

Running On Empty
How To Replace Your Negative Self-Talk

1. Identify what _____ you are using

- a) Internally directed negativity
 - *Predict a negative future
 - *Your attack yourself with negative “I am” statements
- b) Worrying
- c) Bitterness
- d) Externally directed negativity: You train yourself to see ONLY the bad in others or God.

2. Stop _____ to yourself, _____ to yourself

Read 2 Kings 19

A - Activating factor (*The most powerful king on the planet is attacking: Vicious, ruthless, powerful*)

B – Belief that’s distorted (*Like all those other kings, we are going to lose. We are going to be tortured. We are going to suffer terribly*)

C – Emotional Consequence (*Scared, hopeless, defeated, giving up*)

Key: Your emotions _____ of your beliefs

Question: What are you believing about God right now?

D – Dispute the negative thought (*This guy is not stronger than God / God is on His throne/ God is powerful/ God rules all the kingdoms of this planet*)

E – Exchange it for a promise of God (*God will take care of us*)

Psalm 42:5 *Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.*

Key: The BEST FUEL for my brain are the _____

Ephesians 1:11 *...he makes everything work out according to his plan.*

Promises of God you can put in your mind today

God loves me with a never-ending love

God LOVES to meet my needs

God LOVES to give me good gifts

God promises that this too shall pass

God promises to restore my hurting soul

God promises that He will bring good from this somehow

God has promised to guide my steps

God has promised to always be with me

How To Get That Negative Fuel Out of Your Head
Journaling in a notebook or laptop

Date:

Tell the story of what happened:

What emotions am I feeling:

What do I believe about this situation?

BUT GOD or UNTIL NOW

What Does God say?

Prayer and Thank God He is working:

