

DO IT AGAIN

Pt. 4: Change The Channel

Questions for further study and application:

- Day 1 Living right starts with thinking right. Read Ecclesiastes 10:2 (MSG). Do you find that you are stuck trying to overcome an onslaught of negative, anxious, or doubt-filled thoughts? Your thoughts impact the direction of your life. When you let your thoughts remain in a negative state, then your days and weeks will follow along the same track. While your circumstances may remain the same, your thoughts can influence how you respond to them. Choose to change the channel and switch your thoughts from bad to good, from worry to peace, from yourself to God. Spend time with God today and ask Him to help you change your negative thoughts to positive ones.
- Day 2 Think about your negative thoughts. Do you ever think to yourself that you're not good enough, you're not smart enough, or you're too afraid? Now, think about saying those things to someone else. You wouldn't. God doesn't believe those things about you, so, why keep saying them to yourself? Read 2 Corinthians 10:5 NIV. It can be easy to fall into a rhythm of letting negative thoughts dominate your mind, but this verse is telling you to take those thoughts captive and make them obedient to Jesus. Take thoughts of insecurity and doubt and flip them around. You are created in God's image; that makes you good enough, smart enough, and brave enough. Today, switch it up and put these positive thoughts on repeat whenever negativity begins to creep in.
- Day 3 When you're trying to change the direction of your thoughts, you need to guard what comes into your mind. Read Proverbs 4:23. In your day to day life, your mind is always picking up on what is happening around you. If your reading negative things on social media, staying wrapped up in the news, or listening to music or television that is contrary to God, you are bound to replay those things in your mind. God wants you to live with a peaceful heart and a mind free of negative clutter. Therefore, you need to protect what goes into your mind. Read Philippians 4:7-8. What can you do differently today to begin to deposit positive thoughts in your memory bank?
- Day 4 Replacing negative thoughts is not always an easy task. Stu gave everyone a homework assignment this week to help overcome the critical self-talk sound track we're often tuned into. Take a moment and identify two or three negative thoughts that dominate your mind. Once you've identified them, you can rewrite that script with a positive declaration. Read Psalm 46:1. If you are afraid, remember God is your rock and shelter. If you think you don't measure up, remember you are enough because God is working in you and through you. If you're overwhelmed, remember you can rely on God's strength. Where you are weak, He is strong.
- Day 5 Continue to repeat positive thoughts to yourself every time negative ones try to creep in. The only way you will get rid of those thoughts is to repeat positive ones over and over again. Pastor Craig Groeschel inspired Stu to create positive declaration for his life. The goal is to read them every day as a way to battle those daily insecurities. This week, challenge yourself to write 10 to 12 of your own positive statements. Pastor Craig shares steps and examples of declarations you can use in your life. Use this link to create your own: <https://finds.life.church/words/> and put them on repeat everyday!

What's New?

There will be no evening service at the Yorktown Campus on Sunday, February 4. Enjoy Super Bowl Sunday!