



September 17, 2023

How to Overcome Negative Thinking

4 Obsessions that Create Stinking Thinking:

1. What Other People _____
2. The _____ of the Day
3. The _____ of this Life
4. _____

Colossians 3:1-4 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God.² Set your minds on things above, not on earthly things.³ For you died, and your life is now hidden with Christ in God.⁴ When Christ, who is your life, appears, then you also will appear with him in glory.

The One Thing:

Focus My Identity on the _____
That Has Ever Really Mattered –
The Opinion of _____.

4 Ways to Change My Focus:

1. Focus My Heart on _____ on His _____.

Colossians 3:1

2. Focus My Mind on What _____ For _____.

Colossians 3:2

3. Focus My Past, Present, and Future on
What _____ Is _____ in My Life.

Colossians 3:3-4

4. Focus My Life's Purpose on Bringing the
_____ of _____ to Earth.

Colossians 3:1-4