

## “Overcoming Negative Thinking”

Like anything worth doing in life, learning to manage negative thoughts is a PROCESS. And it is a process that you don't have to do alone. God wishes to be your greatest encourager and guide. To fill out the five steps below, you will need the clues from Pastor Scott's April 7, 2019, message (based on Psalm 23 and Romans 8).

_____ in God's view of you.	<i>(Psalm 23: 1-3a; Romans 8:1-2,31-39)</i>
_____ for compassionate change.	<i>(Psalm 23: 3b; Romans 8: 6, 9)</i>
_____ your fears (with God's help).	<i>(Psalm 23: 4-5; Romans 8: 14-15)</i>
_____ for the positive.	<i>(Psalm 23: 6a; Romans 8:28)</i>
_____ in a spiritual walk each day.	<i>(Psalm 23: 6b; Romans 8:3b-4)</i>

Each day, you can practice getting into a more positive and healthy attitude.... even when life gets really challenging. Remember this is one step at a time. If you can, allow friends to support you in this. Finally, whether you are doing well or not, keep in mind that GOD LOVES YOU no matter what!

(Other Bible verses for further reflection: Psalms 91 and 139; Proverbs 3: 1-8, 4: 23; Zephaniah 3: 16-17; Matthew 6: 25-34, 11: 28-30; Romans 12: 1-2; Colossians 3: 1-2; ; Ephesians 4: 29-32; 2 Timothy: 1: 7)

### Great is Thy faithfulness

“Great is Thy faithfulness,” O God my Father, There is no shadow of turning with Thee;  
Thou changest not, Thy compassions, they fail not As Thou hast been Thou forever wilt be.

“Great is Thy faithfulness!” “Great is Thy faithfulness!” Morning by morning new mercies I see;  
All I have needed Thy hand hath provided— “Great is Thy faithfulness,” Lord, unto me!

Summer and winter, and springtime and harvest, Sun, moon and stars in their courses above,  
Join with all nature in manifold witness To Thy great faithfulness, mercy and love.

Pardon for sin and a peace that endureth, Thine own dear presence to cheer and to guide;  
Strength for today and bright hope for tomorrow, Blessings all mine, with ten thousand beside!

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