

Silence Your Negative Thoughts

Peace of Mind: Part 5

Nathaniel Sorensen * July 16, 2023 * New Life Vineyard Church

Guard your heart above all else for it is the source of life. Prov 4:23

Be careful how you think; your life is shaped by your thoughts. --GNT

Law of Cognition = What you think impacts

what you _____

**Your thoughts are incredibly _____ but
you have incredible _____ over your thoughts.**

For those who live according to the flesh think about the things of the flesh, but those who live according to the Spirit, about the things of the Spirit. For the mind-set of the flesh is death, but the mind-set of the Spirit is life and peace.

Romans 8:5-6

Four Categories of Negativity

1. Relational _____

2. Negative _____

3. Absolute _____

4. _____

God will work _____ you,

but probably won't do this _____ you

When David and his men arrived at the town, they found it burned down. Their wives, sons, and daughters had been kidnapped. David and the troops with him wept loudly until they had no strength left to weep.

...David was in a difficult position because the troops talked about stoning him, for they were all very bitter over the loss of their sons and daughters. But David found strength in the LORD his God.

1 Samuel 30:3-4, 6

...but David encouraged himself in the LORD his God.

1 Samuel 30:6 KJV

My soul, praise Yahweh, and all that is within me, praise His holy name.

My soul, praise the LORD and do not forget all His benefits.

He forgives all your sin; He heals all your diseases.

He redeems your life from the Pit;

He crowns you with faithful love and compassion.

He satisfies you with goodness; your youth is renewed like the eagle.

...The LORD is compassionate and gracious, slow to anger and rich in faithful love.

Psalms 103:1-5, 8

- a. God, with Your help, I am getting rid of all bitterness and skepticism. I choose to believe the best about others and be kind, compassionate and loving. I will love and forgive others as Jesus has loved and forgiven me.**
- b. God, by Your power, I take every thought captive and make it obedient to the truth of Christ. Because You're good, I choose to think on what is good, right, true, helpful, and worthy of praise. As I trust in You, Your peace will guard my heart, soul and mind in Christ Jesus.**
- c. Jesus, as You loved and accepted me, I will love and accept others. Rather than always being right, I'm called always to be loving. Rather than just making a point, I choose to make a difference. In humility, I choose to consider others as being more important than myself.**
- d. God, You've given me a life and a mind of my own. By His grace, I will own my choices and choose God's best for me. I've been given everything I need to accomplish everything God wants me to do. In Christ, by His power, by His blood, by His stripes, through the fullness of the Holy Spirit, I will overcome. I am more than an overcomer by the blood of the Lamb and the words of this testimony.**

* All scriptures from HCSB unless otherwise noted