

# The Trouble With Thinkin' Stinkin' Thinkin'

*As a man thinks in his heart, so is he."  
Proverbs 23:7*

**Tonight we will explore God's antiseptic for these thinking distortions.**

## **Intro:**

(ie) the hidden rotten Easter egg.

## **I. The Bible is Concerned About Our Thoughts.**

The mind is the boiler room of the body. It is the primordial soup of the soul. It is what makes us who we are. It manufactures all our emotions, our beliefs and our actions. It determines our character.

Our thought influence the color of our souls just as ink dropped in to water colors the whole. Thoughts taint the mind and emotions and ultimately affect the body to a huge degree.

Show me what you are feeling and I will show you what you are thinking.  
*"For as a man thinks in his heart, so is he."*

Every emotion is preceded by a thought or thoughts.

Emotions, feelings are reflections of our thoughts and beliefs. Destructive thoughts bring destructive emotions. Pleasant thoughts bring pleasant feelings. Angry thoughts produce angry reactions. Stupid thoughts produce stupid actions.

Every emotion can be tracked to the thoughts that produced it. This is true even if there are chemical imbalances in the body that bring bad emotions.

- (ie) Millionaire - who wants to be? Worst day – lotto commission calls informing you that you just won the 70 million dollar jackpot. EMOTIONS: YES!!! Then a return call informing you that you were the wrong John Doe.
- Hope filled thoughts bring happy emotions.
  - Hope less thoughts bring hopeless emotions

(ie) Bobby, depression tracked down the thought.

(ie) Dreams: The story of me waking and seeing a man in my room. – Real thoughts! Wrong and wrong emotions. Real but wrong.

(ie) Art of brain washing is the science of mind control – emotional control.

## **II. God Holds Us Accountable For our Thoughts.**

Matthew 15:19 For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies:

Mark 7:21 For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders,

Matthew 12:34 O generation of vipers, how can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh.

Isaiah 55:7 Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the LORD, and he will have mercy upon him; and to our God, for he will abundantly pardon. 8 For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD. 9 For *as* the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.

## **III. We Must Correct Our Thoughts.**

It is a search and destroy mission. We are to put a vigilant guard upon our thoughts.

1 Peter 1:13 Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;

2 Corinthians 10:5 3-5 For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare *are* not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

Psalms 139:23-24 Search me, O God, and know my heart: try me, and know my thoughts:  
4 And see if *there be any* wicked way in me, and lead me in the way everlasting.

Hebrews 4:12 For the word of God *is* quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and *is* a discerner of the thoughts and intents of the heart.

Philippians 4:8 Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be any* virtue, and if *there be any* praise, think on these things.

These thinking patterns are evident in the lives of most (if not all) people going through emotional and psychological difficulties. If you are depressed, you are probably practicing these thought distortions. Like a drop of ink in a glass of water, or like a 100<sup>th</sup> gram of sewage in your drinking water, just a little will contaminate the whole.

These thinking patterns lead to emotional disorders, marital strife, personality disorders, conflict with others, fear, anxiety, worry, discouragement, depression and ultimately suicide. The enemy of our souls seeks to infiltrate our lives from the inside (through our thoughts) when he knows he cannot get to us through outside temptations.

The solution to these thoughts is to find and embrace God's true thoughts for each of these thinking distortions. What is truth? Pilate asked that of Jesus. Many Christians are operating on their own set of truths rather than what God says is true. We need to come in line with God's thinking – God's reality. "Let God be true and every man a liar." Let God be true and all my thoughts suspect.

Before we can erase these distorted untruthful thoughts we must first recognize them. That is the reason for this list of 10 of the most common thinking errors. Learn them well. Test your feelings. If you are feeling bad it is probably because you are thinking badly. Whenever you have a mood change know that something in your thinking changed. Every emotion (good or bad) is created by our thoughts. Your thoughts create your moods.

Tonight we will explore God's antiseptic for these thinking distortions.

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|---------------------------|---|
| 1. All or nothing         | (Expecting perfection)                  |
| 2. Overgeneralization     | (Believing Murphy's Laws)               |
| 3. Mental Filter          | (Gloom/Negative colored glasses)        |
| 4. Disqualifying positive | (Rejecting the good things)             |
| 5. Mind Reading           | (Reading people's thoughts and motives) |
| 6. Fortune Telling        | (Predicting disaster)                   |
| 7. Magnification          | (Dwelling on failures, disappointments) |
| 8. Should Statements      | (Demanding fairness, blame and shame)   |
| 9. Labeling               | (Name calling)                          |
| 10. Personalizing         | (Pity party)                            |

Blaming, Shaming, Complaining, Criticizing, Sulking, Pouting, Self-Pity, Bitterness, Disappointment, Anger, Accusing, Condemning, Pessimism, Hopelessness, Despair, Depression.

Workaholic thoughts, Sensual Thoughts, Inferior thoughts, Insecure thoughts, Suicidal thoughts, Get-even thoughts, Hateful thoughts, Obsessive-Compulsive thoughts, Delusional thoughts, Guilty thoughts, Disgraceful thoughts, Self-punishment thoughts.

## **NEGATIVE THOUGHT PATTERNS**

### **10 Thinking Disorders**

These are ten distorted thought patterns that believers often indulge in that are unhealthy, untrue and ungodly. They are "root" thinking disorders of the mind that cause anger, bitterness, and depression. They never bring blessing. They are ten lies of Satan.

**1. All or Nothing Thinking** - things are either or good or all bad.

It is the root soil for perfectionism. Everything must be perfect, or just right, or it is not good enough. Anything less than perfect is failure. You often use words like everyone, always, everywhere, every time, never, all the time.

**2. Overgeneralization (Murphy-ism)** - You believe in Murphy's Laws. You laugh, but you really see life like that. Nothing ever goes right. You are plagued by bad luck, bad breaks. You may even have said, "Someone up there doesn't like me." You believe that much of the time the world is against you.

**3. Mental Filter (Negativism)** - Life appears pessimistic at best. You see the bad before you ever consider the good. You are negative about many things and distrustful of people in general. You look at life through clouded glasses tainted by a negative bent.

**4. Disqualifying the Positive** - You overlook good things, or don't count. It is difficult for you to count your blessings. It is easier to count the non-blessings than to appreciate good things God has done. "Yeh, but" is part of your vocabulary." You see the bad in good things. Every flower has a bee on it. Every sunset forebodes a storm. Every silver lining has a cloud.

**5. Mind Reading** - You assume to know what others are thinking. You perceive yourself as being able to read their thoughts, intents, meanings, and motives – and it is always negative. Rarely do you ever read positive thoughts into people's expressions or actions. This is a form of paranoia, feeling like you are unloved, unliked, and often picked on. You don't have many friends – no wonder!

**6. Fortune Telling** - You predict (assume) disappointing or bad things will happen. You predict the good weather won't last. You often say, "you just watch and see if I'm not right. You take pleasure in predicting the bad as though it were a "gift of God." – Psst, It's not!

**7. Magnification** - Little set backs, arguments, etc., are blown out of proportion. You focus on one negative event to the point of enlarging it beyond belief. You make a big fuss over little things. Your own mistakes as well as other's get magnified, focused on, thought about, talked about, fussed over, fumed over, and kicked around until you are upset and angry. A dirty toilet seat ruins your day.

**8. Should Statements** - Your life is ruled by "oughts & shoulds." You are always in a hurry. You can't ever seem to get enough things done. You carry a load of frustration over the way things "should" or "ought" to be. You have strong opinions about the way life ought to be. "It's not fair" is often your thought or feeling. You nag yourself and other people. You are driven by the "musts" of life. You are caught in a "justice trap" in which everything and everybody ought to be fair. The fact that life is not fair often angers and frustrates you. You are a driven person.

**9. Labeling or Name Calling** - You give people or yourself derogatory labels, like jerk, stupid, idiot, no good-for-nothing, failure, etc. You probably heard those derogatory names directed at you in your childhood home. You are quick to label people with the same labels you were given. Somehow labeling others makes you feel better about yourself. Yet, when you fail or make a mistake you often get down on yourself and label yourself as useless, hopeless, stupid, etc.

**10. Personalization** - You feel guilty and responsible when things go wrong. When someone says, "Who broke the lamp?" You feel like they are blaming you. You are a latent paranoid – just waiting to have a "pity party." You beat yourself up with guilt trips for not doing more to help someone or preventing something that went wrong. You feel like you are responsible for everything. You feel like you were to be someone else's Messiah, but often you fall far short so you blame yourself. You are prone to guilt trips.

# BIBLICAL PERSPECTIVE ON NEGATIVE THOUGHT PATTERNS

## 10 Troubling Thinking Patterns-Disorders

These are ten distorted thought patterns that believers often indulge in that are unhealthy, untrue and ungodly. They are "root" thinking disorders of the mind that cause anger, bitterness, and depression. They never bring blessing. They are ten lies of Satan.

**1. All or Nothing Thinking (perfectionism)** - things are good or all bad.

Think soberly – Romans 12:3

Glory in your weaknesses – I Cor. 12:9-10

Treasure in vessels of clay – 2 Cor 4:7

**2. Overgeneralization (Murphy-ism)** - You believe in Murphy's Laws.

Stagger not in unbelief – Romans 4:20-21

All things work together – Romans 8:28

God's plans and purposes – Jeremiah 29:11

**3. Mental Filter (Negativism)** - Life appears pessimistic at best.

Think on good things – Philippians 4:8

In everything give thanks – I Thessalonians 5:18

**4. Disqualifying the Positive** - You overlook good things, or don't count.

A false balance – Proverbs 11:1

I can attitude – Philippians 4:13

**5. Mind Reading** - You assume to know what others are thinking.

The test of a false prophet – Deuteronomy 18:22

Love thinks no evil – I Corinthians 13:5-7

Judge not appearances – John 7:24

**6. Fortune Telling** - You predict disappointing or bad things will happen.

If our heart condemns us – I John 3:20

Let God be true – Romans 3:4

**7. Magnification** - Little set backs are blown out of proportion.

What can separate us? – Romans 8:35

If God be for us... – Romans 8:31

No weapon against you – Isaiah 54:17

**8. Should Statements** - Your life is ruled by "oughts & shoulds."

No deeds of the law – Romans 3:20

Not by might nor by power – Zechariah 4:6

Add one cubit to your...Matthew 6:27

**9. Labeling or Name Calling** - You give people derogatory labels

Call no man fool – Matthew 5:22

What God has cleansed – Acts 10:15

**10. Personalization** - You feel responsible when things go wrong.

Accuser of the brethren – Zech 3:1-5

Satan is the accuser – Revelation 12:10-11

## NEGATIVE THOUGHT PATTERNS

### 10 Troubling Thinking Patterns-Disorders

1. All or nothing (Expecting perfection)
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