

## THINKING TRUE THOUGHTS Part Four

### INTRODUCTION

- Today, in our series, the battle that sometimes rages inside a person—between faith in the facts on one hand and \_\_\_\_\_ on the other (James 1:8).
- Wrong thinking often comes from weaknesses of the \_\_\_\_\_:
  - Powerful \_\_\_\_\_
  - Physical \_\_\_\_\_
  - Other physical or mental infirmities
  - Physical or hormonal changes in the body.
- We should not allow subjective feelings to falsely color our view of \_\_\_\_\_ realities such as the truths of God and the truth about God.

### III. THE CORRECT APPROACH TO THINKING TRUE THOUGHTS

- Four transformational techniques:

**A. \_\_\_\_\_ on the truth of God.**

**B. Meditate on simple \_\_\_\_\_ about God.**

**C. Talk about the past, present, and future \_\_\_\_\_ of God.**

**D. Talk to your \_\_\_\_\_ about God.**

- Like \_\_\_\_\_ did on many occasions in the Psalms.
- Human beings are a union of \_\_\_\_\_, soul, and body (1 Thess. 5:23).
- The soul may be best described as that part of you that feels, thinks, and \_\_\_\_\_.
  - Since it's very closely tied to the body, it's susceptible to being influenced by weaknesses of the flesh.
  - Sometimes, your soul may have a hard time seeing truth without looking through the lens of feelings.
  - At times, your soul may want to cuddle itself in self-\_\_\_\_\_ rather than thinking true thoughts.
- But you also have a spirit; and David, in spirit, instructed his own soul about the right \_\_\_\_\_ to think and feel based on truth of God.
- When tempted to think wrong thoughts, do what David did:
  - 1. Tell your soul to find \_\_\_\_\_ in God (Ps. 35:9-10).**
    - When powerful feelings threaten to steal your joy in the Lord, tell your soul to rejoice in the Lord and by so doing, allow yourself to feel His goodness in your \_\_\_\_\_.

**2. Tell your soul to wait \_\_\_\_\_ on God (Ps. 62:5-6).**

- When your soul starts feeling impatient, gets all worked up, stressed out, or is having a meltdown; tell it to wait on God's \_\_\_\_\_.

**3. Tell your soul to \_\_\_\_\_ and praise God (Ps. 34:2, 103:22, 146:1).**

- When your soul doesn't feel like participating in praise, like a recalcitrant child that doesn't want to get out of bed in the morning, tell it that praising God isn't just for \_\_\_\_\_ people; it's for you, right now.

**4. Tell your soul to \_\_\_\_\_ in God (Ps. 116:7, 131:2-3).**

- When your soul is \_\_\_\_\_ by doubts, fears, or unbelief, remind it about how good God has been to you and tell it to rest in the Lord.

**5. Tell your soul to be \_\_\_\_\_ in God (Ps. 42).**

- Vs. 1-3: the Psalmist was writing at a time when it felt like God was \_\_\_\_\_.
- Vs. 4: the memories of times when God seemed close was making the present situation \_\_\_\_\_ to bear.
- Vs. 5: the Psalmist's conversation with his soul:
  - God is your \_\_\_\_\_ (past, present, future).
  - "Help of His countenance [face]" = God hasn't turned His \_\_\_\_\_ on you.
  - Therefore, the command to his soul was, "Hope in God."
- Vs. 11: The Psalmist's \_\_\_\_\_ conversation with his soul (see also 43:5).

### CONCLUSION

- The next time you are tempted to think untrue thoughts, have a heart-to-heart with your soul:
  - Don't let your soul tell you how to think or feel;
  - You tell your \_\_\_\_\_ how you're going to think and feel based on trustworthy truths of God's Word, character, promises, and demonstrated blessings in your life.