

## “Negative Self-Talk”

Romans 8:5-6 (Gal. 5:16, 18, 25)

### What Is True About Self-Talk?

- 1) Our mind is this ceaselessly active fountain or stream out of which our life flows. (Pro. 4:23; Pro.23:7 NASB)
- 2) Every person has certain patterns or habits when it comes to the nature of thoughts that tend to run through their mind.

2 Cor. 10:3-5 (Eph. 6:10-13; 2 Cor. 4:4, 11:3)

- 3) Negative patterns of thought are burned into our minds either through repetition over time or through traumatic experiences.

**A Stronghold is:** Gr. To fortify; a strong castle; a prisoner locked by deception.

- ✓ Walls of negative habits of thought that must be scaled and overcome.
- ✓ Well protected towers of error – non-biblical teachings, doubts and fears that control our lives.
- ✓ Well defended and difficult to attack thoughts that we must take captive.

Luke 6:43-45

- 4) Negative self-talk can be identified by taking a close look at our feelings and behavior. (Why am I feeling/saying/doing this?) My words are a window to my heart.

### A person with...

- A harsh tongue has an angry heart.
- A negative tongue has a fearful heart.
- An overactive tongue has an unsettled heart.
- A boasting tongue has an insecure heart.
- A filthy tongue has an impure heart.
- A critical tongue has a bitter heart.

### On the other hand, a person who...

- Is encouraging and positive has a happy heart.
- Speaks with gentleness and respect has a loving heart.
- Speaks truthfully has an honest heart.

Psalm 139:23-24 Search me, O God, and know my heart; test me and know my anxious thoughts. [24] See if there is any offensive way in me, and lead me in the way everlasting.

Psalm 19:14 May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer.

### Demolishing Negative Self-Talk:

- 1) Thought Capturing (2 Cor. 10:5; Pro.20:5)
- 2) Thought Challenging (Phil. 4:8; John 8:31-32; 1 Thess. 5:21)
- 3) Thought Changing (Rom. 12:2; Eph. 4:22-24; Col. 3:1-2)
- 4) Thought Cultivating (Luke 6:43-45; Ps. 1:1-3)

Next Weekend  
December 3

“Guilt & Shame”  
“Love Hunger”

### A Simple Christmas (series)

Isaiah 9:6

December 10 “The Wonderful Counselor”  
December 17 “The Mighty God”  
December 24 “The Everlasting Father”  
December 31 “The Prince of Peace”



# Growing

November 19, 2006

## desert breeze community church

**1)** What does it mean that our mind is a ceaselessly active fountain out of which our life flows? (Rom. 8:5-6; Pro. 4:23; Pro.23:7 NASB) Who you are is no better or no worse than the thoughts you entertain in your head. Explain.

**2)** How are negative habits of thought burned into our minds? What are strongholds? (2 Cor. 10:3-5) Where is the greatest battlefield for the control of our lives? (Eph. 6:10-13; 2 Cor. 4:4, 11:3)

**3)** How is negative self-talk identified in a person's life? (Luke 6:43-45) Take a look at the list on your sermon notes of how the tongue relates to different conditions of the heart. Which one(s) best represents you? Pray Ps. 139:23-24 and Ps. 19:14 asking God to reveal your heart.

**4)** What does it mean to capture thoughts? (2 Cor. 10:5) How can a counselor or a friend help us in this process? (Pro. 20:5) Why is it important to challenge our thoughts? (Phil. 4:8; John 8:31-32; 1 Thess. 5:21)

**5)** What do the following verses teach us about thought changing? (Rom. 12:2; Eph. 4:22-24; Col. 3:1-2) What are some things that you can begin to do to cultivate a healthier thought life? (Luke 6:43-45; Ps. 1:1-3)