

## Godly Thinking Patterns



Isaiah 55:7-9

7 Let the wicked forsake his way and the evil man his thoughts. Let him turn to the LORD, and he will have mercy on him, and to our God, for he will freely pardon. 8 "For my thoughts are not your thoughts, neither are your ways my ways," declares the LORD. 9 "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

## Thoughts Accuse or Excuse Us.

Romans 2:15 *Their thoughts the meanwhile accusing or else excusing one another;*



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

## Our Minds and Emotions



### Our Thoughts

Our thoughts influence our feelings.

Every emotion is preceded by a thought.

Our thoughts reveal our beliefs.

## I. Think Too Highly of Self



### "Personal Exemption"

*I am too busy with other more important things. I am too involved in my career, my business, my family, my fun.*

**Proverbs 6:16-17** There are six things the LORD hates, seven that are detestable to him: A proud look, a lying tongue...

## II. Think Too Lowly of Self



### "Miserable me"

*I am a nobody. I can't do anything. I have not ability of gift in the body of Christ. God can't use me. Nobody loves me.*

**Low self-esteem:** too lowly, unworthy, untalented, ill-equipped to serve sacrificially.

## Internal Self-Critical Thoughts



*For the accuser of our brothers, who accuses them before our God day and night, has been hurled down. - Revelation 12:10*

1. Condemning
2. Accusing
3. Blaming
4. Shaming
5. Criticizing
6. Complaining
7. Pouting
8. Self-pity
9. Anger
10. Bitterness

## 10 Distorted Thought Patterns

### *Untruthful Thoughts (lies)*

1. Perfectionism
2. Overgeneralization
3. Negative Views
4. Rejecting Positives
5. Mind Reading



6. Fortune Telling
7. Magnification
8. Should-itis
9. Labeling
10. Personalizing

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## Evil Thoughts Proceed Out – Mt 15:19



*Roots of bitterness spring up and defile many. – Hebrews 12:15*

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