

Adventures In Kindness
#3: Being Kind To Yourself

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) _____

Romans 8:1 *Therefore, there is now no condemnation for those who are in Christ Jesus...*

c) _____

Exodus 4:10 *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.*

d) _____

Luke 5:8 *When Simon Peter saw this, he fell at Jesus' knees and said, "Go away from me, Lord; I am a sinful man!"*

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 to _____

2 Corinthians 1:9 *Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead.*

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) _____

Psalms 55:22 *Give your burdens to the LORD, and He will take care of you.*

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Psalms 55:22 *Give your burdens to the LORD, and He will take care of you.*

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

Seven Things Grace Says

1. Grace says you don't have to be good enough because Jesus was perfect.
2. Grace says you have not gone too far and can come back home.
3. Grace says you are not what you did on your worst day.
4. Grace says you have power over sin.
5. Grace says it's not too late to step into what God has for you.
6. Grace says you are not what other people try to label you to be.
7. Grace says you cannot "out-sin" the price Jesus paid!

Psalm 33:4 *For the word of the LORD holds true, and we can trust everything He does.*

Psalm 42:5, 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.*

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