



Bible Lessons With Sandra Linnear

Silencing Negative Thoughts

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OVERVIEW & PURPOSE

As Christians we must learn how to silence negative thoughts to have the peace of God. Our thoughts should represent how God sees us. Negative thoughts arise by choice because man makes little effort to counter them. Negative thoughts that are not relinquished, find places inside the mind and inside the heart and grow.

KEY SCRIPTURES: II Corinthians 10:5 Philippians 4:8-9

SUPPORTING SCRIPTURES: Philippians 4 | Psalms 85:10 | Isaiah 26:3 |

RESOURCES

King James Holy Bible

Video or audio on most digital platform: <https://youtu.be/9LiGvqU4pog>

Website: <https://sandrallinnear.com>

SUMMARY

When a negative thought approaches you through hearing or by exchanging thoughts that are within, stop and do not entertain nor give it a place in your memories. Silencing the thought(s) by casting it down; II Corinthians 10:5, "Casting down imaginations, and every high thing that exalteth itself against the knowledge of God and bringing into captivity every thought to the obedience of Christ."

KEY HIGHLIGHTS

1. Apostle Paul encourages and challenges the Christians to silence negative thoughts.
2. Apostle Paul encourages the Christian in thinking of truth and honest. Upright, fair in dealing with others; free from deception and fraud; acting according to justice or correct moral principles; applied to persons.
3. Apostle Paul understood that Philippians 4:8 to be key in the Christians daily walk of peace. Paul said, "Those things, which ye have both learned, and received, and heard, and seen in me, do and the God of peace shall be with you."

TERMS imagination, lovely,

APPLICATION

1. Determine your state of mind daily as you are communicating with others and as you are quiet within yourself.
2. Get rid of negative thoughts by casting them down in Jesus Name and command them to be silence.
3. Counter each negative thought with a positive one, using the scriptures.
4. Do not let others use you as a dumping ground for negative thoughts.
5. Believe what God says about you.

ACTIVITY: ROMANS 10:9-11

9 That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.

10 For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.

11 For the scripture saith, whosoever believeth on him shall not be ashamed.

Those who have not or those who cannot remember a time when they ask Jesus to come into their heart and save them, is encouraged to make the confession of faith today for salvation.

PRAYER OF SALVATION

Lord, I accept the plan you have for salvation. I am confessing that I am a sinner that needs your grace, Jesus. I confess that Jesus is Lord, and he died, and he rose from the grave with all power to set me free. I ask Jesus to come into my heart and save me now. I believe with my confession and the understanding of God's love for me I am saved today in Jesus's Name.

(enter name and date here) **PRINT AND KEEP**