

Series: Getting Better

Message: Getting Better in My Thinking

October 16, 2011

IT STARTS IN THE HEART.

Luke 6:45; Ezekiel 36:25 -27

Clean Heart + New Thinking = Getting Better

IDENTIFY AND CUT OUT NEGATIVE THOUGHTS.

Proverbs 4:23; 2 Corinthians 10:4-5; Jeremiah 12:3

Negative (personal, relational, circumstantial, spiritual, nit-picky)

Fearful

Discontented

Critical

REPLACE NEGATIVE THOUGHTS WITH GOD'S TRUTH.

Philippians 4:7-8 Romans 12:2

POSITIVE STEPS TO BETTER THINKING (FRUITFUL THINKING).

I WILL NOT HANG OUT WITH NEGATIVE PEOPLE.

1 Corinthians 15:33

I WILL NOT DWELL ON NEGATIVE THOUGHTS.

2 Corinthians 10:5

I WILL REPLACE NEGATIVE THOUGHTS WITH GOD'S THOUGHTS. Philippians 4:7-8

PRAYER:

God, I commit to you not to hang around those who pull me away from you with negativity. Give me the power not to dwell on negative, destructive thoughts, but to replace them with your truth. Renew my mind with the truth of your word. Help me to have the same attitude as Christ Jesus. In His name I pray, Amen.

NEXT STEPS

Use these study questions to turn a message into a conversation.

GETTING TO KNOW YOU

What do you tend to daydream about most often? Why?

What part of this week's message impacted you the most?

Digging Deeper

Read Proverbs 4:23-27 and 2 Corinthians 10:4-5. These passages discuss the importance of guarding our thoughts.

Which types of negative thoughts do you experience most often: negative, fearful, discontented or critical? Give examples of your negative thoughts.

How do your thoughts negatively impact your life and relationships?

What are some of the causes of the negative thoughts in your life?

Read Jeremiah 12:3, Philippians 4:7-8, Romans 12:2, Philippians 2:5 and Hebrews 3:1. These verses stress how important it is to renew our minds

from negative thoughts and focus our thoughts on what is pleasing to God.

Why is it often easier to think negative thoughts than it is to focus our minds on truth?

In what ways do you renew your mind and focus your thoughts on God's truth?

How different is your life when you focus your thoughts on what is true and good rather than on negative things? Explain.

What are some specific negative thoughts that you need to change?

What are some ways you can begin to make that *change*?

Take it Home

Take time this week to renew your mind and focus your thoughts on God and things that are true. You can do this by asking God to renew your mind and remove all negative thoughts from your life. Reading God's Word is also a great way to replace negative thoughts with truth. You can start by reading some of your favorite passages.

Confess the negative thoughts you struggle with. Ask God to free you from these thoughts.

Ask God to renew your mind. Commit to focus your thoughts on Him.

Ask God to help you endure any trying circumstances that may be causing you to have negative thoughts.

Make a list of the negative thoughts that most often consume you. Next to each thought, write down one of God's truths that replaces that negative thought. For example, if your toxic thought is "I can't handle this situation", change it to "I can do all things through Christ who strengthens me," from Philippians 4:13 NKJV.

Memory Verse: Philippians 4:8

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.