

FRIDAY 2/11/22
YOUTH/HYPHEN
SESSION

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Statements to consider –

1. T F How I am as a person has nothing to do with the way I think.
2. T F Good thought patterns produce good character qualities.
3. T F I am able to control only some of the wrong thoughts that come into my mind.
4. T F As master of my own thoughts I decide what to fix my mind on.
5. T F My spiritual growth and stability is unaffected by what I let my mind dwell upon.
6. T F By trying not to conform to this world's pattern I will become more like Christ.
7. T F God's mind and will are revealed in His Word.
8. T F Thinking upon and living in accordance with God's Word will result in a transformation into Christlikeness.

Notes

Rom 12:1-2

1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

2 And **be not conformed** to this world: but **be ye transformed by the renewing of your mind**, that ye may prove what is that good, and acceptable, and perfect, will of God. KJV

Transformed – metamorphosis.

MERRIAM WEBSTER'S DICTIONARY -

- 1 **a** : change of physical form, structure, or substance especially by supernatural means
b : a striking alteration in appearance, character, or circumstances
- 2 a typically marked and more or less abrupt developmental change in the form or structure of an animal (**as a butterfly** or a frog) occurring subsequent to birth or hatching.

Renewing – to renovate, renovation.

MERRIAM WEBSTER'S DICTIONARY -

- to make changes and repairs to (an old house, building, room, etc.) so that it is back in good condition

COGNITIVE DISTORTIONS –

"I have the worst luck in the entire world." "I just failed that math test. I'm no good at school, and I might as well quit." "She's late. It's raining. She has hydroplaned and her car is upside down in a ditch."

Examples of Cognitive Distortions –

- **Mind Reading:** You assume you know what people thinking without having evidence or proof of their thoughts. *"He thinks I'm an idiot." "I'm not going to make the team"*
- **Future-Telling:** You predict the future – that things will get worse or that there's danger ahead. *"If I go, people will make fun of me." "If I talk, I will mess up and not say what I mean."*

- **Catastrophizing:** You believe what might happen will be so awful and unbearable that you won't be able to stand it. *"It would be terrible if I failed."* *"If I make a bad grade then I will never get into a good college."*
- **Negative Filter:** You focus almost exclusively on the negatives and seldom notice the positives. *"Look at all the terrible things on the news."* *"Girls never have anything nice to say."*
- **Overgeneralizing:** You perceive the likelihood of a negative outcome based upon a single incident. *"I fail all the time."*
- **All-or-None Thinking:** You view events or people in all-or-none/black-and-white terms. *"It was a waste of time."* *"I get rejected by everyone."* *"Nothing ever goes my way."*
- **What if:** You keep asking a series of questions about what if something happens, and fail to be satisfied with any of the answers. *"Yeah, but what if I get anxious, and I can't catch my breath."*

Notes

Anxiety – is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure, increased heart rate, restlessness, etc...

1 Peter 5:5-7

5 ...be clothed with humility: for **God resisteth the proud**, and **giveth grace to the humble**.

6 **Humble yourselves** therefore under the mighty hand of God, that he may exalt you in due time:

7 **Casting all your care (ANXIETY)** upon him; for he careth for you. KJV

- **1 Peter 5:7** Casting the whole of your care [**all your anxieties, all your worries, all your concerns, once and for all**] on Him, for He cares for you affectionately and cares about you watchfully. AMP

HOW?

- How do I stop thinking thoughts that play over and over in my mind?
- How do I interrupt the loop of bad thoughts?

When you think a thought for the first time, you create a neural pathway.

The more you rethink a thought, the easier it is to think again. So, how do you break the habit of thinking that unwanted thought?

5 EZ steps

#1. Encounter (1-2 minutes). This step is about encountering and becoming aware of what thoughts come into your mind by answering some questions pertaining to the attitude of the thoughts.

- Meet or encounter thoughts that you think about consistently.
- Do these thoughts bring peace or anxiety?
- Can you accept or reject these thoughts?

If they cannot be rejected and they bring anxiety, then proceed to the second EZ step.

#2. Engage (1-2 minutes). Due to the fact that thoughts are changeable, now you can focus on one in particular and experiment with changing it.

The deeper you think on it, the more change you can think. Rather than just accepting the negative or debilitating thought, engage it and allow God to speak to you concerning the thought. Replace the thought with scripture or truth that God speaks to you while meditating (resting in quietness) on Him.

You are renovating or renewing your mind (**Romans 12:2**). At this stage you make the choice of whether to build memories out of this new information coming into your brain or not.

#3. Echoing (1-2 minutes). Write out what you have been thinking.

When you write this out you are mirroring the process that your brain has been going through and this is important because the activity of writing consolidates the memory and adds clarity.

#4. Evaluate (1-2 minutes). In this step you evaluate what you have been thinking and what the new and healthy thought that you want to build is going to be.

#5. Exercise. (1-2 minutes) Finally, in this step you take action and exercise the new/healthy thought until it becomes automatic, like a good habit.

These steps are done **daily for 21 days** on one specific toxic thought.

Notes