

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.