

THINK THIS...NOT THAT!

FOR AS SHE THINKS IN HER HEART, SO IS SHE. PROVERBS 23:7

TOXIC THOUGHTS AND LITTLE LIES

- ✘ This is not good.
- ✘ This is too hard.
- ✘ I can't do this anymore.
- ✘ God doesn't care about me.
- ✘ I can't help the way I am.
- ✘ This will never change.
- ✘ This is a waste of time.
- ✘ This is the worst thing ever!
- ✘ I am stupid and worthless.
- ✘ I don't want to live.
- ✘ This habit isn't really that bad.
- ✘ Nobody cares about me.
- ✘ I will never be happy.
- ✘ I can't help the way I feel.
- ✘ I will never be able to get over this.
- ✘ I just can't take this anymore.
- ✘ There is no point in trying to fix this.
- ✘ This is going to be a terrible day.
- ✘ Everybody else has a good life.
- ✘ I hate the way things are right now.
- ✘ No one knows what I'm going through.
- ✘ I am so tired, exhausted and weary.
- ✘ God isn't doing anything.
- ✘ What will my friends think?
- ✘ I am losing my (ever-lovin') mind!

HELPFUL THOUGHTS AND BIG TRUTHS

- ✚ Psalm 22:24
- ✚ Psalm 94:18
- ✚ Psalm 147:3
- ✚ Romans 8:28, John 11:35
- ✚ Matthew 16:24-26
- ✚ Lamentations 3:22-23
- ✚ 1 Corinthians 15:58
- ✚ Job 23:10
- ✚ 2 Corinthians 12:10
- ✚ Philippians 3:14, Romans 10:13
- ✚ Hebrews 12:1-2
- ✚ Matthew 10:30-31
- ✚ Psalm 30:5
- ✚ Philippians 4:8
- ✚ Psalm 23:4
- ✚ John 16:33
- ✚ Isaiah 57:18-19
- ✚ Psalm 118:24
- ✚ Galatians 1:10
- ✚ Nahum 1:7
- ✚ Psalm 139, Hebrews 4:16
- ✚ Hebrews 12:3
- ✚ Hebrews 10:23, Jude 22
- ✚ Psalm 25:1-3
- ✚ Mark 5:36

WATCH OUT FOR ANTS – AUTOMATIC NEGATIVE THOUGHTS:

- I AM THE VICTIM HERE!
- NOBODY WANTS TO BE MY FRIEND.
- NO ONE EVER TALKS TO ME.
- EVERYBODY THINKS I AM AN IDIOT.
- THIS ALWAYS HAPPENS TO ME!
- BELIEVING AND SAYING THAT YOUR PAST DETERMINES YOUR FUTURE.
- THE GRASS IS GREENER ON THE OTHER SIDE.
- THIS IS MAKING ME SICK. (IF YOU KEEP THINKING THAT – IT WILL!)
- I AM SO TIRED.
- I AM SO HURT.
- I AM SO MAD.

THE BATTLE IN MY BRAIN!

10 TECHNIQUES FOR TRAINING YOUR BRAIN

1. REFUSE NEGATIVE NARRATIVE

2 CORINTHIANS 10:3-5 WE ARE HUMAN, BUT WE DON'T WAGE WAR AS HUMANS DO. WE USE GOD'S MIGHTY WEAPONS, NOT WORLDLY WEAPONS, TO KNOCK DOWN THE STRONGHOLDS OF HUMAN REASONING AND TO DESTROY FALSE ARGUMENTS. WE DESTROY EVERY PROUD OBSTACLE THAT KEEPS PEOPLE FROM KNOWING GOD. WE CAPTURE THEIR REBELLIOUS THOUGHTS AND TEACH THEM TO OBEY CHRIST.

2. REMOVE TOXIC THOUGHTS

PSALM 46:10 STEP OUT OF THE TRAFFIC! TAKE A LONG, LOVING LOOK AT ME, YOUR HIGH GOD, ABOVE POLITICS, ABOVE EVERYTHING." (THE MESSAGE)

3. REMEMBER - THINK QUICK!

1 PETER 5:8-9 STAY ALERT! WATCH OUT FOR YOUR GREAT ENEMY, THE DEVIL. HE PROWLs AROUND LIKE A ROARING LION, LOOKING FOR SOMEONE TO DEVOUR. STAND FIRM AGAINST HIM AND BE STRONG IN YOUR FAITH.

4. RENEW YOUR MIND

ROMANS 12:1-2 THEREFORE, I URGE YOU, BROTHERS AND SISTERS, IN VIEW OF GOD'S MERCY, TO OFFER YOUR BODIES AS A LIVING SACRIFICE, HOLY AND PLEASING TO GOD—THIS IS YOUR TRUE AND PROPER WORSHIP. 2 DO NOT CONFORM TO THE PATTERN OF THIS WORLD BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND. THEN YOU WILL BE ABLE TO TEST AND APPROVE WHAT GOD'S WILL IS—HIS GOOD, PLEASING AND PERFECT WILL.

5. REPLACE THE TRUTH

JAMES 4:7-8 SO HUMBLE YOURSELVES BEFORE GOD. RESIST THE DEVIL, AND HE WILL FLEE FROM YOU. 8 COME CLOSE TO GOD, AND GOD WILL COME CLOSE TO YOU. WASH YOUR HANDS, YOU SINNERS; PURIFY YOUR HEARTS, FOR YOUR LOYALTY IS DIVIDED BETWEEN GOD AND THE WORLD.

6. RETRAIN YOUR BRAIN

JOHN 10:10 THE THIEF'S PURPOSE IS TO STEAL AND KILL AND DESTROY. MY PURPOSE IS TO GIVE THEM A RICH AND SATISFYING LIFE.

7. REFRAME YOUR THOUGHTS

PHILIPPIANS 1:12 AND I WANT YOU TO KNOW, MY DEAR BROTHERS AND SISTERS, THAT EVERYTHING THAT HAS HAPPENED TO ME HERE HAS HELPED TO SPREAD THE GOOD NEWS.

8. PRE-FRAME YOUR FUTURE

2 CORINTHIANS 9:8 AND GOD IS ABLE TO BLESS YOU ABUNDANTLY, SO THAT IN ALL THINGS AT ALL TIMES, HAVING ALL THAT YOU NEED, YOU WILL ABOUND IN EVERY GOOD WORK.

9. REJOICE MINDSET

PHILIPPIANS 4: 4-7 REJOICE IN THE LORD ALWAYS. I WILL SAY IT AGAIN: REJOICE!...THE LORD IS NEAR. DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERY SITUATION, BY PRAYER AND PETITION, WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD. AND THE PEACE OF GOD, WHICH TRANSCENDS ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS.

10. RESOLVE MENTALITY

EPHESIANS 6:10-12 FINALLY, BE STRONG IN THE LORD AND IN HIS MIGHTY POWER. 1 PUT ON THE FULL ARMOR OF GOD, SO THAT YOU CAN TAKE YOUR STAND AGAINST THE DEVIL'S SCHEMES.