

7/13-14/19

SERIES: TALK BACK
Part 1: Arrest the Inner Critic

Romans 12:2 “Be transformed by the renewing of your mind

Effect #1: Negative self-talk will DEPRIVE you of blessings.

Deuteronomy 1:21 “See, the Lord your God has given you the land. Go up and take possession of it as the Lord, the God of your Fathers, told you. Do not be afraid; do not be discouraged.

Numbers 13:31 “We can’t attack those people; they are stronger than we are.”

Effect #2: Negative self-talk will DEMOTIVATE your friends.

Numbers 13:30 “Then Caleb silenced the people before Moses and said, ‘We should go up and take possession of the land, for we certainly can do it’”

v.32, “They spread among the Israelites a bad report about the land they had explored”

Numbers 14:3 “If only we had died in the Egypt! Or in this desert! Why is the Lord bringing us to this land only to let us fall by the sword? Our wives and children will be taken as plunder. Wouldn’t it be better for us to go back to Egypt?”

Effect #3: Negative self-talk will DIMINISH your potential.

Philippians 4:13 “ I can do all things through him who gives me strength.”

Effect #4: Negative self-talk will DRAIN your energy.

Romans 15:13 “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

Effect #5: Negative self-talk will DESTROY your peace.

Numbers 13:27 “We went into the land...and it does flow with milk and honey!”

Numbers 14:1 “That night all the people of the community raised their voices and wept aloud. All the Israelites grumbled against Moses and Aaron, and the whole assembly said to them, ‘If only we had died in Egypt...’”

SENSE IT!
TARGET IT!
OPPOSE IT!
PITCH IT