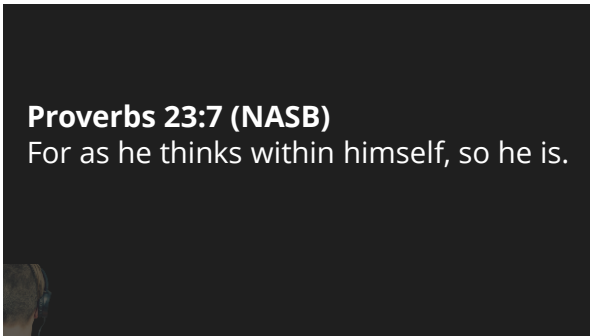
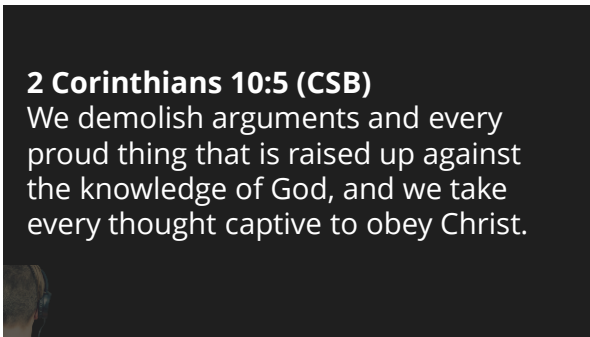




1



2



3

Romans 12:9-10 (NLT)

Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. Love each other with genuine affection, and take delight in honoring each other.



4

1. Soundtracks about OURSELVES



5

Mark 12:30-31 (NLT)

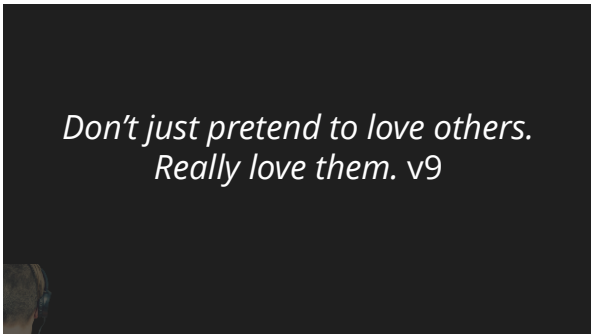
And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength. The second is equally important: Love your neighbor as yourself.



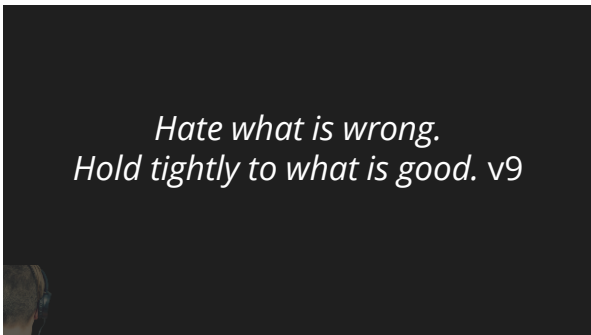
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8



9

Philippians 4:8 (NLT)

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.

10

*Lord, let my wife define beautiful to me.
Let her be the standard for what I find
most attractive. Gary Thomas*

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REWRITING OUR SOUNDTRACKS

12

REWRITING OUR SOUNDTRACKS

1. Write down the negative soundtrack.

Replacing your soundtrack is about identifying what soundtracks you've been listening to and then owning the responsibility of changing them. Jon Acuff

13

REWRITING OUR SOUNDTRACKS

2. Play new soundtracks consistently.

Retire your broken soundtracks. Replace them with new ones. Repeat them until they're as automatic as the old ones. Jon Acuff

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REWRITING OUR SOUNDTRACKS

3. Turn down the dial.

It's not a switch, it's a dial. The goal isn't to turn it off forever, the goal is to turn down the volume. It's going to get louder sometimes. That's how dials work. But when life turns up the negative thoughts, we get to turn them down. David Thomas

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REWRITING OUR SOUNDTRACKS

4. Chew gum

Don't let the negative thoughts take hold. Do something (anything) to distract and remind yourself of your commitment to authentically love others.
