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#1: How To Develop Positive Self-Talk

1. Understand the _____

Proverbs 4:23 *Be careful how you think; your life is shaped by your thoughts.*

a) _____

Job 9:20 *Everything I say seems to condemn me.*

b) _____

Exodus 4:10 *But Moses said to the LORD, "Oh, my Lord, I am not eloquent, either in the past or since you have spoken to your servant, but I am slow of speech and of tongue."*

c) _____

I Kings 19:10 *Elijah replied, "I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too."*

d) _____

2. Replace the negative _____

Romans 12:2 *...let God transform you into a new person by changing the way you think.*

a) _____

Key: Pay attention _____

b) _____

Philippians 4:8 *Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.*

c) _____

Romans 5:8 *But God showed his great love for us by sending Christ to die for us while we were still sinners.*

Key: What does God _____?

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Key: What does God _____?

Luke 8:22-23 *As they sailed across, Jesus settled down for a nap. But soon a fierce storm came down on the lake. The boat was filling with water, and they were in real danger.*

A – Activating factor: *(They are in a terrifying storm.)*

B – Beliefs: *(We are going to die.)*

C – Emotional consequences: *(Fear, terror, panic, worry)*

D – Dispute the negative thoughts: *(We will not die here.)*

E – Exchange them for positive thoughts: *(Jesus is in the boat with us! He can take care of us.)*

My Faith Thoughts

*I stand in a storm I cannot control

*You are in the boat with me

*You care deeply about me

*This storm is not evidence that you hate me

*There's always a purpose for the storm

*You will help me through this

*You are far more powerful than this storm

Psalms 42:5,1,43:5 *Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him, The help of my countenance and my God.*

Matthew 9:21-22 *Just then a woman who had suffered for twelve years with constant bleeding came up behind him. She touched the fringe of his robe, for she thought, "If I can just touch his robe, I will be healed." Jesus turned around, and when he saw her he said, "Daughter, be encouraged! Your faith has made you well." And the woman was healed at that moment.*

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