

HEALING JOURNEY
SEPTEMBER 26, 2022

SERIES: "KNOWING GOD IN MY PAIN"

SILENCING YOUR NEGATIVE THOUGHTS

It's more natural to think negative over thinking positive. But for some, that natural tendency becomes a default response to any difficult circumstances, hence creating a habit of negativity, and before you know it, there are more negative words coming out of you than positive. Everything in life is then seen through cynical and critical views. So how do you change that? How do you break that habit, that cycle? Pastor Craig Groeschel gives us powerful information and techniques in today's video on how to change our way of thinking, and in doing so, gain true joy and peace.

VIDEO NOTES

What do you say to yourself when you talk to yourself? What is your ongoing _____ - _____ that you say over and over again in your mind?

Many of us get stuck in a _____ loop. We continue to think about things that are not _____ and are often _____. What you say to yourself matters more than you can imagine.

Proverbs 4:23 "Be careful _____ you think; your life is _____ by your thoughts."

What you think, impacts what you _____, which impacts how you _____, which impacts what you _____. Your life is always moving in the direction of your strongest thought. "No one is more influential in your life than _____ are, because no one talks to you more than _____ do." Dr. Paul David Tripp

The world is becoming more and more negative. Chronic negativity is becoming an epidemic, that is poisoning people's mental health. This is not only a physical problem. At its root, in many ways, it's a _____ problem. Your thoughts have incredible _____. The great news is that _____ have incredible power over your thoughts. You are NOT a victim of your thoughts. By the power of God, you can actually _____ what you think about.

Romans 8:5-6 "Those who live according to the flesh have their minds set on what the _____ desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the _____ is death (darkness, destruction), but the mind governed by the Spirit is _____ and _____."

Three Goals on what you'll get from today's teaching:

1. Why negativity is hurting you.
2. Identifying a specific area of negativity in your own mindset.
3. How to change from negative thinking that brings death, to thinking that which brings life and peace.

1. WHY IS NEGATIVITY SO TOXIC?

- We all have a negativity _____. We are biased by that which is negative.
- Negative events imprint on our brains more _____ and linger _____ than positive ones.

- Chronic negativity sends us into a constant state of _____ or _____. So when we're stuck in an ongoing negative loop, we always feel like we're in _____.
- When there is so much negative in your thoughts, you're creating _____ neural pathways (as taught in a previous session). And soon negativity becomes a _____. It becomes a default posture.
- You have incredible _____ over where your thoughts are taking you.

2. IDENTIFY WHERE YOU'RE MOST PRONE TO NEGATIVITY

If you cannot _____ it, you cannot defeat it.

Four Areas of Negativity:

1) Relational _____

- Individuals who have a general distrust for people and their motives.
- Cynicism is generally a reflection of how you feel about _____.
- When you distrust the motives of others, it often reveals that you don't always like _____ own _____.

2) Negative _____

- Seeing what's wrong in everything. Finding the worst thing to point out.
- It's overlooking what's good and overlooking what's _____.
- It's assuming the worst _____.

3) Absolute Thinking

- This is polarized thinking.
- This is all-or-nothing, black-or-white, thinking.
- If a man hurts you, you think all men are hurtful.

4) Blaming

- Believing that you're always a _____.
- Believe you have no control over what happens to you – you're just a victim of _____ and circumstances.

3. HOW TO CHANGE FROM NEGATIVE TO POSITIVE MINDSET

- Changing from negative to positive mindset is possible, but it's not _____.
- David in the Bible is a great example of how we can change our mindset from negative to positive. 1 Samuel 30 tells about David and his warriors coming home to find their wives and children have been taken away. Verse 4 says, "...they wept aloud until they had no strength left to weep." Verse 6 says, "David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. (and in his worst and lowest moment) David found strength in the Lord his God."
- It's time to learn how to encourage _____ in the Lord. How did David encourage himself at other times in his life? He talked to himself and told himself what to do (Praise the Lord), what to think (remind himself of God's compassion, love, faithfulness).
- When David needed encouragement, he didn't need to go looking in the Bible for it. He had already hidden God's Word in his _____. And he repeated those same words over and over again, as recorded in Psalm 103:1-2, 8; Psalm 86:15; Psalm 145:8.

THE GREATEST TOOL FOR EMPOWERING YOURSELF: RUMINATE / MEDITATE ON GOD'S WORD

Get every bit of spiritual nutrition from God's Word and chew on it (meditate on it) over and over again, so that when you find yourself in a tough situation, you don't have to look for a verse, you've already got one hidden in your heart.

FOUR POWER THOUGHTS BASED ON YOUR AREA OF NEGATIVITY AND GOD'S WORD

Speak these words over and over again every day, according to your area of negativity.

1. (If your area is) Relational Cynicism:

"With God's help, I will get rid of all bitterness and skepticism. I choose to believe the best about others and be _____, compassionate and _____. I will love and forgive others as Jesus has loved and forgiven me."

2. Negative Filtering:

"God, by Your power, I take every _____ captive and make it obedient to the truth of Christ. Because You are good, I choose to think on what's good, right, true, helpful and worthy of praise. As I trust in You, Your _____ will guard my heart, soul and mind."

3. Absolute Thinking:

"As Jesus loved and accepted me, I will love and _____ others. Rather than always being right, I'm called to always be _____. Rather than just making a point, I choose to make a difference. In humility, I choose to love others above myself."

4. Blaming:

"God has given me a life and mind of my own. By His grace, I will own my _____ and choose God's best for me. I have been given everything I need to accomplish everything God wants me to do. In Christ, I will _____."

The mind governed by the flesh is death, but the mind governed by the Spirit is life and joy and peace.

GROUP DISCUSSION

1. What did Pastor Craig say that caused an ah-ha moment for you tonight?
2. On a scale of 1-10 (10 being "very"), how negative would you say you are typically?
3. Pastor Craig said, "What you think impacts what you believe, which then impacts how you feel, and then impacts what you do." How have you seen this to be true in your life, now or in the past?
4. The news, social media, friends, TV, books are all influences on what we think. What source(s) feed your mind these days and how is that influencing your thoughts, your beliefs, your feelings and your actions?
5. Which one of the four areas of negativity best describes you?
6. Did you learn anything tonight about changing your negativity into a more beneficial mindset?
7. Pastor Craig provided a "Power Thought" for each different type (area) of negativity. What benefits do you see in reading your power thought over and over again each day?