

(7-5-15)

## GREEN LIVING!

**TEXT: Song of Solomon 8:12** My vineyard, which is mine, is before me: thou, O Solomon, must have a thousand, and those that keep the fruit thereof two hundred.  
13 **Thou that dwellest in the gardens**, the companions hearken to thy voice: cause me to hear it.

**Song of Solomon 3:2** I will rise now, and go about **the city in the streets, and in the broad ways** I will seek him whom my soul loveth: I sought him, **but I found him not.**  
6 Who is this that cometh **out of the wilderness...**

**Song of Solomon 4:6** Until the day break, and the shadows flee away, **I will get me to the mountain of myrrh, and to the hill of frankincense.**  
8 Come with me from Lebanon, my spouse, with me from Lebanon: look from the top of Amana, from the top of Shenir and Hermon, from the lions' dens, from the mountains of the leopards.  
15 A fountain of gardens, a well of living waters, and streams from Lebanon.

**Song of Solomon 5:1** I am **come into my garden**, my sister, my spouse...

**Song of Solomon 6:1** **Whither is thy beloved gone**, O thou fairest among women? whither is thy beloved turned aside? that we may seek him with thee.  
2 **My beloved is gone down into his garden**, to the beds of spices, to feed in the gardens, and to gather lilies.  
11 I went down into the garden of nuts to see the fruits of the valley, and to see whether the vine flourished, and the pomegranates budded.

**Song of Solomon 7:11** Come, my beloved, **let us go forth into the field**; let us lodge in the villages.  
12 Let us get up early to the vineyards...

"13 Thou that dwellest in the gardens..."

**Ecclesiastes 2:5** I made me gardens and orchards, and I planted trees in them of all kind of fruits:

**Matthew 14:23** And when he had sent the multitudes away, **he went up into a mountain apart to pray**: and when the evening was come, he was there alone.

**Luke 6:12** And it came to pass in those days, that **he went out into a mountain to pray**, and continued all night in prayer to God.

**Luke 9:28** And it came to pass about an eight days after these sayings, **he took Peter**

**and John and James, and went up into a mountain to pray.**

**John 18:1** When Jesus had spoken these words, he went forth with his disciples over the brook Cedron, **where was a garden**, into the which he entered, and his disciples.

2 And Judas also, which betrayed him, knew **the place**: for **Jesus oftentimes resorted thither with his disciples.**

**John 19:41** Now in the place **where he was crucified there was a garden**; and **in the garden a new sepulchre**, wherein was never man yet laid.

*"Greek villagers secret weapon: Grow your own food...Ilias Mathes has protection against bank closures, capital controls and the slashing of his pension: 10 goats, some hens and a vegetable patch. If Greece's financial crisis deepens, as many believe it must, he can feed his children and grandchildren with the bounty of the land in this proud village high in the mountains...even though he can no longer access his full pension payment because of government controls imposed six days ago...The production of food and milk gives villagers in many parts of Greece a small measure of confidence - and a valuable buffer...Rural Greek communities have age-old survival tactics that allow them to weather storms such as World War II deprivation and natural disasters...'You can get products from neighbors and give them some. In Athens you are strangers...'..."*  
(AP, July 3, 2015)

**Esther 7:7** And the king arising from the banquet of wine in **his wrath** went into the **palace garden...**

**Genesis 2:8** And the LORD God **planted a garden** eastward in Eden; **and there he put the man** whom **he had formed.**

15 And the LORD God **took the man**, and **put him into the garden** of Eden to dress it and to keep it.

"Even in a state of innocence we cannot conceive it possible that man could have been happy if inactive. God gave him work to do, and his employment contributed to his happiness; for the structure of his body, as well as of his mind, plainly proves that he was never intended for a merely contemplative life."

(Clarke)

**Revelation 7:17** For the Lamb which is in the midst of the throne shall feed them, and **shall lead them unto living fountains of waters:**

**Revelation 22:1** And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb.

**Genesis 3:8** And they heard the voice of the LORD God **walking in the garden** in the cool of the day...

**Genesis 9:3**...even as **the green herb** have I given you all things.

**Song of Solomon 1:16** Behold, thou art fair, my beloved, yea, pleasant: also **our bed is green.**

**Luke 21:34** And take heed to yourselves, lest at any time **your hearts be overcharged** with surfeiting, and drunkenness, and **cares of this life**, and so that day come upon you unawares.

*"Noise May Be Bad for the Heart...Constant exposure to traffic noise may increase the risk for cardiovascular disease, British researchers report...Scientists used data on road traffic noise and hospital admissions for cardiovascular disease..."*

(<http://well.blogs.nytimes.com>, July 1, 2015)

*"Just looking at nature can help your brain work better, study finds...In a study published in the journal Environmental Psychology, the University of Melbourne's Kate Lee and a group of colleagues found that interrupting a tedious, attention-demanding task with a 40-second 'microbreak' - in which **one simply looks at a computerized image of a green roof** - improved focus as well as subsequent performance on the task...the students exposed to the green roof scene not only reported that it felt more 'restorative,' they performed better on the task...'Nature can provide cognitive benefits in much shorter timeframes, and in smaller amounts than previously demonstrated,' the authors concluded."*

([www.washingtonpost.com](http://www.washingtonpost.com), May 26, 2015)

*"New research suggests nature walks are good for your brain...In the past several months, a bevy of studies have added to growing literature on the mental and physical benefits of spending time outdoors...their apparent neural signature was observed through brain scans...This provides robust results for us that **nature experience, even of a short duration**, can decrease this pattern of thinking that is associated with the onset, in some cases, of mental illnesses like depression...the new research provides a new kind of evidence that is not only consistent with - but also strengthens - the growing body of research on the benefits of nature exposure. The researchers set their study in the context of modern trends toward ever larger numbers of people living in cities - and **an already demonstrated link between urbanization and mental health problems, such as depression and anxiety**...'We just passed the halfway point recently where 50 percent of humanity lives in urban areas,' said Bratman. 'Along with this trend comes a decrease in nature and nature experience'...'The idea seems to be that living in an urban area 'is associated with many kinds of stressors, whether it be noise, increased social interactions, traffic'...nature environments allow for 'positive distractions' that block or counteract these negative mental processes..."*

([www.washingtonpost.com](http://www.washingtonpost.com), June 29, 2015)

[<http://spl.stanford.edu/pdfs/2015/Bratman%20LUP.pdf>]

"*Why green spaces are good for your kid's brain...* When it comes to the physical and psychological benefits of being exposed to nature - and especially to scenery that is filled with lush plant life - **the evidence lately has been rolling in**...Kids exposed to more greenery - as measured by satellite imagery of their schools and neighborhoods - showed not only better attention, but also superior working memory...[said] researchers from Spain, Norway, and the United States...kids with more exposure to greenery improved more, on average, in working memory, higher order 'superior working memory,' and attentiveness...'We don't think it's all air pollution'...That raises the question of **what**, precisely, is the mechanism by which exposure to **greenery** seems to have **so many** beneficial effects..."

([www.washingtonpost.com](http://www.washingtonpost.com), June 15, 2015)

"In four experiments, we demonstrated that **a brief glimpse of green** prior to a creativity task enhances creative performance...These findings indicate that **green has implications beyond aesthetics**...green has been linked to nature, restfulness, peace, and positive evaluation (Adams & Osgood, 1973; Clarke & Costall, 2008; Grieve, 1991)...green is associated with growth, not only physical growth but also psychological growth such as development and mastery." (*Personality and Social Psychology Bulletin*, "Fertile Green: Green Facilitates Creative Performance," 2012)

"In a 2001 study in one Chicago public housing development, there were dramatically fewer occurrences of crime against both people and property in apartment buildings surrounded by **trees and greenery** than in nearby identical apartments that were surrounded by barren land. In fact, compared with buildings that had little or no vegetation, buildings with high levels of greenery had 48 percent fewer property crimes and 56 percent fewer violent crimes. Even modest amounts of greenery were associated with lower crime rates. The greener the surroundings, the fewer the number of crimes that occurred."

(<http://lhl.illinois.edu/crime.htm>, Kuo, F.E., & Sullivan, W.C. (2001). "Environment and crime in the inner city: Does vegetation reduce crime?", *Environment and Behavior*, 33(3), 343-367)

**Psalms 19:1** The heavens declare the glory of God; and the firmament sheweth his handywork.

**Romans 1:20** For the invisible things of him from the creation of the world **are clearly seen, being understood by the things that are made**, even his eternal power and Godhead; so that they are without excuse:

**Genesis 24:63** And Isaac went **out to meditate in the field** at the eventide...

13 Thou that dwellest in the gardens...

**Revelation 2:1** Unto the angel of the church of Ephesus write; These things saith he that holdeth the seven stars in his right hand, who **walketh in the midst of the seven golden candlesticks;**

**John 14:23** Jesus answered and said unto him, If a man love me, he will keep my words: and my Father will love him, **and we will come unto him, and make our abode with him.**

**Isaiah 57:15** For thus saith the high and lofty One that inhabiteth eternity, whose name is Holy; **I dwell in the high and holy place, with him** also that is of a contrite and humble spirit...

**Isaiah 33:14**...Who among us **shall dwell with** the devouring fire? who among us shall dwell with everlasting burnings?

15 He that walketh righteously, and speaketh uprightly; he that despiseth the gain of oppressions, that shaketh his hands from holding of bribes, that stoppeth his ears from hearing of blood, and shutteth his eyes from seeing evil;

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