

## Peace of Mind – Part 4

### Silence Your Negative Thoughts



### Key Scriptures

*Be careful how you think; your life is shaped by your thoughts.* Proverbs 4:23 GNT

*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. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.* Romans 8:5-6 NIV

*When David and his men reached Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive. So David and his men wept aloud until they had no strength left to weep. ... David 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. Praise the LORD, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who 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

### **Start talking.**

- What are some things you find yourself frequently thinking about?

### **Start thinking.**

- Which part of this message was most impactful for you and why?
- What is your self-talk usually like? How does this inner dialogue influence your view of your life?
- Read **Romans 8:5-6**. What would it look like to have your mind set more often on the desires of the Spirit?

### **Start sharing.** Choose a question to create openness.

- 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?

### **Start praying.** Be bold and pray with power.

*Father, we're ready to take control of our thoughts. It's by Your power that we're able to combat negativity. Fill our minds with Your goodness and truth. Thank You for giving us joy, peace, and hope. In Jesus' name, amen.*

### **Start doing.** Commit to a step and live it out this week.

- [Listen to Finding Hope in Grief on the You've Heard It Said podcast: www.go2.lc/YHIS54](http://www.go2.lc/YHIS54)
- [Find more mental health resources: www.life.church/mentalhealth](http://www.life.church/mentalhealth)
- Start the *Wisdom for Mental Health* Bible Plan using Plans With Friends: [www.go2.lc/mentalhealthplan](http://www.go2.lc/mentalhealthplan)