

What we *think* affects how we  
act and feel.

# Thoughts

What we *feel* affects what  
we think and do.

# Feelings

Cognitive  
Behavioral  
Therapy

What we *do* affects how we  
think and feel.

# Behaviors

- Is the thought true? How do you know?
- Is this thought helpful or unhelpful? How do you know?
- What kind of emotions and behavior does this thought lead to?
  - Does thinking this help you feel good about yourself?
- Does thinking this help you in your relationships with friends and family?
  - Does thinking this help you in your daily life?
  - Does thinking this help you accomplish your goals?

**Romans 12:2**, “Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

**II Corinthians 10:5**, “We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

**I Thessalonians 5:21**, “but test everything; hold fast to what is good.

**1 Timothy 6:6-12**, “Godliness with contentment is great gain.” **Philippians 4:11**, “Not that I am speaking of being in need, for I have learned in whatever situation I am to be content.” Happiness is a choice we make. We are as happy as we choose to be.

**Proverbs 23:7**, “For as you think within yourself, so you become.”

**Philippians 4:8**, “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

**Ephesians 6:12**, “For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.” **John 10:10, Revelation 12:9**, Satan’s mission – deceive, destroy, steal, and kill.

**Proverbs 18:21**, “Death and life are in the power of the tongue.”

**John 8:32**, “The Truth will Set You Free.” Lies will keep you in bondage.

Thought grounding/calming exercise.

Look around you and name 5 things you see. Look at something (an object, a color, etc.) Tell yourself what you are seeing.

Name 4 things you touch. Touch something (different textures, different objects). Tell yourself what you are touching. What does it remind you?

Name 3 things you hear. Listen to a sound (music, voices, other sounds). Tell yourself what you are hearing.

Name 2 things you can smell. Remind yourself of what the smells remind you. Now think of 1 calming thought and focus on it.

**Colossians 3:2-3**, "I will let heaven fill my thoughts; I will not spend my time worrying about things down here... My life is in heaven with Christ and God."

**Matthew 28:20**, "And behold, I am with you always, to the end of the age."

**I Peter 5:6-7**, "Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, 7 casting all your anxieties on him, because he cares for you."

There are three practical steps to rid ourselves of anxiety.

1. Focus on God's power, not my weakness (vv. 6, 10-11).
2. Petition God (Phil 4:6-7).
3. Practice thinking right thoughts (Phil 4:8-9).

We find this easier said than done, don't we? Is it because we don't want to admit that there are some things in life that we can't control? (v. 6). Is it because we feel more righteous trying to carry the burden of the world on our own shoulders? Is it a lack of faith? Is it unbelief?

Most of us really believe that God cared for Joseph, Daniel, Paul, and Peter and that he used his mighty power on their behalf.

Has God lost his power?

Does he no longer care?

Now is the time to practice what we sing: "Oh yes he cares, I know he cares..."

**Philippians 4:6-7**, "Be anxious for nothing, but in everything by prayer and supplication, with Thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and Minds through Christ Jesus."

**II Timothy 1:7**, "For God does not give me a habit of fear; but of power, and of love, and of a peaceful mind."

**Deuteronomy 31:6**, "Be strong and of good courage, do not fear or be afraid of them for the Lord your God, He is the one who goes with you. He will not leave you or forsake you."

**Isaiah 26:3**, "God will keep me in perfect peace when my mind is focused on and trusting in Him."

**II Corinthians 12:9**, "My grace is sufficient for you, for my power is made perfect in weakness."

**Psalms 119:105**, "Your word is a lamp to my feet and a light to my path."

**Ecclesiastes 11:5**, “Just as you cannot understand the path of the wind or the mystery of a tiny baby growing in its mother's womb, so you cannot understand the activity of God, who does all things.”

**Hebrews 11:1-2**, “The fundamental fact of existence is that this trust in God, this faith, is the firm foundation under everything that makes life worth living. It's our handle on what we can't see. The act of faith is what distinguished our ancestors, set them above the crowd.

**James 1:2-4**, “Consider it a sheer gift, friends, when tests and challenges come at you from all sides. You know that under pressure, your faith-life is forced into the open and shows its true colors. So don't try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way.”

**1 Peter 1:6-7**, “Pure gold put in the fire comes out of it proved pure; genuine faith put through this suffering comes out proved genuine. When Jesus wraps this all up, it's your faith, not your gold, that God will have on display as evidence of his victory.”

**Acts 13:36**, Why am I here? I'm here to fulfill God's purpose in my generation; that is I am to represent God in my circle of influence and seek His will during the time he allots to me.

**Ephesians 1: 4-8**, “Long before he laid down earth's foundations, he had us in mind, had settled on us as the focus of his love, to be made whole and holy by his love. Long, long ago he decided to adopt us into his family through Jesus Christ. (What pleasure he took in planning this!) He wanted us to enter into the celebration of his lavish gift-giving by the hand of his beloved Son.

**I Timothy 6:6**, “Godliness with contentment is great gain.” “God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time, Enjoying one moment at a time, Accepting hardship as a pathway to peace, Taking, as Jesus did, This sinful world as it is, Not as I would have it, Trusting that You will make all things right, If I surrender to Your will, So that I may be reasonably happy in this life, And supremely happy with You forever in the next. Amen”

**II Corinthians 12:10**, "I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong."

**John 14:1-6**, “4 “**Let not your hearts be troubled. Believe in God;[a] believe also in me.** 2 In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you?[b] 3 And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also.”