

# DEALING WITH NEGATIVE THOUGHTS



When we don't deal with negative thoughts, they will take root, grow and produce negative consequences. Often the result is depressed feelings, guilt, condemnation, worthlessness, a dysfunctional self-view, anger, bitterness, resentment, un-forgiveness, and jealousy—to name a few. These are attempts by the devil to keep us from enjoying God's best for our lives. Allowing these thoughts to fester will result in unruly emotions, paralyzing fear, and poor behavioral choices with real consequences. Taking the negative thoughts captive instead of being held captive by them breaks the chains of bondage. Challenging these unproductive thoughts and measuring them against God's Word begins the process of changing them. This leads to constructive thoughts, healthy feelings and emotions, and acceptable behavior with favorable outcomes.

Condemnation and conviction are very different. Condemning thoughts are lies from the enemy that are designed to defeat us. When God convicts us (chastises us), His sole purpose is to correct us and make us better (like a parent disciplines their child), even though it feels bad to our flesh. Knowing this difference is extremely critical to the life of a Christian believer.

The enemy's only purpose and plan is to kill, steal and destroy (John 10:10). Jesus is the truth, the way and the life. He came to give us an abundant life. Therefore, the key to victorious living is to identify and reject the enemy's lies, and replace them with God's truth. God's truth is accessed when we study, know, believe and confess His Word— in confident faith. We are children of God, so our identity is rooted in Him. Therefore, we are more than conquerors. We are victorious!

1. What is the negative thought in my mind?
2. How does this thought make me feel?
3. Am I being CONVICTED (by The Holy Spirit/God) or CONDEMNED (by satan/the deceiver)?
4. If it's CONDEMNATION, what does God's Word say about this thought?
5. What evidence PROVES this thought?
6. What evidence DISPROVES this thought?
7. If I look at the situation through God's eyes and line it up with His Word, how is it different?
8. What is the truth about the lie I've been believing?
9. If it's CONVICTION, what do I need to change to make things better?