

# Gaining Victory in My Self-Talk-5

Pastor David L. Thomas

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# SERMON NOTES

1. We see in Proverbs 23:7 as I think (shaw-ár) in my heart (self-talk) or the words I speak to myself \_\_\_\_\_ are the reality of who I am, not the words I speak \_\_\_\_\_. The Hebrew word for “think” in this verse literally means \_\_\_\_\_. I must be the \_\_\_\_\_ over my thoughts for over time they become my self-talk.

## 2 Corinthians 10:5 MSG

2. Am I bigger on the \_\_\_\_\_ than on the \_\_\_\_\_? Outside are words and actions. Inside are motives, attitudes, and thoughts. Eventually my motives, attitudes, and thoughts become my words and actions.
3. Don't call me Naomi (pleasant) call me (Mara) bitter. We can be \_\_\_\_\_ at God, others, life, or self and become stuck in our self-talk that cannot \_\_\_\_\_.

## 1 Kings 19:4 MSG

4. We have this treasure in human, frail bodies. We sometimes are completely worn out from life and the battles. In Elijah's case he needed some \_\_\_\_\_ and \_\_\_\_\_ for the journey ahead.

We make an error when we think every problem is \_\_\_\_\_, and thus always has a \_\_\_\_\_ answer. Rest and nourishment were the last thing on Elijah's mind (death was) but God knew he really needed to rest and have some nourishment.

Watch your self-talk when you feel \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. Elijah would discover from God that there were actually 7,000 who had not turned away from God, but his self-talk had him as the lone man in God's service.

5. Unless I get my \_\_\_\_\_ into \_\_\_\_\_ with God and His Word I can never change my self-talk.

**Romans 12:2 NKJV** And do not be \_\_\_\_\_ to this world, but be transformed by the \_\_\_\_\_, that you may prove what is that good and acceptable and perfect will of God.

David had learned the secret of strengthening himself in God!

**1 Samuel 30:6 NKJV**

6. This verse does not say that God strengthened David, but that David \_\_\_\_\_ in the Lord his God. This is a practice that each believer needs to \_\_\_\_\_. This has much to do with bringing our self-talk into \_\_\_\_\_ with God and His Word. David then became one of the greatest ever at bringing strength and courage to others.

7. Gaining victory in my self-talk is not a self-centered, egotistical thing to do. I cannot \_\_\_\_\_ what I do not \_\_\_\_\_. The first person I lead is \_\_\_\_\_, but it doesn't end with me. Only as I have first dealt with the plank in my own eye can I assist someone with the speck in theirs.

**Matthew 7:5 Judges 6:12-16 NKJV**

8. We are certainly permitted to have our “IF”, “WHY”, “WHERE”, and “BUT NOW” questions of God. David, the man after God's heart had times of bringing questions before God. Our emphasis should be upon our struggle to \_\_\_\_\_ and \_\_\_\_\_ life and it's unfairness rather than questioning God's character and integrity. The reason: our deep, persistent thoughts become our self-talk. We do not want our self-talk to be cynical, doubtful and negative.

**Philippians 4:4 MSG** Developing and maintaining an attitude of gratitude will impact your self-talk; for God becomes your focus.

**Philippians 4:5 MSG** Our self-talk has much to do with how we view and treat those around us.

**Philippians 4:6 MSG** Praying without ceasing causes our self-talk to come into alignment with God and His Word. This type of praying is often non-verbal.

**Philippians 4:7 MSG** When Christ is at the center of our self-talk He is at the center of our life.

## Philippians 4:8-9 MSG

9. Our self-talk will be based upon what we \_\_\_\_\_ with and \_\_\_\_\_ upon.

Watch your thoughts, for they become (your self-talk) and words.

Watch your words, for they become actions.

Watch your actions, for they become habits.

Watch your habits, for they become character.

Watch your character, for it becomes your destiny.

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| <p>1. internally, externally, gate keeper, gate keeper 2. inside, outside<br/>3. offended, let go and move on 4. rest, nourishment, spiritual, spiritual, alone, isolated, fearful 5. thinking, alignment, conformed, renewing of your mind 6. strengthened himself, develop, alignment 7. give, have, me<br/>8. grasp, understand 9. fill our minds, meditate</p> |
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