

# Stop the Negative Self-Talk

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## 1. Why do you do what you do?

- You feel obligated
- You want to do it
- You want to be accepted
- Your identity (primary reason)

## 2. If you want to change what you do, change what you think of you

- Your distorted identity creates destructive habits
- Your destructive habits reinforce your distorted identity

<sup>44</sup> For you are the children of your father the devil, and you love to do the evil things he does. He was a murderer from the beginning. He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies. <sup>45</sup> So when I tell the truth, you just naturally don't believe me!

**John 8:44-45 NLT**

Every day Jesus went to the Temple to teach, and each evening he returned to spend the night on the Mount of Olives. **Luke 21:37 NLT**

Then, accompanied by the disciples, Jesus left the upstairs room and went as usual to the Mount of Olives. **Luke 22:39 NLT**

## 3. Instead of focusing on what you want to do, decide who you want to become

<sup>21</sup> Since you have heard about Jesus and have learned the truth that comes from him, <sup>22</sup> throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. <sup>23</sup> Instead, let the Spirit renew your thoughts and attitudes. <sup>24</sup> Put on your new nature, created to be like God – truly righteous and holy. **Ephesians 4:21-24 NLT**

**See also:** 2 Corinthians 5:17; Ephesians 2:10; Matthew 5:14; Ephesians 6:20; Romans 8:37

### Next Steps:

- Read/study what the Bible teaches me about who I am in Christ
- Spend time in prayer each day this week, focusing on my identity as a disciple of Jesus
- Put a stop to negative talk about myself
- Attend the rest of “The Power to Change” series (or watch on our Youtube channel)
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