

OVERCOMING DAMAGING SELF-TALK
FRIDAY, JUNE 21 10:45-11:45
Karen Ball & Erin Taylor Young, Write from the Deep

What Is Negative, Damaging Self-Talk?

Why Does What We Say To Ourselves Matter?

We're _____ . _____ are important to us.

God's creative power is _____ . Psalm 33:6, James 3:3-10

- Words can breathe _____ into our _____ or _____ to our selves and others
- We can let _____ infuse our _____, which becomes a powerful vehicle of _____.
- Or let negative self-talk become _____ to _____.

What does God want us to do with the power of words? Proverbs 12:18, Hebrews 3:14

What we _____ matters to God. We're meant to _____ by speaking truth in our hearts and minds. (Psalm 51:6 ESV)

What if we don't live and breathe truth?

We're perpetuating _____.

It's critical that we _____ before it heads us away from God's plans and truth.

Principles That Can Help Us Overcome Damaging Self-Talk:

1. Recognizing _____ and Replacing Them with _____

Lies

Truth

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

We need to _____ our hearts and minds with God's voice and His truth or _____ to replace the lies with.

Spend _____ and trust that _____.

John 10:27, Zephaniah 3:17, Luke 12:7, Nahum 1:7, Hosea 2:19-20

2. Recognize Self-Sabotage and Overcome It

God is _____ for us. Romans 8:31.

Negative self-talk is a form of _____.

Why do we sabotage ourselves?

Sometimes Negative Self-Talk Is _____.

Sometimes Negative Self-Talk Is _____ Protection.

The root of Negative Self-Talk is _____!

God wants us to use words for GOOD—
for others AND for ourselves.