

“Transform Your Negative Thoughts”
Hope for Everyday
Part 6

***“Be careful how you think; your life is shaped by
your thoughts.”***

Proverbs 4:23-24 GNT

What you think = SHAPES YOUR LIFE!

Your Thoughts – have incredible power in your life

YOU can have incredible Power **over** your thoughts!

“For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. ⁶ For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.”

Romans 8:5

Four areas of Negativity:

Relational pessimism

Negative Lens

Polarized Thoughts

Blaming

“When David and his men came to Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive. ⁴ So David and his men wept aloud until they had no strength left to weep.

v. 6 “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 30:3-6

“Praise the LORD, O my soul; all my inmost being, praise his holy name.²Praise the LORD, O my soul, and forget not all his benefits—³who forgives all your sins and heals all your diseases,⁴who redeems your life from the pit and crowns you with love and compassion,⁵who satisfies your desires with good things so that your youth is renewed like the eagle’s.

v. 8 “The LORD is compassionate and gracious, slow to anger, abounding in love.

Psalm 103;

***But you, O Lord, are a compassionate and gracious God,
slow to anger, abounding in love and faithfulness.***

Psalm 86.15

***The LORD is gracious and compassionate,
slow to anger and rich in love.***

Psalm 145.8

***“The LORD, the LORD, the compassionate and gracious God,
slow to anger, abounding in love and faithfulness,”***

Exodus 34: 6



IDENTIFY what is filling you with Negativity

TAKE ACTION

“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

“Rejoice in the Lord always. I will say it again: Rejoice! ... The Lord is near. ⁶ Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Philippians 4:4-9

TO THIS WORLD BUT Be tRansFormed BY THE RENEWAL OF your MIND

you shall not walk in their statutes

Lev 18:3

After the Image of it's Creator

Col 3:10

Christ who lives in me

Gal 2:20

do not be conformed to the passions of your former ignorance

1 Peter 1:14

If anyone is in Christ he is a new creation

2 Cor 5:17

We are God's children now

1 John 3:2

Be Conformed to Christ we all... are being transformed into the SAME IMAGE from one degree of GLOBY to another