORY ABOUT THOUGHTFULNESS—

Singing for Jack-Knives

In his book, *On the Indian Trail*, Mr. Egerton Young gives some graphic descriptions of his life amongst the Cree Indians of the far Northwest. To encourage the Indian boys to sing, he says:

“Knowing the boys’ love for pocketknives, I went to one of my boxes, and taking out six very good ones, I stood up before the crowd and said: ‘Boys, listen to me. I am going to give these six knives to the six boys who will sing the best. And look! While five of them are good two-bladed knives, one of them is a splendid four-bladed one! Now, I am going to give this best one to the boy who will sing the best of all!’

“Great indeed was the excitement among the Indian lads. Nearly every boy in the audience rushed to the front, and the trial began. Indians in their wild state have no music worth preserving, and so in all of our missions, our hymns and songs are translated, and the tunes of civilization are used. The teacher seated herself at the little organ and the testing began. They sang such hymns as ‘Rock of Ages,’ ‘Come, Thou Fount of Every Blessing,’ ‘Just as I Am,’ ‘Jesus My All to Heaven Has Gone,’ and many others.

“The inferior singers were weeded out very rapidly and sent back to their seats. When the number was reduced to about ten, the work of selection proceeded more slowly, but eventually the number was reduced to six.

“The question now was, which of these six was to receive the four-bladed knife? This was not easy to settle. The members of the committee differed very decidedly; so one boy after another was tried, over and over again, and still no unanimous decision could be reached.

“While the committee was discussing the matter, five of the boys, seeing our perplexity, took the matter out of our hands and settled it in a way that surprised and delighted us all. These five were fine specimens of Indian lads; they were lithe and strong, and full of life and fun.

“The sixth boy, Jimmie Jakoos, was a cripple, having one leg that was very much shorter than the other, the result being that he had to use crutches. These five had moved over to one side, and were observed to be excitedly, though quietly,

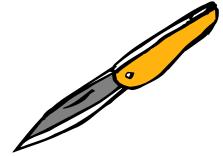
engaged in conversation.

“After their brief discussion, one of them sprang up, and looking at me, asked: ‘Missionary, may I say something?’

“ ‘Certainly you may,’ I replied.

“ ‘Well, Missionary,’ he answered, ‘we five boys have been talking it over, and this is what we think about it. You see, we are well and strong. We can chase the rabbit, and partridge, and other game; and then, when winter comes, we can skate on the rivers and lake; but Jimmie is lame—he has a bad leg. He cannot run in the woods; he cannot go skating on the ice.

“ ‘But Jimmie is fond of whittling. He is a good hand at making bows, and arrows, and paddles, and other things, and a fine knife would be just the thing for him. And so we five boys have talked the matter over, and as he is a cripple, we will be very glad if you will give the best knife to Jimmie.’



“Noble boys! How the people were thrilled at this speech! It electrified me, and filled not only my eyes with tears, but my heart with joy.

“I could but think of the past, of the cruelty and intense selfishness of those dark days when, among both the young and old, everyone was for himself, and the unfortunate and feeble were neglected and despised. Now, thanks to the blessed ennobling influences of Christianity, even the boys were catching this Christlike spirit, and would thoughtfully act in this delightful way.

“So to Jimmie was given the four-bladed knife, and to the other boys were handed the two-bladed ones; but so pleased was I with the beautiful spirit displayed by them, that I added to the gift a good shirt or jacket as each boy chose.”

Answer the following questions regarding the story.

1. How did the missionary display thoughtfulness in encouraging the Indian boys to sing?

2. How did the five boys display thoughtfulness in choosing who should receive the special four-bladed knife?

3. How did the missionary display additional thoughtfulness in rewarding the Christlike spirit of the boys?

4. How did the Spirit of Christ change how the boys thought about the feeble and despised?



SCRIPTURE STUDY

Copy the following verse.
Proverbs 23:7

What does this verse mean?

How can this verse be applied to your life?



Be Thou the Guide of My Youth

Heavenly Father, I am threading
Life's wild mazes all alone;
In my childish weakness treading
Ways all shadowy and unknown;
Paths on every hand diverging,
Tempt me from the narrow way;
Foes from out the shade emerging,
Fill my soul with dire dismay.

Poisonous fruits and flowers growing,
Snares and pitfalls I descry;
I am weary in my going,
Lord, I falter, faint and die.
Wilt Thou be my Guide, my Father,
Wilt Thou take my youthful hand!
Bear me in thy bosom rather,
Through this dangerous, unknown land.

Bring me into wisdom's pathway,
Where is pleasantness and peace,
To the King's most glorious highway,
Crowned with holiness and grace;
There my lips shall ever praise thee,
There my feet shall sure abide;
Never shall I wander from Thee,
O my blessed, heavenly Guide.

DIAGNOSE THE PROBLEM

Read the following example and answer the questions.

Can You Be Thoughtful With Wrenches?

Pete and John were putting new chains on their bikes. They had helped themselves to their dad's wrenches. After they accomplished their task, they looked down at the greasy wrenches laying in the dirt. Pete really wanted to hurry to the park where their friends were waiting for them. He said, "Let's go, John! Let's see who can get to the park first!"

John looked down at the wrenches and thoughtfully asked, "Don't you think we might should clean Dad's wrenches and put them back where we found them?" Pete did not say anything; he just looked a little impatiently at John.

"It would only take a few minutes, and it would sure make Dad happy. You know what he tells us over and over again. 'If you use it, put it back. If you dirty it, clean it.'"

John quietly agreed, and they both went to work at cleaning the wrenches and putting them away. Then they happily rode to the park.

1. Why was John showing more thoughtfulness than Peter?

2. Why is taking the time to be thoughtful always a right and good thing to do?

3. Do you think a person is less likely to commit sin if he thinks before he does anything? Why?



SCRIPTURE STUDY

Copy the following verse.
1 Corinthians 13:5

What does this verse mean?

How can this verse be applied to your life?

Just This Minute

If we're thoughtful just this minute
In whate'er we say or do,
If we put a purpose in it,
That is honest through and through,
We shall gladden life and give it
Grace to make it all sublime;
For though life is long, we live it
Just a moment at a time.



DIAGNOSE THE PROBLEM

Read the following example and answer the questions.

A Dinner to Please

Mom needed to take Grandma to her doctor's appointment and then had a list of errands to do while she was in town. She asked Lydia to watch the younger children while she was gone and to make dinner.

Watching the younger children was not a problem for Lydia because she loved to keep them busy and have fun with them, but making dinner was not her favorite thing to do. It was a lot of work, and made a lot of dirty dishes afterward. Lydia decided to take the easy way out and to just scramble some eggs, make toast, and maybe have some cereal. That would be good enough, but as the afternoon wore on, she thought about how hungry her dad would be from working hard all day. Would he really enjoy scrambled eggs for dinner? And the kids had had oatmeal for breakfast. Mom would come home tired, and would probably appreciate a nice meal. After giving it some more thought, she decided to make a really nice dinner for everyone. She would even surprise them with a yummy dessert.

1. Why do you think that Lydia wanted to make the easiest thing for her?

2. Do you think the family would have been disappointed with Lydia's choices for the dinner menu? Why?

3. What thoughts helped Lydia to change her dinner menu?

4. Do you think that being more thoughtful would always help someone make better decisions about what they should be doing? Why?

5. Can you list a few areas where being more thoughtful would help you?



More topics for discussion:

- * Mom has an important phone call to make, but the baby is cranky and crying. What would a thoughtful child do?
- * Dad comes home from work with a bad headache. How will a thoughtful child behave?
- * A sibling comes down with the flu. What will a thoughtful child do for the sick one?
- * Unexpected company is coming and the house needs a cleaning. What will a thoughtful child do?

Thoughtfulness has a great deal to do with the second great commandment: *“Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets,”* —Matthew 7:12.



SCRIPTURE STUDY

Copy the following verse.
Philippians 4:8

What does this verse mean?

How can this verse be applied to your life?

INSTRUCTIONS IN THOUGHTFULNESS

“Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.” —2 Corinthians 10:5

Mankind does a lot of thinking and thinks a lot of thoughts. Thoughts are put into words, and words become books, magazines, and even videos. Words are spoken by adults, parents, speakers, teachers, and friends. Young people think a lot of thoughts too. Are they good thoughts?—the ones God wants them to think? Do they think thoughts from which God wants them to take action or are they thoughtless thoughts? And what about other people’s thoughts? Does God want young people to act on them?—or even hear or think about them? How does one figure out all these thoughts?

By thinking! That sounds odd, but we need to examine all thoughts. The Bible even tells us to examine ourselves, and to prove ourselves. *“Examine yourselves, whether ye be in the faith; prove your own selves,”* —2 Corinthians 13:5. We need to prove ourselves, our thoughts, to see if they are correct. How can we possibly do this? It is easier than you think!

There are billions of written words, millions of books, but only one book that is true, through and through, and that is the Bible. If you know the Bible, and really know it well, you will be able to test your thoughts and actions against it. If any of your thoughts, words, or actions do not line up with God’s Word, *you* are in error, and need to change.

Again, how will you do it? One thought at a time, one belief at a time, one action at a time. Let’s try a few and see just how this works.

Example One

Someone tells you that the Bible can’t be true because it says that God created days before He created the sun and the moon. That sounds reasonable, but is it true? A year is how long it takes for the earth to revolve around the sun. A month is determined by the moon’s revolution around the earth. But a day? What determines a day? Not the sun; not the moon, but a day is determined by the twenty-four hours it takes for the earth to turn on its axis. It has nothing to do with the sun and the

moon! God created the earth first and decided how long it should take to turn completely around and this he called the evening and morning and first day! God's Word stands!

Example 2

Someone says "You don't need to read the Old Testament. That it's ancient history and does not apply to us." Hmm. Why would the Apostle Paul tell Timothy to "*Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth,*" if he did not mean it? There were no New Testament Scriptures in Paul's day. So the person who says that you don't need to read the Old Testament thinks the Apostle Paul to be a fool.

Example 3

Your younger brother is really being a pest, which is a sign he is wanting your attention or somebody's attention. You'd rather not be bothered because you are reading a really good book. You snap at him to leave you alone, but the thought comes "Was that how I should treat him? Was that what Jesus would have me do?" No, Jesus would have you to be kind to your brother. Your initial action was wrong. Your thoughts helped to convict you of doing wrong.

Example 4

You have worked all summer mowing yards and doing odd jobs so that you can purchase a new pair of rollerblades. Your friends want you to go to the amusement park with them. You don't have money for both. They pressure you. Shall you go or stay? What are your thoughts? You weigh the costs, the benefits, the long term enjoyment, and then you make a decision. Your thoughts will determine your decision.

SEARCHING YOUR HEART

Answer the following questions.

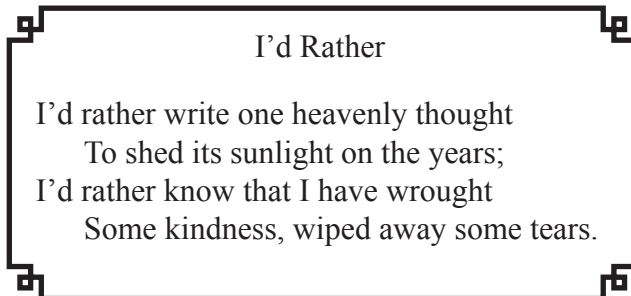


1. Can you think of two times when you were not as thoughtful as you should have been? What were they?

2. How would you have decided or behaved differently if you had taken the time to really think about them?

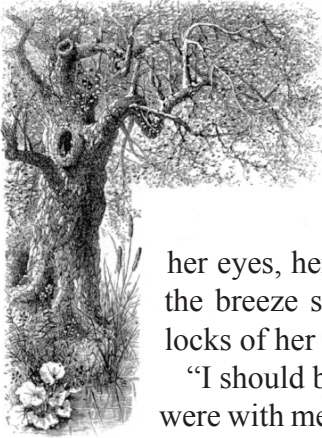
3. List three areas in your daily life where you need to become more thoughtful.

4. What changes do you need to make in your life in order to become a more thoughtful person?



A STORY ABOUT THOUGHTFULNESS—

A Good Thought



On a sweet morn in May, Edith sat on the grass under the shadow of the trees in a lovely nook in the woods that she called “Nature’s Corner.” It was no wonder that Edith loved that spot. It was no wonder that she often sat there listening to the drip, drip of the fountain, and the merry songs of the birds. Wherever Edith turned her eyes, her gaze fell on fresh green leaves or bright flowers, while the breeze stole so softly through the woods, it scarcely stirred the locks of her hair.

“I should be happy, quite happy,” thought Edith, “if only poor Anna were with me. But while I am here in the sweet country, able to ramble through the woods and enjoy these delightful sights and sounds, my poor friend lies on a sickbed, in a dull, narrow street in London. I hear the thrush and the cuckoo; she hears but the rattle of wheels. The sunbeams can hardly peep through the dusty panes of her window. And while I have flowers on every side, Anna, who loves flowers so much, and wildflowers most of all, has but two or three plants in pots that look almost as sickly as she does. Poor Anna! I wish that I could send a little brightness into her room.”

When we wish to make others happy, we usually find some little way of doing so. As Edith stooped to gather a wild hyacinth, which hung its bluebells almost next to her hand, a thought came into her mind.

“Mamma often sends little packets by mail. Could I not, in the same way, send some lovely wildflowers to Anna?” Edith began eagerly to pluck a nosegay, but soon stopped short in her work. “Poor cowslips! They would be all squeezed flat in a letter. They would be dead long before they reached London. How could I send living flowers by mail?”

Edith had not a lazy little head that will not take the trouble of thinking. She put her hand to her brow and did some serious thinking.

“I might send flowers in a box, just as Mamma sent a baby’s cap last week without crushing one little satin bow. But I have no box that will do for the purpose.

I wish that I had not broken up my pen box—that would have been just the thing. Ah, now I remember seeing an empty box that had held some night lights thrown aside into the coal scuttle, as if it were only fit to light the fire. Surely that box would carry my flowers,” and again Edith set eagerly to work to gather the prettiest flowers that she could find. A night light box could not hold many, so her nosegay was ready very soon.

With it in her hand, Edith ran home, and to her joy found the despised little night light box still safe in the scuttle. It was soon taken out, and filled with wildflowers neatly packed: cranesbill and bluebell, celandine, and primrose, with little pink-tipped daisies to fill up every crevice that was left. The box was so full of flowers that Edith could hardly squeeze down the lid, but she fastened it well with pink thread, and then wrote her friend’s address on a bit of white paper that she had gummed over the top. It was a pleasure to Edith to write that address in her large handwriting. The very name of “John Street” brought before her mind Anna’s dingy brick house, the door with its dusty black knocker—that door which opened into a dark hall, which led to a narrow staircase.



“Won’t Anna be surprised, and won’t she be pleased?” said Edith to herself. “I’m sending a tiny bit of the country into the very middle of London.”

Edith had a little more trouble before her; but those who would do acts of kindness must not be afraid of a little trouble. There was the weighing of the box full of flowers; and the machine, with its little pile of brass weights, always had been a puzzle to Edith. It took her at least five minutes, popping this weight off and that weight on, before the little girl could quite settle in her mind how many postage stamps would be needed to send her packet by mail.

“One ounce weight goes for a penny,” Edith murmured to herself, “but my box weighs much more than an ounce. Two ounces go for two pennies. Will that be enough?—the balance is trembling. Ah! my box goes down! Under four ounces will go for four pennies.” Edith put the four-ounce weight to balance her present, and up went the box with its cargo of flowers.

It is wonderful how many wildflowers can be sent hundreds of miles for such little cost. Edith paid for her own stamps out of her little weekly allowance; but never had she less grudged the value of four pennies than when she fixed her stamps on the right hand corner of her packet.

I am not going to write the adventures of a nice light box on its journey to London by train in a mailbag. Indeed, the sending of such a box may seem too much of a trifle to be worth mentioning as a story. But, dear young reader, it is not a trifle to shed a ray of gladness on a sad and weary heart. It is not a trifle to remind a poor sufferer that the God Who has deigned to strew earth with wildflowers must be a God of love. Edith's little present did this. And it was lovingly remembered long after the blossoms in the wood had all faded, long after winter had stripped the trees of their leaves, and frozen the water in the fountain.

If this little story should find its way into some other homes, perhaps readers there may pause a minute to think whether it might not be well to follow Edith's example. They may remember some friend less fortunate—perhaps a friend who is sick and sad—to whom a few wildflowers, an encouraging note, or a lovingly baked little delicacy might come like a message of joy and gladness—a sweet reminder that the absent are not forgotten by loving young hearts.

Answer the following questions regarding the story.

1. What was Edith thinking about?

2. She thought of a good idea, but how was she to bring it to pass?

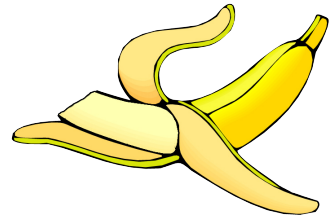
3. Edith did not give up on her idea; there were problems to overcome if she were going to send flowers to Anna. Why is it necessary to keep thinking, to keep trying, and to think some more?

4. Do you think that people who give up or quit before they finish something because it is too hard or they can't see the answer to the problem ever accomplish

very much in life or for God? Why?

Think of Others

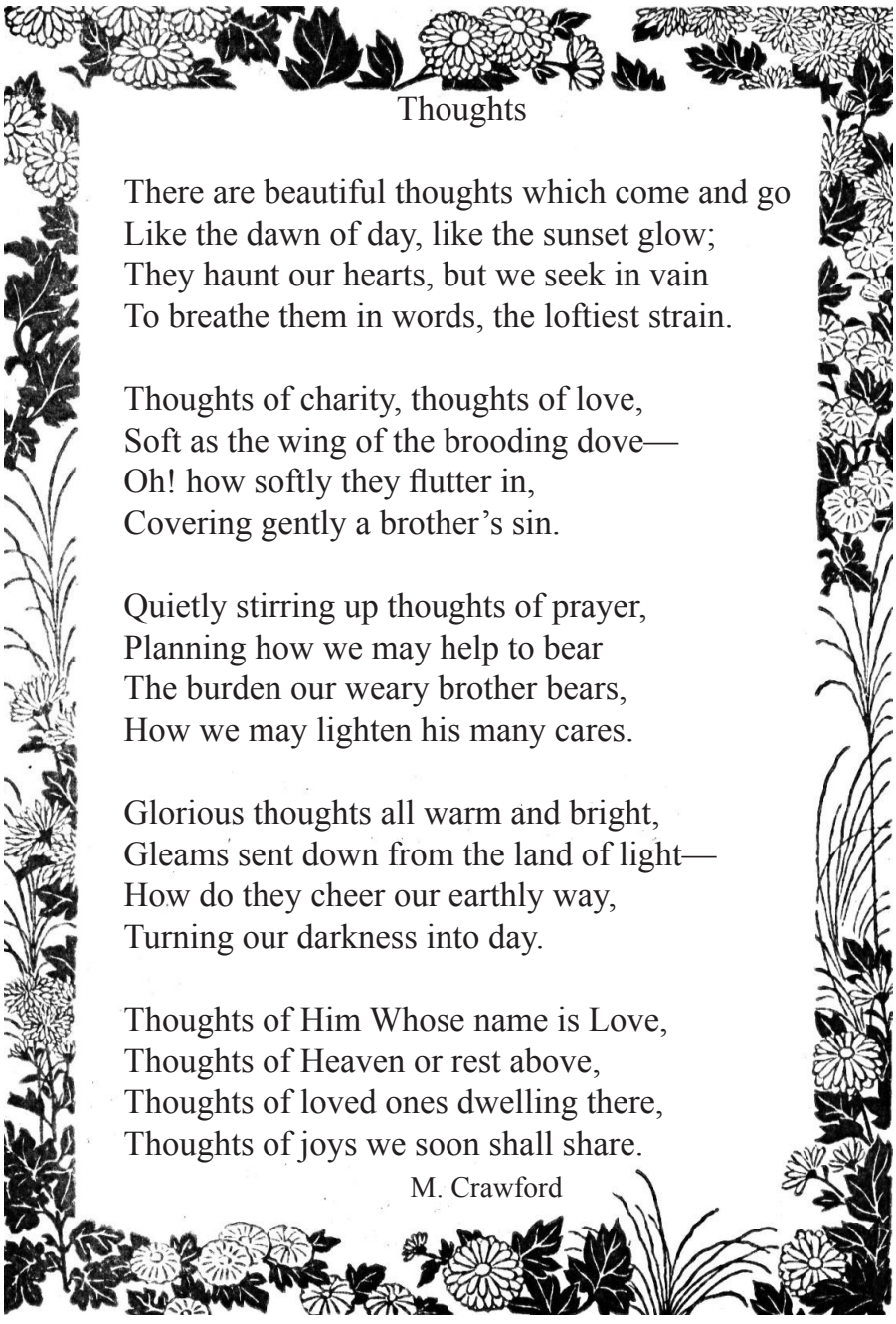
We were walking down a busy street the other day when a little in front of us a boy stopped to buy a banana from a vendor, and then, as he went leisurely along, peeled it and threw the skin upon the sidewalk. Quick as a flash, a tall, broad-shouldered young man just behind him stepped forward, took hold of the boy's collar, and turning him around, exclaimed:



“Do you know what you are doing? You’re putting danger in the way of fifty people who will pass this spot in the next five minutes. Throw that banana skin into that waste can, and never be guilty of such a thoughtless act again. Somebody might have had a broken leg from your carelessness.”

The boy, with a surprised look, obeyed, and went quickly on his way with a new idea, it is to be hoped, in his head and a new resolve in his heart. He “didn’t think,” of course, when he did the deed, but he ought to have thought; and we ought to think every day whether we are putting stumbling blocks or danger in our neighbors’ way. What an improvement might be made in our streets and public places if everyone tried to keep them clean and safe instead of adding to their dirt and untidiness!

A gentleman says that he started to tear up a letter and throw the pieces on the floor of the railway carriage one day when the thought came to him, “What right have I to do this, and cause the expense and trouble of someone to pick the pieces up?” If we follow the law of Christ in serving one another, we will give thought and consideration to everything that we do.

A decorative border of black and white floral illustrations surrounds the text. The border features various flowers, including daisies and chrysanthemums, interspersed with leaves and stems. The top and bottom borders are wider, while the side borders are narrower.

Thoughts

There are beautiful thoughts which come and go
Like the dawn of day, like the sunset glow;
They haunt our hearts, but we seek in vain
To breathe them in words, the loftiest strain.

Thoughts of charity, thoughts of love,
Soft as the wing of the brooding dove—
Oh! how softly they flutter in,
Covering gently a brother's sin.

Quietly stirring up thoughts of prayer,
Planning how we may help to bear
The burden our weary brother bears,
How we may lighten his many cares.

Glorious thoughts all warm and bright,
Glams sent down from the land of light—
How do they cheer our earthly way,
Turning our darkness into day.

Thoughts of Him Whose name is Love,
Thoughts of Heaven or rest above,
Thoughts of loved ones dwelling there,
Thoughts of joys we soon shall share.

M. Crawford

Skates

A new pair? yes indeed! New and shining; never been on before, at least not on the ice. He had tried them on, five times or so, in his room, since the night before when they came in a box from Boston.

But it is about his old ones that I want to tell you. It is four o'clock in the afternoon, Saturday too, and the boy, Jamie Steele by name, has just got ready to skate for an hour. The fact is that he has been at work on his old skates. They needed new straps, and one of the buckles was bent, and one of the runners was loose. What with going to the store for a buckle, and hunting up new straps, and fussing over that runner, it was fully two hours before they were ready for use.

They had been too small for Jamie for more than a year, but he had hung on to them, feeling somehow as if it would never do for a boy to be without skates. But when that new pair were unpacked, Jamie made up his mind in a twinkling that the old ones should go to Timmy Murphy, who lived down the lane, and brought milk every morning, and had never owned a pair of skates in his life.

So he went to work with all his might, and now, while he fastens his own shining ones, he has the pleasure of thinking of Timmy, sitting astride the swill barrel in the back woodshed, trying on his; that was where he left him. And there was a broad smile on his freckled face.

“Ho!” said a certain little boy to whom I told this story, “I don’t think that was such a great thing to do!”

And he curled up his little pug nose, and looked wise.

“Old skates that he had out-grown! What good could they do him? I’ve got two pairs up in the attic that I would just as soon have given away as not, if I had only thought of it!”

Ah, ha! my boy! that is just it. You have given the exact difference between Jamie Steele’s heart and yours. You see, he thought of it. There are ever so many nice things in this world that we would just as soon do as not, if we only thought of them. Blessed are the ones here and there who take the trouble to think. Boys and girls, how many out-grown skates hang in your attics?



Habits of Thought

The Bible in Proverbs 23:7 says this about a man: *“For as he thinketh in his heart, so is he.”* A man is no better than the thoughts he habitually thinks. “Thoughts are things.” It is hard to realize this, and as consequence, thoughts are often lightly considered. Evil thoughts are sometimes allowed to lodge in the mind unreprieved until the whole man is polluted. Thoughts can be controlled. They can be made subject to one’s will and to the will of God. No evil thoughts, nor light thoughts, nor silly ones belong in a godly mind.

Every thought makes, as it were, a tiny furrow in the brain. Each time a certain thought is repeated, that furrow is deepened, until it becomes mindless or thoughtless for that thought to follow that path in the brain. If one continually dwells upon his troubles, he will see trouble everywhere he looks; but if one thinks of his blessings, he will be able to see blessings in that at which he looks. If one gives way to evil, bitter thoughts, it will become impossible for him to think any other kind. He will become as bitter as his thoughts. If one allows himself to think unclean and impure thoughts, he will soon come to see and hear only those things that tend to make him more impure in his thoughts.

If one entertains a good thought, it will make him able to think a stronger and a better thought. That better thought will make him able to think and act with more strength and courage than he could possibly have done before. But if one gives way to an evil thought, a worse thought will be at its end, and a still worse one at the end of that one, until finally the evil thought will completely overcome.



Thoughts show on the face like lines on a map. Sad thoughts make the face melancholy; bitter, envious thoughts make the face sour and peevish; low, unclean thoughts make the face ashamed and unable to look pure people in the eye; pure, happy thoughts make the face bright and attractive.

To have good habits of thought, one must continually fill the mind with good things. This can be done by pure conversation, good reading, useful work, and study. Everyone is tempted to evil thoughts by those things that must be met in the world. Tainted literature, impure companions, gossip, slander—all these surround us and must be avoided; the thoughts they arouse must be avoided at best or vigorously thrown off. If evil thoughts persist in coming into your consciousness, turn to something worthwhile to think about. If they come at night, by willpower think of other things. If you cannot overcome them that way, get up and walk about. Fight hard, and you will win the battle. Ask God to help keep you pure. Form good thought-habits while you are young people, and evil thoughts will not bother you when you are old.

—Mabel Hale



DECISIONS TO MAKE

Decisions are choices that we make. We are responsible for them. We can blame no one else but ourselves when we make wrong decisions. Our aim or goal should be to make good, godly decisions. Won't you now decide to—



1. Be a more thoughtful person.
2. Evaluate everything from God's standpoint.
3. Compare your thoughts with the Bible.
4. Don't act or think on impulse.
5. Don't be in a hurry. Pray first. Take time to think things through.
6. Pray for God's help to find God's way in everything.

A STORY ABOUT THOUGHTFULNESS—

Sadie's Lesson

This was no lesson learned at school. Oh, no, though she had very many there, to be sure. She had waded through the multiplication table, and cried her pretty blue eyes out over long division, so long ago that she hardly remembered that they were ever other than easy to her. Now she proudly announced that she had “finished fractions” and was beginning to explore the mystery of decimals. Geography she was sure she “knew by heart,” and only this very term she had been allowed to “begin Latin.” So, with history, grammar, and music, to say nothing of reading and spelling, you can easily see that the school hours were well filled.

“And yet she had lessons out of school,” do you ask? Yes, indeed, very many of them. This one of which I am to tell you in particular is a *home lesson*. What is the strangest thing of all, while she learned her lessons at school so easily that her teachers all said, “What a quick child Sadie is,” it seemed as if these home lessons she could *never* learn. I wonder if it could be that she did not try?

Sadie lived in a very pretty house, on a very pretty street, in a very pretty village. I think I would better not tell you *where*.

She had a “dear, blessed papa and mamma,” so she used to call them, who did everything they could to make their little girl happy. She had a baby brother whose smile was a very sunbeam, and whom she would not have sold for a million dollars; no, not though the streets should be filled with candy stores, and men crying “bananas!”—most tempting places for a girl of twelve to invest a million. She had a pony and a dog, with more dolls and playthings than even baby brother’s best efforts had been able to destroy.



She was a good little girl too, that is she wanted to be; she *meant* to be; she never *meant* to do anything wrong, but she had one very bad fault—*she would forget!*

“Would forget?” Why, it seemed as if she might not, could not, would not, and should not remember. Not that her memory was poor, for that was very good. But she was *heedless*—she lived by her whims and refused to *think*.

She forgot everything. Poor Mamma's feet ached, I am sure, as sadly as her heart, from following this little Miss about from day to day. She had a nail for her hat and cloak, but they were usually found on the floor; her schoolbooks were scattered in the most unheard of places; her bureau drawers were never shut, and her room never dusted.

She would "forget" to come home when bidden; and I can't begin to tell you the number of colds she caught through "forgetting" to put on her overshoes. No, nor the hair-breadth escapes she had had from every kind of disaster, simply through heedlessness. Things had gone on in this way all her life, in spite of correction and reminders, in spite of Mamma's mild punishments and Papa's reproofs, until she was twelve years old, and still it seemed that there was no improvement. They talked it over on the night of her twelfth birthday, her patient Papa and Mamma, and they decided that she *must* be cured, at whatever cost.

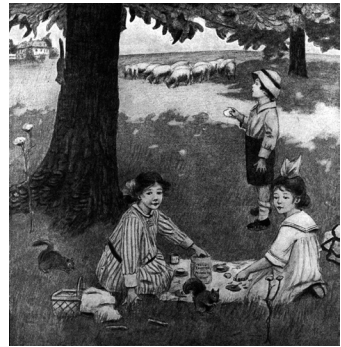
"She must be punished," said Mamma, "in a way she will remember. What shall it be?"

Papa thought a moment, then said, "There's the picnic on next Thursday?"

"Just the thing," was the reply. "We will tell her that if she forgets before then, she must remain at home. You know her heart is set upon going."

This picnic was a long talked of family excursion to West Point, and Sadie's heart was indeed "set upon going." So when her Mamma, the next morning, very gently and tenderly told her of the punishment, which had been devised to cure her of this sad fault, she was filled with horror at the bare thought of losing such a pleasure, and resolved to be *very careful*.

She *was* careful for one whole day. But on the second, alas! She "forgot." Minnie Johnson had been invited to spend the afternoon, and they were enjoying that luxury most dear to a child's heart—the making of molasses candy. Mamma had charged Sadie to put the pans to cool on a broad, high shelf in the summer kitchen, quite out of baby brother's reach. But by the time that candy was boiled, she was in a hurry to get back to her dolls, and so the sticky mass was placed on a low bench in the shady back porch. By and by, Mamma, in the room above,



heard a strange sound, it seemed half like a cry for help, and half like a grunt of supreme satisfaction, while the voice, though strangely muffled, was marvelously like Baby's. She hurried downstairs, and there she saw a sight far stranger than the cry had been.

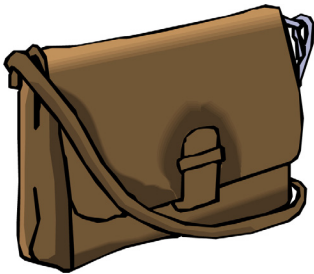
It was Baby, sure enough. In the course of his wanderings, he had come upon the partially cooled candy; had succeeded in getting both pans upon the ground, and by some false step, had firmly planted his tiny feet on one of them, so that he was literally *stuck fast*. In endeavoring to extricate his feet, he had pitched forward into the second pan, and there he was, a firmly bound prisoner—face, hands, feet, and clothes one solid mass of soft candy, and an expression on his face, which plainly told that he considered “rolling in sweets” delightful, even at so manifest a disadvantage.

Mamma lifted up the poor little rogue and then called Sadie. Minnie Johnson set up a wail of disappointment over the lost candy—but Sadie's first words were, “Oh Mamma, West Point!”

“Yes, dear,” was the answer. “I am very sorry, but you know my promise.”

Sadie was too wise a girl to try to change that decision. She knew that she deserved the punishment; so, although she shed many bitter tears as the party left her that day, she could not feel that her mamma was unjust, and she resolved that the lesson, so sadly learned, should last her forever. I think it did last for about three weeks, but then the memory began to fade and old habits revived.

Baby himself had something to do with this. It was impossible to keep from telling friends how funny he had looked, held fast in that sweet daub. Of course everyone laughed at the story, and Sadie with the rest. Now, when a thing has been laughed at very often, the moral it was intended to convey is apt to be lost; thus Sadie soon remembered nothing but Baby's funny adventure, and forgot the lesson she should have learned.



Mamma was just beginning to wonder what new plan should be devised to help her heedless daughter when the lesson was taught in a way that neither Mamma nor anyone else had planned.

Sadie had fallen into the habit of placing her bag of books on the staircase when she returned from school, and leaving them there until she should go to her room

to study. She had been reproved again and again, and sent upstairs with the books many times; still, they were almost invariably found in the old place.

One evening as they were seated about the bright supper table, Baby's voice was heard in the nursery, in a very decided wail. Mamma hurried up, in the gathering dusk, not stopping for a light. They heard her sweet voice singing the time-hallowed nursery rhymes, and at last, when quiet was restored, her light footfall upon the stairs. But alas! As she reached the middle stair, there came a loud crash, and when the startled family reached the hall, there lay poor Mamma, one foot caught firmly in the fatal schoolbag, with the blood streaming from a deep gash in her forehead, which, in falling, she had struck against the sharp corner of the marble slab on the hat rack.

They picked her up sadly and carried her to her room. It seemed hours before she was restored to consciousness, and then it was found that, besides the wound in the forehead, the slender right arm was broken, and that long weeks of pain and weariness were before her.

I am sure I do not need to tell you that the saddest heart in all that household that night belonged to a little girl who, in an agony of tears, was kneeling beside her bed and asking God to forgive her and restore her dear Mamma to health.



It was a very white, sorrowful little face that came to Mamma's bedside the next morning, but Mamma's smile was as sweet and patient as ever, as, in answer to the prayer for forgiveness breathed out between the sobs, she said: "My darling, I shall not think these weeks of suffering lost, if only my little girl learns her lesson."

And has she learned it? Yes, I think she has. The weary weeks without her mother's involvement in the household did much toward burning it into her memory, and though now she is sometimes tempted to fall into her old careless habits, one glance at Mamma's face will bring her to herself, and so through constant effort and God's help, she is steadily conquering her old self, and growing into a thoughtful maidenhood.

I hope no other little girl needs to be taught "Sadie's Lesson."

Answer the following questions regarding the story.

1. What does heedless mean?

2. How was Sadie heedless?

3. Do you think that people have to work very hard to not forget what they are told? If so, why?

4. What are some things people can do to help them remember and pay heed?

Taking Time to Think

*Taking time think of others;
This includes parents, sisters, brothers.
Ask them, "What do they need?"
Pay attention and give heed.*

*Thinking of their needs first,
Always giving them best; never worst.
Think, think, think about all you can do,
And always, always be to Him, true!*

Thoughtful People Are Courteous People

Thoughtful people are always thinking of others, and rude people are just the opposite: they are always thinking of themselves. It is important to be courteous to all people, and we should be equally courteous to our family members.

Homes are living spaces shared by people. We should not allow our behavior to infringe upon other people in any way. A few simple, thoughtful rules can make life a little less stressful.

- ☺ Loud walking and stomping is a noise irritant to others. Stomping up and down the stairs is not necessary. We should walk as silently as possible.
- ☺ No running should occur in a house or closed environment. Accidents happen when behavior is out of control.
- ☺ A person should keep their arms and feet to themselves. One should not sprawl on the furniture taking up more room than necessary. Courtesy uses no more space than is needed. If there are not enough seats for everyone, courtesy will happily sit on the floor. A child should always give up a seat quickly, without being asked.
- ☺ One should learn and practice sitting quietly, without moving one's hands and feet in nervous little kicks and mannerisms. Fingers and hands should be kept still. Fingers should not make drumming noises on tabletops.
- ☺ If two people are headed toward a door, the male should allow the female to go first, or the younger should allow the older (in the case of a child and an adult). Between two children, it is still polite to allow others to proceed first.
- ☺ If there is a line forming for an activity, courtesy does not rush to be first in line. It is happy to be last. It does not race to get the best seat in the house.
- ☺ Courtesy does not claim the car seat nearest the window.
- ☺ If one has made a mess in the living room, kitchen, etc., it is the height of selfishness to expect someone else to clean it up. Courtesy picks up after one's self.
- ☺ If a game is being played, courtesy plays quietly, so others can be about their business without being disturbed.
- ☺ If a family has close neighbors, it is courteous to keep the noise level down when outdoors, especially early in the morning or late at night.

- ☺ Courtesy in a public place such as a picnic area would always keep the noise level down so others can also enjoy themselves.

Perhaps you can think of some more thoughtful ideas on being courteous.



THINGS TO DO

It's one thing to study a character trait, learn definitions, and ponder Scriptures. It is another thing to put those ideas into action and make them a part of your life. Following is a list of things that you can do to build the habit of thoughtfulness in your life. Complete all three items.

1. At least twice each day while you are doing this study, pray in private on your knees for God to show you areas in your life where you are not thoughtful.
2. Memorize three verses about "thoughtfulness."
3. Write an essay explaining the importance of being a "thinking Christian."

Remember . . .

When you have a choice before you—

- ✓ **Stop** to think what is the most biblical or Christlike thing you could do.
- ✓ **Think** first, speak second.
- ✓ **Never** do anything in haste. Wait, think, pray, then do.

Do say . . .

- ✓ "I will always be thoughtful. I will take the time to think about what I do."
- ✓ "I will always do the most thoughtful thing regardless of the consequence to me."

Can you find these words in the puzzle?

Aware

Deliberateness

Self-examination

Careful

Mindful

Sensitive

Considerate

Musing

Tactful

Contemplation

Observing

Thoughtful

Courteous

Reflection

Unselfish

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

KEEPING A JOURNAL

Many people say that it takes thirty days to create a habit, and that is just what we are trying to do—create the habit of thoughtfulness—being thoughtful all the time and in every situation. The next thirty pages will be set aside to record your progress in making the character trait “Thoughtfulness” an integral part of *your* character. At the end of each day ask yourself the following questions, and write down the answers, and anything additional concerning your “Thoughtfulness” trait.



Following are a few *reminders* or *goals* to help you begin focusing on thoughtfulness each day.

1. Take a sheet of paper and write the word “thoughtfulness” in large letters, and place it where you will see it the first thing in the morning when you awake.
2. Upon awakening and seeing the word “thoughtfulness,” say a prayer asking God to help you to be thoughtful that day.
3. Purpose in your heart to think first, and to respond thoughtfully to everything that day.
4. Purpose in your heart to act with thoughtfulness no matter what temptations you encounter to act otherwise that day.
5. Using index cards or small sheets of paper, write the word “thoughtfulness” on them, and put them in places in the house where you will see them.
6. Place one of the cards in your Bible; place others in your schoolbooks or reading books.
7. At noon or lunchtime, go to your room and kneel down and pray, and ask God to continue to help you to act thoughtfully. If you have not acted thoughtfully in something, go back and correct it in any way that you can.
8. At dinnertime, have another private prayer time with God and ask for continued help in becoming more thoughtful before Him and your fellow man.



Day 1 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 2 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 3 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 4 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 5 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 6 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 7 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 8 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 9 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 10 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 11 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 12 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 13 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 14 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 15 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 16 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 17 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 18 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 19 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 20 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 21 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 22 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 23 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 24 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 25 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 26 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 27 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 28 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 29 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?

Day 30 Date _____

1. Was I thoughtful today? _____
2. If I acted thoughtlessly, what was the situation, and how was I thoughtless?

3. How would thinking first have changed my thoughtless actions?

4. What sin or sins are keeping me from being a more thoughtful person?

5. If I was not completely thoughtful, what must I do to go back and make the situation right before God and man?

6. What can I do better tomorrow to become more consistently thoughtful?
