

Shut the Thought Door on Anger

Tommy and Paul had lived all of their eight years on farms that were right next to each other. It was really neat because they had two of everything to play with that is found on a farm. There were also lots of farm animals that were fun to feed and watch as they grew up.



But there was one thing about the boy's friendship that was not good. Paul liked to tease Tommy and this made Tommy very angry. Since Tommy had been going to a Christian Science Sunday School ever since he was three years old, he was learning things about God that could help him with this problem. He had been taught that God is the only power, and that God is Love. He also learned that everyone was made in God's very own image. He knew that the truth had always helped him other times when the error of sickness was telling lies to him, but he didn't see how it could stop Paul from teasing him.

One day, Tommy and Paul were playing on a haystack behind the barn. They were having a great time until Paul began teasing Tommy about the way he talked. Tommy got angry and pushed Paul off the haystack. Paul got up and pulled Tommy off the hay and threw him on the ground. Tommy told Paul that if he didn't stop teasing him, he was going to tell his mother. When Paul heard that, he ran home because he didn't want to get in trouble. Tommy found his mother working in the flower garden. She looked up when she saw him coming through the gate.

"What happened?" she asked as she saw the tears on his face. "Paul teased me, so we had a fight and he went home mad," he said in a very sad voice. Mother took Paul by the hand and they walked over to the garden swing and sat down. She asked him if he remembered what he had learned in Sunday school a few weeks ago about watching his thinking. Tommy said that he learned that he was to stand at the door of his thinking, and only let in the good thoughts. That way error couldn't get in to make him angry.

"But how is that going to stop Paul from teasing me?" asked Tommy. "Paul doesn't go to my Sunday School so he doesn't know anything about his 'thought door'." Mother told Tommy that it was his job to guard his thinking about Paul. "Error is knocking at your thinking door. It wants you to let it in so you can think that Paul is unkind and is teasing you. Error has no power of its own. The only power it has is the power you give up by letting it in the door of your thinking. If you shut the door on it and don't let it in, you will stop giving it power. When you stop giving it power, it will stop teasing you and go away."

Tommy felt so much better now that he knew that the error could not make him be angry with Paul if he would just shut his "thought door." Mother went back into the house. Tommy sat on the swing for a while thinking about how he and Paul could have fun together again. Just then, he heard Paul calling his name. "Hey Tommy," he said as he came around the corner of the house. "Let's go and play on the haystack again. I won't tease you; honest I won't," said Paul, with a big happy smile on his face.

S&H 392:24 "Stand porter at the door of thought. Admitting only such conclusions as you wish realized in bodily results, you will control yourself harmoniously."