



## “Playing with Negative Thoughts”

### Playing with Fire Series

Pastor Mark

2.28.21

“You must not live like the people who do not believe in God. They do not think clearly.” Ephesians 4:17

#### How do we stop playing with negative thoughts?

1) You were **MADE IN GOD’S IMAGE**

- “So God created man in His own image, in the image and likeness of God He created him; male and female He created them.” Genesis 1:27
- \_\_\_\_\_ is based on your identification to God!
- “What’s the price of two or three pet canaries? Some loose change? But God never overlooks a single one. And he pays even greater attention to you, down to the last detail—even numbering the hairs on your head! So don’t be intimidated by all this bully talk. You’re worth more than a million canaries.” Luke 12:6–7

2) Quit **COMPARING YOURSELF** to others

- “I praise you because you made me in an amazing and wonderful way. What you have done is wonderful. I know this very well.” Psalm 139:14
- Get rid of the **IDEAL PERSON** in your head.
- “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.” Romans 12:2

3) Surround yourself with **POSITIVE PEOPLE**

- “Do not be misled. Bad company corrupts good character.” 1 Corinthians 15:33

4) **PRAYER** is the key for overcoming negative thoughts

- “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7
- The more I pray with thanksgiving, the more I overcome negative thoughts!

5) The greatest reason why you can stop negative thinking: **JESUS**

- “Though you once were far from God, now you have been brought near to him because of the blood of Christ.” Ephesians 2:13
- We spend a lot of time remembering our failures. Jesus spent a lot of love saying we could forget!