

Be a Faithful Householder

Then said he unto them, therefore every scribe which is instructed unto the kingdom of heaven is like unto a man that is a householder, which bringeth forth out of his treasure things new and old. **Matthew 13:52.** {UL 205.1}

Truth constantly enriches the receiver. The minds of those who receive the truth increase in activity. As they exercise their talents, seeking to improve every capability, their mental and spiritual powers strengthen, for where there is spiritual life, there is development and growth. There is no possibility of the treasures of the householder diminishing, if rightly used. {UL 205.2}

Mighty truths have been buried beneath the sophistry of error, but they will be found by the diligent searcher. As he finds and opens the treasure house of the precious jewels of truth, it is no robbery, for all who appreciate these jewels may possess them, and then they too have a treasure house to open to others. He who imparts does not deprive himself of the treasure, for as he examines it, that he may present it in such a way as to attract others, he finds new treasures. {UL 205.3}

The treasures of truth in our possession must be given to the world, that they may have opportunity to learn the value of truth. The necessities of those who are suffering from spiritual poverty must be relieved. And not only will the minds of those helped be impressed, but the mind of him who is doing the work will be quickened by the power of the Holy Spirit. Through the cooperation of the power that comes from God alone, he will be enabled to make the truth so plain that it will vibrate in other minds.... {UL 205.4}

Christ died for the whole world, yet how few fills the place God has assigned to them as householders. **The talents lent us in trust are to be used to benefit and bless others. They are lent to be improved. Their value is in themselves. Whether or not the one to whom they are entrusted realizes their value, they remain the same. But, if he does not appreciate them, they are of no value to him.** {UL 205.5}

Money may be locked up in various ways. It is still money, but it is of no special benefit to anyone. But money wisely invested brings money in return, which may be used to gain more money. Thus, it is with the householder's treasure—the Word of the living God. **The use made of the gems of truth determines their value to the possessor. They are to be used to help and bless and save those for whom the Lord gave His only begotten Son. Then they are of the highest value to us, and in this way our talents increase constantly. We add jewel to jewel.** —Manuscript 88, July 10, 1898, “The Parable of the Householder.” {UL 205.6}

I'LL GO WHERE YOU WANT ME TO GO

It may not be on the mountain height
Or over the stormy sea
It may not be at the battle's front
My Lord will have need of me
But if, by a still, small voice he calls
To paths that I do not know
I'll answer, dear Lord, with my hand in thine
I'll go where you want me to go

I'll go where you want me to go, dear Lord
Over mountain or plain or sea
I'll say what you want me to say, dear Lord
I'll be what you want me to be

Perhaps today there are loving words
Which Jesus would have me speak
There may be now in the paths of sin
Some wand'rer whom I should seek
O Savior, if thou wilt be my guide
Tho dark and rugged the way
My voice shall echo the message sweet
I'll say what you want me to say

I'll go where you want me to go, dear Lord
Over mountain or plain or sea
I'll say what you want me to say, dear Lord
I'll be what you want me to be

There's surely somewhere a lowly place
In earth's harvest fields so wide
Where I may labor through life's short day
For Jesus, the Crucified
So trusting my all to thy tender care
And knowing thou lovest me
I'll do thy will with a heart sincere
I'll be what you want me to be

I'll go where you want me to go, dear Lord
Over mountain or plain or sea
I'll say what you want me to say, dear Lord
I'll be what you want me to be

7 benefits of indoor plants

Many people enjoy living and working in cultivated greenspaces, and most like having beautiful plants around. But is there more to it? Here are seven benefits science says indoor plants may provide.

1. Indoor plants may help reduce stress levels

A [study](#)[Trusted Source](#) published in the Journal of Physiological Anthropology found that plants in your home or office can make you feel more comfortable, soothed, and natural.

In the study, participants were given two different tasks: repotting a houseplant or completing a short computer-based task. After each task, researchers measured the biological factors associated with stress, including heart rate and blood pressure.

They found that the indoor gardening task lowered the [stress response](#) in participants. The computer task, on the other hand, caused a spike in [heart rate](#) and [blood pressure](#), even though the study participants were young men well-accustomed to computerized work.

Researchers concluded that working with plants could reduce both physiological and psychological stress.

2. Real plants may sharpen your attention

Sorry, plastic plants will not help you pass your exams. In a [small study](#) involving **23 participants**, researchers put students in a classroom with either a fake plant, a real one, a photograph of a plant, or no plant at all.

Brain scans of the participants showed that the students who studied with real, live plants in the classroom were more attentive and better able to concentrate than students in the other groups.

3. Working with plants can be therapeutic

For people experiencing the symptoms of mental illness, indoor gardening can be helpful.

[Researchers Trusted Source](#) have used horticultural therapy to increase feelings of well-being among people with [depression](#), [anxiety](#), [dementia](#), and other conditions.

Although horticultural therapy has been around for centuries, it has found a modern expression: Medical clinics in Manchester, England are now [“prescribing” potted plants](#) to patients with depression or anxiety symptoms.

4. Plants may help you recover from illness faster

Being able to look at plants and flowers may speed your recovery from an illness, injury, or surgery.

A [2002 review](#) of the research revealed that people recuperating from several kinds of surgery needed less pain medication and had shorter hospital stays than people who weren't looking at greenery during their recovery periods.

It is important to note that most research focuses on plants and natural scenery in hospital settings rather than at home.

5. Plants may boost your productivity

A bromeliad may turn out to be the best cubicle-mate you have ever had.

Multiple studies have found that plants in the workspace increase both productivity and creativity. One frequently cited [study from 1996](#) found that students in a campus computer lab worked **12 percent** faster and were less stressed when plants were placed nearby.

In a [2004 study Trusted Source](#), researchers challenged people to make creative word associations. They performed better when a plant was in the room with them.

And a [2007 study](#) showed that people with more plants in their workspace took fewer sick days and were more productive on the job.

6. Plants may improve your whole outlook on work

A view of the city park might improve anyone's job satisfaction — but it might surprise you to learn that a potted plant could have a similar effect.

[Researchers Trusted Source](#) interviewed over **440 Amazon employees** in India and the United States. They found that those whose office environment included natural elements like indoor plants felt greater job satisfaction and more commitment to the organization than those who did not work around natural elements.

Researchers said the natural elements helped to buffer the effects of job [stress and anxiety](#).

7. Plants may improve the quality of indoor air

Scientific support for phytoremediation — that's the word for plants scrubbing contaminants from the air — usually begins with a [NASA study](#) conducted in the 1980s.

Researchers then were looking for ways to improve the air quality in a sealed spacecraft, and they concluded that the roots and soil of houseplants reduced airborne volatile organic compounds (VOCs) significantly.

Since those early studies, researchers have both [confirmed](#) those findings and called them into [question](#) [Trusted Source](#).

Recent findings suggest that you would have to shelter a large number of plants to equal the air purifying efficiency of modern biofilters and other technologies.

If you do decide to purchase houseplants to freshen the air naturally, these are several of the species [shown](#) [Trusted Source](#) to be most effective:

- areca, lady, dwarf date, and bamboo palms
- Boston fern
- rubber tree
- spider plant
- Ficus tree

Choose indoor plant varieties that are safe for pets and children

It is nearly impossible to find a complete list of toxic plants because some plants have parts that are poisonous and other parts that are perfectly safe.

Before you bring a new plant home where kids or pets could get hold of it, check a reliable source to be sure it is safe. Your state extension service and poison control office may publish a list of toxic plants in your region.

CLOSING THOUGHTS

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CLOSING PRAYER

Truth constantly enriches the receiver. The minds of those who receive the truth increase in activity. As they exercise their talents, seeking to improve every capability, their mental and spiritual powers strengthen, for where there is spiritual life, there is development and growth. There is no possibility of the treasures of the householder diminishing, if rightly used. Father through the power of your Holy Spirit let this be our prayer. In Jesus precious I pray. Amen