

PEACE of mind

Silence Your Negative Thoughts

Pastor Mitchel Mershawn - July 1, 2023

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

Proverbs 4:23 GNT

Dr. Paul David Tripp (author/pastor)

“No one is more influential in your life than you are, because no one talks to you more than you do.”

Your thoughts have incredible power.

But you have incredible power... over your thoughts.

Romans 8:5-6 NLT

Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

- Negativity
- Identify
- Change

You cannot defeat what you don't define.

- Relational Cynicism
- Negative Filtering
- Absolute Thinking
- Blaming

1 Sam 30:3-6

When David and his men reached Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive. 4 So David and his men wept aloud until they had no strength left to weep. 6 David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters...

... but David found strength in the Lord his God.

1 Sam 30:6 NLT

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

1 Sam 30:6 NKJV

Psalms 103:1-5

Praise the Lord, my soul; all my inmost being, praise his holy name. ((SELF... PRAISE THE LORD!)) Praise the Lord, my soul, and forget not all his benefits— ((DAVID... Don't forget WHO He is, and what He's done!)) who forgives all your sins and heals all your diseases, 4 who redeems your life from the pit and crowns you with love and compassion, 5 who satisfies your desires with good things... ((DAVID... Don't forget WHO Anointed you & Chose you and set you apart to be king))
Ruminate... Meditate



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Romans 15:13

13 May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Cynicism

With God's help, I will get 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.

Negative Filtering

God, by your power, I take every thought captive
and make it obedient to the truth of Christ.
Because you are good, I choose to think on what's good, right, true, helpful, and worthy of praise.
As I trust in you, your peace will guard my heart, soul and mind.

Absolute Thinking

As Jesus loved and accepted me, I will love and accept others.
Rather than always being right, I'm called to always be loving.
Rather than just making a point, I choose to make a difference.
In humility, I choose to love others above myself.

Blaming

God has given me a life and mind of my own. By His grace, I will own my choices
and choose God's best for me. I believe I have been given everything I need
to accomplish everything God wants me to do today. In Christ, I will overcome.
Your thoughts have incredible power
But through Christ, we have incredible power over your thoughts.