



HOW TO OVERCOME YOUR NEGATIVE THOUGHTS

PHILIPPIANS 4:4-9

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I. THE IMPORTANCE OF MY THINKING

10,000 thoughts a day pass through our minds...and they try to predict what we will become.

A.W. Tozer

For as he thinks in his heart, so *is* he.

Proverbs 23:7a (NKJV)

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

Proverbs 4:23 (TEV)

I've told you this so that my peace will be with you. In the world you'll have trouble. But cheer up! I have overcome the world.

John 16:33 (GWT)

II. WAYS TO OVERCOME MY NEGATIVE THOUGHTS—PHILIPPIANS 4:4-9

1. Decide to change my thinking (v.4-5)

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Romans 12:2 (NLT)

2. Replace my worry with prayer (v.6)

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!
Isaiah 26:3 (NLT)

3. Be thankful (v.6b-7)

4. Focus on the good in life (v.8-9)

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 Corinthians 10:3-5 (NIV)

It's better to be an optimist who is sometimes wrong than a pessimist who is always right.
Unknown