

Silence Your Negative Thoughts — Peace of Mind Part 5

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Proverbs 4:23 ESV

“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 (author/pastor)

Title—Silence Your Negative Thoughts

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

Romans 8:5-6 NIV

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

Negativity becomes a habit

Cynicism—a general distrust for people and their motives.

Negative Filtering—Seeing what’s wrong. Overlooking what’s good/right. Assuming worst possible conclusion.

Absolute Thinking—Polarize—All/nothing, black/white Let down—All bad. Mistake—Dumb. Disagree—write off.

Blaming—Believing you’re always a victim. You don’t have any control. Life happens to you. Can’t do anything.

1 Sam 30:3-6 NIV

Psalms 103:1-5 NIV

Psalms 103:8 NIV

Psalms 86:15 NIV

Psalms 145:8 NIV

Romans 15:13 NIV

Cynicism (Bible paraphrased)

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.

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