

SERMON NOTES

September 3, 2017

WHY CAN'T I STOP THINKING NEGATIVE THOUGHTS?

"How do you run from what's inside your head?"

SAME SITUATION, DIFFERENT THOUGHTS

CHRISTIANS DEAL WITH THOUGHTS DIFFERENTLY

① _____ **Genesis 6:5-6** *The LORD saw how great the wickedness of the human race had become on the earth, and that every inclination of the thoughts of the human heart was only evil all the time. ⁶ The LORD regretted that he had made human beings on the earth, and his heart was deeply troubled.*

Psalms 10:4 *In his pride the wicked man does not seek him; in all his thoughts there is no room for God.*

② _____ **Psalms 13:2** *How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me?*

③ _____ **Psalms 55:1-2** *Listen to my prayer, O God, do not ignore my plea; ² hear me and answer me. My thoughts trouble me and I am distraught.*

④ _____ **1 Corinthians 13:11** *When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me.*

⑤ _____ **2 Corinthians 10:3-5** *For though we live in the world, we do not wage war as the world does. ⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ 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.*

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CHEW ON IT

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Worry. **(Matthew 6:25-34)** Pagan actions.
Filth. **(1 Corinthians 6:9-11)** Do not be deceived.
Anger/Rage. **(Luke 6:45)** The mouth speaks what the heart is full of.

Psalm 19:7-14

*The law of the LORD is perfect, refreshing the soul.
The statutes of the LORD are trustworthy, making wise the simple.
⁸ The precepts of the LORD are right, giving joy to the heart.
The commands of the LORD are radiant, giving light to the eyes.
⁹ The fear of the LORD is pure, enduring forever.
The decrees of the LORD are firm, and all of them are righteous. ¹⁰
They are more precious than gold, than much pure gold;
they are sweeter than honey, than honey from the honeycomb. ¹¹
By them your servant is warned;
in keeping them there is great reward.
¹² But who can discern their own errors?
Forgive my hidden faults.
¹³ Keep your servant also from willful sins; may they not rule over me.
Then I will be blameless, innocent of great transgression.
¹⁴ May these words of my mouth
and this **meditation** of my heart
be pleasing in your sight, LORD,
my Rock and my Redeemer.*

BIBLE GUM

- Chew on the positive, the good, what's right and blameless.
- Chew on what's bad, what's evil, what is evil in God's sight.

"...many of Jesus' disciples turned back & no longer followed Him." (John 6:66)
All references taken from The New International Version of the Bible unless noted.

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