

TALK IT OVER

Read **Romans 8:5-6**. What would it look like to have your mind set more often on the desires of the Spirit?

Knowing God's Word helps us fight negativity. Share any of your favorite verses or stories from Scripture that encourage you.

You have power over your thoughts. Talk about ways you can control what you think about this week. How could this change your life?

Listen to *Finding Hope in Grief on the You've Heard It Said* podcast: www.go2.lc/YHIS54

Find more mental health resources: www.life.church/mentalhealth

Start the *Wisdom for Mental Health* Bible Plan using Plans With Friends: www.go2.lc/mentalhealthplan

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.**

When David and his men reached Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive. ⁴So David and his men wept aloud until they had no strength left to weep. ... ⁶David 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 Samuel 30:3-4, 6 NIV

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

1 Samuel 30:6 KJV

Praise the LORD, my soul; all my inmost being, praise his holy name. ²Praise the LORD, my soul, and forget not all his benefits—³who forgives all your sins and heals all your diseases, ⁴who redeems your life from the pit and crowns you with love and compassion, ⁵who satisfies your desires with good things ... Psalm 103:1-5 NIV

The LORD is compassionate and gracious, slow to anger, abounding in love. Psalm 103:8 NIV

But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness. Psalm 86:15 NIV

The LORD is gracious and compassionate, slow to anger and rich in love. Psalm 145:8 NIV

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. Romans 15:13 NIV

PEACE OF MIND — WEEK 5

SILENCE YOUR NEGATIVE THOUGHTS

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

Proverbs 4:23 GNT

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

- **Your thoughts have incredible power.**
- **You have incredible power over your thoughts.**

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. ⁶The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. Romans 8:5-6 NIV

Negativity Bias

- **Negative events imprint on our brains more quickly and linger longer than positive ones.**
- **Negativity becomes a habit.**

Where Are You Most Prone to Negativity?

- **Cynicism**
- **Negative Filtering**
- **Absolute Thinking**
- **Blaming**