

The Football Field of Your Mind
The following is my opinion, not any form of therapy.
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Are your thoughts so busy? Will they not be still? At least while you focus on the tasks at hand? You have prayed about everything (Philippians 4:6,7) and the God of peace is doing His job, but your mind does not stay still!! Here is a method I have developed for myself to assign a place for each thought. Maybe it will be useful to you!

What is racing through your mind? Thoughts of what you have to prepare for this week end? It can be too many fun things ahead. School work that is due? Requirements of your job? Thoughts from the past that just won't stay out of the way? An argument you haven't resolved? Bills that are coming due? Past due bills? The death of a loved one? Worry for someone's safety? Been ill and just can't concentrate on anything? Prayed about everything and still can make those thoughts be still? Let's find a place for all of these.

Every football stadium has a field, bleachers, and a fence with gates. Let's make use of these. What is on your field today? What do you want on your field today? What do you NOT want on your field today? Don't forget you own the field! You get to make the call for what you want on your field/mind each day. You get to say what you want and don't want on your field each day.

Let's go –

For example: Today I have a really bad flu, but I have all these responsibilities on my mind. Today on my field is a couch and a TV. I am on that couch resting. I cannot do anything else. So let me put all those important thoughts somewhere. I say, "Yes, thoughts about bills due in 5 days, you are important, but today I am seating you in section 'H'. Sit there until I call you. All the arrangements for the company picnic on Friday - I can wait one day to give you attention – you go into section 'A'. Thoughts about the fight my sister and I had really bother me, but please be seated in the visitors section. I will visit with you when I am ready." You get the idea. I focus on anything pleasant. I rest. In the days ahead I pull down the thoughts and responsibilities in order of importance and urgency and deal with them.

What happens when those thoughts return? You may re-seat them. You may have to say, "I hear you and will get to you in due time. Stay seated." It takes repeated practice. You know they say it takes six weeks to begin a new habit - six months to change a habit. Give this habit time to form.

What if unwanted thoughts keep returning? Then, I throw them out of the stadium – and lock the gate! I tell them, "Get out (of) the gate!" Example: If I am in pain, but cannot go to therapy for a few days, I say, "Self, I know you hurt. Go out of the gate to the Dr.'s office and I will be there in two days. I cannot deal with the pain right now." I give it a place to go. It is important to me. I just cannot do anything about it right now. I have other things to focus on at the moment. You must be consistent with what you give your attention, and what you do not give your attention. It is a mental picture of 'something to do about it'.

Sometimes you want to just tell your mind to "Shut Up!" That is usually when I tell thoughts to go out of the gate. I acknowledge that my thoughts are important, but I need them to calm

down. So I give them a chance to sit in the bleachers quietly. Otherwise – “Get out the gate! I will call you when I need you.”

On to more “battlefield”. What if it is too many good thoughts?

Example: I am so excited about my daughter’s wedding that I cannot stop my mind from planning. So, I acknowledge that those are very exciting activities to think about, but that I need the thoughts to be seated so that I may tend to other responsibilities. Then, I state out loud the thoughts that I want on my field that day. I tend to them and then I allow the wedding plans back on my field for a period of time. I enjoy.

Here is an example of when it has gotten really difficult for me.

Example: My daughter called me and said, “Mom, I am having trouble on my ‘field’. She was at a sports event for her son. One of the adults had done something very out of line that reflected badly on the team. My daughter wanted help in not taking offense with the adult, but to just concentrate on the kids’ game. Well...I wasn’t much help to her. I took offense with her against the adult. I cluttered up her field even worse! I asked her to forgive me. After some thought, I came to a conclusion. I should have taken out a ‘bat’ and whacked that thought out of the stadium! It was out of place like a baseball on a football field. We absolutely did not want it to be there. I needed a different tool to get rid of it. It works! Just knock it out of the park!

.What’s on your field today? The field of your mind? Is it clear what ‘moves/plays’ need executed? Is it cluttered with way too much to think about? Do you have subjects that just won’t ever go away? Let’s look---

Let’s look at the clutter. When you wake up and start your day do you feel like you are getting a fresh start? Or are you dragging the thoughts of the past into your present? What thoughts did you not put away before you went to sleep the night before?

When you wake up decide what you will deal with each day. Many of us have work, school, or children at home to care for. So do those things. What happens to those bothersome thoughts about: too many bills due, assignments and deadlines that are way behind... I decide – “Today I will do a good job at work. The bills are important, but I cannot let them interfere with the performance of my job. So, “Bills, I place you in the stands to sit until I call you. You are not on my field today.” When the work day is over I look out into the stands and choose one, or more, that I want to deal with. I may write a check and get it ready for the mail. I may select a bill to call about in order to make payment arrangements. One day that bill will not be in my stands anymore. Another day I will deal with more thoughts. One at a time.

What about the thoughts that scream so loud that you cannot get them off your mind. Sometimes I speak to them and say, ”Thought, you are important, but I cannot deal with you right now. You may not sit in the stands so....Get out of the gate!!!” I may let it back in one day, but not today. Don’t forget to pray about those thoughts outside the gate. And then leave them alone. Put them in the ‘warehouse/prayer house’.

What do you want on your field when you go to sleep? You decide. You have always decided. You just didn’t realize it. So decide what must go out the gate! And what can stay.

Maybe you have your bed and a TV on the field. You just need some rest. Your stands are quiet. You have sent out unwanted thoughts and locked your gate. Your body and system need to rest and rejuvenate. You will deal with all your other responsibilities in the days to come.

Our thoughts speak to us always. It is important that we have control over them – and not them over us. Begin to practice putting all your thoughts into a good place. King David, in the Bible, spoke to his soul/thoughts and put them in order. (Psalm 42:11, 103:1, 131:2 and more) So can we. God gives us the ability to have a peaceful mind.

This is not to discuss whether you are ADD, ADHD, PMS or any other letters of the alphabet. (My husband says I am all the letters!) It is a method of organizing thoughts that works for many people. You may find it a useful tool you can use and pass on to others.

“That which overwhelms us overcomes us. We need to overcome that which overwhelms us - one at a time.” Gail Apple your-worth is worth it.

If you would like to know more about a personal relationship with Jesus call:
1 800 NEED HIM

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