

Appendix

Self-evaluation, helps, hints, Scriptures

- 10 Negative Thought Patterns
- Biblical Remedies for 10 Distortions
- Chart for Negative Thought Patterns
- Lies We Tell Ourselves
- Lies We Tell Ourselves Chart
- I Feel...check up
- Are You a Perfectionist?
- Anger Survey
- Attitude Survey
- Who I Am In Christ - Ephesians
- Identify Your Besetting Sins
- Identify Negative Thought Patterns
- Woe is Me Attitude
- The Wounded Soul (soul care)
- Scriptures on Thoughts
- Scriptures on the Mind
- Scriptures God Knows Your Name

Stinkin' Thinkin' –“10 Common Thinking Disorders”

As a man thinks in his heart, so is he.” – Proverbs 23:7

These are ten distorted thought patterns that believers often indulge in that are unhealthy, untrue and ungodly. They are "root" thinking disorders of the mind that cause anger, bitterness, and depression. They never bring blessing. They are ten lies of Satan.

1. All or Nothing Thinking - things are either or good or all bad.

It is the root soil for perfectionism. Everything must be perfect, or just right, or it is not good enough. Anything less than perfect is failure. You often use words like everyone, always, everywhere, every time, never, all the time.

2. Overgeneralization (Murphy-ism) - You believe in Murphy's Laws. You laugh, but you really see life like that. Nothing ever goes right. You are plagued by bad luck, bad breaks. You may even have said, "Someone up there doesn't like me." You believe that much of the time the world is against you.

3. Mental Filter (Negativism) - Life appears pessimistic at best. You see the bad before you ever consider the good. You are negative about many things and distrustful of people in general. You look at life through clouded glasses tainted by a negative bent.

4. Disqualifying the Positive - You overlook good things, or don't count. It is difficult for you to count your blessings. It is easier to count the non-blessings than to appreciate good things God has done. "Yeh, but" is part of your vocabulary." You see the bad in good things. Every flower has a bee on it. Every sunset forebodes a storm. Every silver lining has a cloud.

5. Mind Reading - You assume to know what others are thinking. You perceive yourself as being able to read their thoughts, intents, meanings, and motives – and it is always negative. Rarely do you ever read positive thoughts into people's expressions or actions. This is a form of paranoia, feeling like you are unloved, unliked, and often picked on. You don't have many friends – no wonder!

6. Fortune Telling - You predict (assume) disappointing or bad things will happen. You predict the good weather won't last. You often say, "you just watch and see if I'm not right. You take pleasure in predicting the bad as though it were a "gift of God." – Psst, It's not!

7. Magnification - Little set-backs, arguments, etc., are blown out of proportion. You focus on one negative event to the point of enlarging it beyond belief. You make a big fuss over little things. Your own mistakes as well as other's get magnified, focused on, thought about, talked about, fussed over, fumed over, and kicked around until you are upset and angry. A dirty toilet seat ruins your day.

8. Should Statements - Your life is ruled by "oughts & shoulds." You are always in a hurry. You can't ever seem to get enough things done. You carry a load of frustration over the way things "should" or "ought" to be. You have strong opinions about the way life ought to be. "It's not fair" is often your thought or feeling. You nag yourself and other people. You are driven by the "musts" of life. You are caught in a "justice trap" in which everything and everybody ought to be fair. The fact that life is not fair often angers and frustrates you. You are a driven person.

9. Labeling or Name Calling - You give people or yourself derogatory labels, like jerk, stupid, idiot, no good-for-nothing, failure, etc. You probably heard those derogatory names directed at you in your childhood home. You are quick to label people with the same labels you were given. Somehow labeling others makes you feel better about yourself. Yet, when you fail or make a mistake you often get down on yourself and label yourself as useless, hopeless, stupid, etc.

10. Personalization - You feel guilty and responsible when things go wrong. When someone says, "Who broke the lamp?" You feel like they are blaming you. You are a latent paranoid – just waiting to have a "pity party." You beat yourself up with guilt trips for not doing more to help someone or preventing something that went wrong. You feel like you are responsible for everything. You feel like you were to be someone else's Messiah, but often you fall far short so you blame yourself. You are prone to guilt trips.

Biblical Remedies for Negative Thoughts

These are ten distorted thought patterns that believers often indulge in that are unhealthy, untrue and ungodly. They are "root" thinking disorders of the mind that cause anger, bitterness, and depression. They never bring blessing. They are ten lies of Satan.

1. All or Nothing Thinking (perfectionism) - Things are either good or all bad.

--- Think soberly - Romans 12:3 --- Glory in your weaknesses - I Cor. 12:9-10 --- Treasure in vessels of clay - 2 Cor 4:7

2. Overgeneralization (Murphy-ism) - You believe in Murphy's Laws.

Do not stagger not in unbelief - Romans 4:20-21 --- All things will work together for good for you - Romans 8:28 --- God has good plans and purposes - Jeremiah 29:11

3. Mental Filter (Negativism) - Life appears pessimistic at best.

Think or focus on good things - Philippians 4:8 --- In everything give thanks - I Thessalonians 5:18

4. Disqualifying the Positive - You overlook good things, or don't count.

Hate a false balance - Proverbs 11:1 --- Believe "I can" attitude - Philippians 4:13

5. Mind Reading - You assume to know what others are thinking.

The test of a false prophet - Deuteronomy 18:22 --- Love thinks no evil - I Corinthians 13:5-7 --- Do not judge outward appearances - John 7:24

6. Fortune Telling - You predict disappointing or bad things will happen.

If our heart condemns us - I John 3:20 --- Let God be true - Romans 3:4 --- God knows His plans for you - Jeremiah 29:11

7. Magnification - Little set backs are blown out of proportion.

What can separate us? Nothing - Romans 8:35 --- If God be for us, no one can be against you - Romans 8:31 --- No weapon against you will prosper- Isaiah 54:17

8. Should Statements - Your life is ruled by "oughts & shoulds."

The deeds of the law cannot justify anyone - Romans 3:20 --- It is not by might nor by power but by God's spirit that we achieve anything - Zechariah 4:6 --- You cannot add one cubit to your stature by thinking about it. - Matthew 6:27

9. Labeling or Name Calling - You give people derogatory labels

Call no man a fool - Matthew 5:22 --- What God has cleansed do not call common or unclean - Acts 10:15 - With our tongues we bless God and curse men who are made in the semblance of God.

10. Personalization - You feel responsible when things go wrong.

Satan is the accuser of the brethren - Zech 3:1-5 --- Satan accuses us before the throne of God - Revelation 12:10-11 --- Don't join into Satan's accusations.

Lies We Tell Ourselves

Have you ever said (thought) to yourself?

- I'm a failure
- I'm a fool
- I'm no good
- I'm hopeless
- I'm an idiot
- I'm so dumb
- I'm stupid
- I'm a jerk
- I'm ugly
- I'm unattractive
- I'm fat
- I'm a slob
- I'm lazy
- I'm clumsy
- I'm spastic
- I'm unlucky
- I'm no good at anything
- I'm lousy
- I'm always wrong
- I'm worthless
- I'm a loser
- I'm wasting my life
- I never win
- I never...get my way
- I never...have any luck
- I'll never amount to anything
- I'll never succeed
- I'll never get married
- I'll never be happy
- I'll never ...
- No one ever...
- Nobody ever...
- It Never...
- Everybody always...
- All the time
- Everywhere I go...
- Everything I do...
- Every time I try...
- I can't make myself happy
- I can't change my attitude
- I can't make anything work for me
- I can't even if other people can
- I can't lose weight
- I can't ever win
- I can't catch a break
- I can't do anything right
- I can't take it anymore
- I can't stand it anymore
- There I go again
- I'm so dumb
- I'm so stupid
- I'm not good at anything
- I'm miserable
- I'm a miserable friend
- I'm nervous
- I'm afraid no one will like me
- I'm afraid I'll fail.
- I'm a boring person
- I envy everyone else's happiness
- What a dumb thing to do
- How can anyone stand me?
- No wonder no one likes me.
- I have no talents
- Life is unfair
- It's not fair
- My life sucks, stinks, is ruined
- My life has no meaning
- My life is a waste
- It's wrong for me to be angry
- I might fail
- I might be rejected
- I might not be liked
- I might make a mistake
- I might be rejected
- I might as well...give up
- I might as well.....die
- I hate life...because...
- I dread tomorrow...because...
- I dread going out...because...
- Just my luck.
- It always happens to me
- I hate life...because...
- I hate people...because...
- I hate church...because...
- If only _____ ...I'd be happy
- If I were _____ ...I'd be happy
- If only people would _____ ...I'd be happier
- If only I were rich...I'd be happy
- If only I were married...I'd be happy
- If only I weren't married...I'd be happy
- If only I didn't have kids...I'd be happy

Lies We Tell Ourselves

We are liars. We exaggerate. We catastrophize. We fib. We prevaricate.

Most of us lie to ourselves. We do not tell the whole truth. We jump to conclusions.

My Situation/Event/Experience

(What happened to make me sad?)

Negative Feeling (I feel...)	Negative Thought(s) (I'm telling myself)	Distortion(s) of Truth (The lie I'm believing)	God's Truth/Reality (God's Opinion)
I'm depressed	I hate myself	<ol style="list-style-type: none"> 1. All-or-Nothing (perfectionism) 2. Generalization (Murphy's law) 3. Mental Filter (gloom & doom) 4. Disqualifying Positives (so what) 5. Mind Reading (no one cares) 6. Fortune Telling (sky is falling) 7. Magnification (exaggeration!) 8. Should Statements (demanding) 9. Name Calling (shaming) 10. Personalizing (blaming, pity party) 	<p>His love never fails I am forgiven I am loved I am not alone God has a plan for me God will make a way God answers prayer God sees my need God feels my hurt God is at work God will provide He will hold me fast</p>
I'm sad	I'm fat		<p>It is helpful to include verse references and even have the promises of God before you.</p>
I'm angry	Nobody cares		<p>Romans 8:28 Isaiah 43:19 Psalm 32:1 Jeremiah 29:11 Hebrews 13:5 Hebrews 4:15 Psalm 136:3 Isaiah 41:13</p>
I'm lonely	I have no friends		
Unloved	Nobody loves me		
Forgotten	I'm unimportant – I don't matter		
Hopeless	I wish I were dead.		
Like quitting	I hate my life.		

Feelings Check List

"I feel..."

The following list contains negative feelings that all of us feel from time to time. Whenever you are "feeling" any of these emotions it is good to remember that we are responsible for the thoughts behind these emotions. Our thoughts and beliefs actually create these unhealthy emotions. There is a thought behind every negative feeling. Correct the thoughts and bring them in line with scripture and the emotions will follow. When we are feeling sad /mad we are thinking sad/mad.

<input type="checkbox"/> abused	<input type="checkbox"/> furious	<input type="checkbox"/> remorseful
<input type="checkbox"/> afraid	<input type="checkbox"/> grieved	<input type="checkbox"/> ridiculed
<input type="checkbox"/> agony, in	<input type="checkbox"/> grief-stricken	<input type="checkbox"/> repulsed
<input type="checkbox"/> alarmed	<input type="checkbox"/> guilty	<input type="checkbox"/> repulsive
<input type="checkbox"/> alienated	<input type="checkbox"/> humiliated	<input type="checkbox"/> resentful
<input type="checkbox"/> angry	<input type="checkbox"/> heartbroken	<input type="checkbox"/> sad
<input type="checkbox"/> anxious	<input type="checkbox"/> hopeless	<input type="checkbox"/> shameful
<input type="checkbox"/> appalled	<input type="checkbox"/> horrified	<input type="checkbox"/> shocked
<input type="checkbox"/> apathetic	<input type="checkbox"/> hurt	<input type="checkbox"/> sorry
<input type="checkbox"/> apprehensive	<input type="checkbox"/> hysterical	<input type="checkbox"/> sorry for self
<input type="checkbox"/> awkward	<input type="checkbox"/> immobilized	<input type="checkbox"/> sorrowful
<input type="checkbox"/> bewildered	<input type="checkbox"/> inadequate	<input type="checkbox"/> spiteful
<input type="checkbox"/> burdened	<input type="checkbox"/> incompetent	<input type="checkbox"/> stupid
<input type="checkbox"/> cheated	<input type="checkbox"/> indignant	<input type="checkbox"/> terrified
<input type="checkbox"/> confused	<input type="checkbox"/> inferior	<input type="checkbox"/> threatened
<input type="checkbox"/> cowardly	<input type="checkbox"/> insane	<input type="checkbox"/> torn up
<input type="checkbox"/> crushed	<input type="checkbox"/> insecure	<input type="checkbox"/> troubled
<input type="checkbox"/> cut off	<input type="checkbox"/> irritated	<input type="checkbox"/> unappreciated
<input type="checkbox"/> defeated	<input type="checkbox"/> jittery	<input type="checkbox"/> uncertain of others
<input type="checkbox"/> dejected	<input type="checkbox"/> lonely	<input type="checkbox"/> uncertain of self
<input type="checkbox"/> depressed	<input type="checkbox"/> mad	<input type="checkbox"/> uptight
<input type="checkbox"/> deprived	<input type="checkbox"/> manipulated	<input type="checkbox"/> used
<input type="checkbox"/> deserving punishment	<input type="checkbox"/> misunderstood	<input type="checkbox"/> unsettled
<input type="checkbox"/> desperate	<input type="checkbox"/> nervous	<input type="checkbox"/> victimized
<input type="checkbox"/> despondent	<input type="checkbox"/> offended	<input type="checkbox"/> weary of living
<input type="checkbox"/> devastated	<input type="checkbox"/> oppressed	<input type="checkbox"/> weepy
<input type="checkbox"/> disappointed in others	<input type="checkbox"/> out of control	<input type="checkbox"/> wishy-washy
<input type="checkbox"/> disappointed in self	<input type="checkbox"/> overlooked	<i>(add your own feelings)</i>
<input type="checkbox"/> disgusted	<input type="checkbox"/> overwhelmed	_____
<input type="checkbox"/> disheartened	<input type="checkbox"/> panic-stricken	_____
<input type="checkbox"/> disillusioned	<input type="checkbox"/> paralyzed	_____
<input type="checkbox"/> dissatisfied	<input type="checkbox"/> pathetic	_____
<input type="checkbox"/> dominated	<input type="checkbox"/> persecuted	_____
<input type="checkbox"/> downhearted	<input type="checkbox"/> pessimistic	_____
<input type="checkbox"/> embarrassed	<input type="checkbox"/> perplexed	_____
<input type="checkbox"/> envious	<input type="checkbox"/> pressured	_____
<input type="checkbox"/> exasperated	<input type="checkbox"/> provoked	_____
<input type="checkbox"/> frantic	<input type="checkbox"/> regretful	_____
<input type="checkbox"/> frustrated	<input type="checkbox"/> rejected	_____

Use this list when you are having a bad day but when you are feeling down.

Then ask yourself what thoughts make you feel like this.

Correct the offending thought with God's truth.

Are You a Perfectionist?

1. ___ I am a competitive person.
2. ___ I am not very flexible.
3. ___ I believe there is a right way do things. My way
4. ___ I believe there's a wrong way to do things. Not my way.
5. ___ I can't stand to see things out of order.
6. ___ I hate making mistakes.
7. ___ I like to be in control.
8. ___ I often procrastinate to make sure things are perfect.
9. ___ I am a fussy person, a nit-picker.
10. ___ There's a place for every thing and everything in its place.
11. ___ I believe cleanliness is next to godliness.
12. ___ I often focus on irrelevant details.
13. ___ I give the appearance of confidence, but I feel insecure.
14. ___ I am dependable.
15. ___ I don't relax easily.
16. ___ I am a workaholic.
17. ___ I like to win. I hate to lose.
18. ___ I hate being late.
19. ___ I hate it when others are late.
20. ___ I worry about what other people think.
21. ___ I worry about the future.
22. ___ I fear rejection.
23. ___ I make lots of to-do lists.
24. ___ I don't like surprises.
25. ___ I like to plan ahead.
26. ___ I always need to be prepared.
27. ___ I don't like spontaneity. I need to prepare ahead.
28. ___ When things aren't done right I feel aggravated.
29. ___ I have high standards for myself and others.
30. ___ I don't like lazy people.
31. ___ I get mad when something breaks.
32. ___ I am always in a hurry.
33. ___ When things go wrong I tend to blame someone.
34. ___ I have been accuse of being too uptights.
35. ___ I want to be the best at everythig I do.
36. ___ I hate failure.
37. ___ I feel like someone is watching me.
38. ___ I hate it when people watch me work.
39. ___ I hate mediocrity and/or sloppiness.
40. ___ I have no time for lazy people.

If you marked 25 or more you are probably a perfectionist—a compulsive person, a driven person, a demanding person, and a person hard to live with. America applauds driven people. God doesn't.

Anger Survey

Please be honest or have your spouse mark this test for you. You should probably only take this test when you are upset. Why? Because we are basically liars. We like to think of ourselves better than we are. When you're angry you are more likely to be truthful on this scale.

Mark each statement measuring your anger quotient:

0 = No anger | 1 = Mildly irritated | 2 = Moderately Upset | 3 = Very Upset - Angry ! | 4 = Furious !!!

1. _____ You unpack an appliance you purchased, plug it in and it doesn't work.
2. _____ You are overcharged by a serviceman when your car broke down.
3. _____ You are singled out for correction while others wrongs go unnoticed.
4. _____ Your car gets stuck in the mud or snow when you are dressed up.
5. _____ You are carrying coffee and someone rudely bumps into you.
6. _____ Someone jokes or teases you about the way you look.
7. _____ Your car stalls at a traffic light and everyone keeps blowing their horns.
8. _____ You make a wrong turn and someone yells, "Jerk, where'd you learn to drive?"
9. _____ You lend someone a book and they don't return it.
10. _____ You get caught in a traffic jam when you are late for work.
11. _____ The car in front of you is going 25 in a 45 mph zone.
12. _____ You go to get a pop with your last quarters and the machine eats them.
13. _____ It is one of those days when everything you touch seems to break or go wrong.
14. _____ Your kids ignore you when you tell them to get off the phone.
15. _____ Your wife/husband forgets to do what you asked them to do.
16. _____ The moment you walk into a store the salespeople are all over you.
17. _____ Someone's dog left a mess on your sidewalk and you step in it.
18. _____ Someone broke your favorite tea set, (or men, your favorite tool.)
19. _____ A workman does shabby work and insists it is done right.
20. _____ You can't get through to the bank to talk to a real person.
21. _____ Someone's been snooping in your private file drawer.
22. _____ Someone cuts in front of you in a supermarket line.
23. _____ Someone swears at you or gives you a vulgar gesture
24. _____ Your daughter/son ruins your new blouse/shirt when she/he washes it.
25. _____ Someone leaves a dent in your car door at the supermarket.

Total your score to find out how explosive you really are.

0-45 Mild mannered person, not easily upset (or you are lying!)

46-55 Average amount of anger (easy going person)

56-75 Irritable person, easily agitated (nervous person)

76-85 Explosive person, watch out! (prone to frequent anger flair-ups)

86-100 Anger champion, a real hot-head (Temper, temper! A hostile hothead)

Attitude Check-Up

Answer (T) rue or (F)alse on what seems most often true for you.

(There are no right or wrong answers. It is just to make you think.)

1. ___ I get very upset when others criticize me.
2. ___ I should give up my own interest to please others.
3. ___ I always do what a friend wants me to, even when I don't want to.
4. ___ I am sad when I can't please everyone.
5. ___ I feel threatened when someone doesn't like me.
6. ___ I feel something is wrong with me if people don't like me.
7. ___ No one really likes me unless I do what they want.
8. ___ I often fear losing my friends.
9. ___ Being alone is awful to me.
10. ___ When someone doesn't like me, I don't like myself.
11. ___ If others reject me I feel something is wrong with me.
12. ___ If I love someone and they don't love me back, I feel unlovable.
13. ___ I feel few people really like me.
14. ___ I feel few people really love me.
15. ___ I suspect one of my parents didn't love me.
16. ___ I feel hurried much of the time.
17. ___ I can't stand to lose at a game.
18. ___ Being average to me is being a failure.
19. ___ When I don't do as well as others I feel like a failure.
20. ___ The more work I get done the better I feel.
21. ___ I hardly ever relax.
22. ___ Nobody likes a loser.
23. ___ I don't want anyone to know my weaknesses.
24. ___ If I can't do something well, I'd rather not do it at all.
25. ___ I try to be the best at everything I do.
26. ___ I get upset when I make mistakes.
27. ___ Being second best isn't good enough. It bothers me.
28. ___ It makes me nervous for a supervisor to watch me work.
29. ___ I always strive for perfection.
30. ___ The world is basically unfair.
31. ___ I get angry when I am criticized.
32. ___ I get angry when people look down on me.
33. ___ When I am good I deserve to be rewarded.
34. ___ I feel like life has cheated me much of the time.
35. ___ I deserve more breaks than I've been given.
36. ___ Sometimes I feel God is unfair.
37. ___ When I'm bad I think I deserve to be punished.
38. ___ I feel responsible when other people fail.
39. ___ When someone is mad at me, I feel to blame.
40. ___ I feel I was made for a special purpose.
41. ___ I would like to be a hero.
42. ___ If it weren't for me I don't know how some people would get by.
43. ___ I should be more successful than I am.

44. ___ I feel like a failure sometimes.
45. ___ I am almost always right.
46. ___ If I were better looking I'd be happier.
47. ___ When I get depressed it's probably a chemical imbalance.
48. ___ Some people make me mad and I can't help it.
49. ___ I feel sad sometimes for no apparent reason.
50. ___ I be happy to have medication to make me less moody.
51. ___ My moods are unpredictable and uncontrollable.
52. ___ I believe I can change my moods.
53. ___ I am unhappy much of the time.
54. ___ I am happy most of the time.
55. ___ I get depressed from time to time.

How many statements are true for you?

How many statements are false for you?

Which is greater?

What do you think that means?

Are you a happy person? Why?

Are you sad more often than happy? Why?

What one thing would make your life happier? Why?

If you could change anything about yourself, what would it be? Why?

Do you wake up happy or grumpy most days? Why?

WHO I AM IN EPHESIANS

(60 Truths)

I am blessed in heavenly places - 1:3
I have every spiritual blessing - 1:3
I am Chosen before time - 1:4
I am holy in his sight - 1:4
I am blameless in his sight - 1:4
I am predestined - 1:5
I am adopted as sons - 1:5
I am accepted in beloved - 1:6
I have redemption - 1:7
I have forgiveness - 1:7
I have grace lavished on me - 1:8
I have an inheritance - 1:11
I am marked with a seal - 1:13
I am seated in heavenly places - 1:20

I am loved - 2:4
I am made alive - 2:5
I have obtained mercy - 2:4
I am raised to life - 2:6
I am seated in heavenly places - 2:6
I am saved by grace alone - 2:8
I have been given gift of faith - 2:8
I am His workmanship - 2:10
I am created in Christ Jesus - 2:10
I am brought near - 2:13
I have peace with God - 2:14
I have access to God - 2:18
I am a fellow citizen - 2:19
I am member of God's family - 2:19

I share in his promises - 3:6
I am strengthen by his might - 3:16
I am indwelt by Jesus Christ - 3:17

I am rooted in his love - 3:17
I am grounded in his love - 3:17
I can grasp his full love - 3:18
I can be filled with God - 3:19
I can ask, imagine, receive - 3:20

I am given abundant grace - 4:7
I have a new self - 4:24
I am created in holiness - 4:24
I am created in righteousness - 4:24
I have been given gifts - 4:7-8
I can speak truth in love - 4:15
I can put off my old self - 4:21-32

I can be an imitator of God - 5:1
I can live as child of light - 5:8
I can expose hidden darkness - 5:11
I can understand God's will - 5:17
I can be filled with the Spirit - 5:18
I can sing and give thanks - 5:20
I can love as Jesus loved - 5:25-28
I can be a radiant church - 5:27
I can be without spot - 5:27
I can be without wrinkle - 5:27

I will receive a reward - 6:8
I can be strong in the Lord - 6:10
I can wear God's armor - 6:11
I can stand against the devil - 6:12
I can extinguish fiery darts - 6:16
I can use the sword of the spirit - 6:17
I can pray in the Spirit - 6:18-19

For an in-depth study of who we are in Christ you can purchase "Who I Am Before the Throne" or download a free 31-day devotional on "Who I Am in Christ."

www.PrayerToday.org or search for them on Amazon.

Identify Your Besetting Sins

Open the Windows of Your Soul



*Hebrews 12:1 Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and **the sin which does so easily beset us**, and let us run with patience the race that is set before us,*

What are your oft repeated sins? Have I committed? Or am I guilty of?

- | | | |
|---|--|---|
| <input type="checkbox"/> adultery-emotional | <input type="checkbox"/> hatred | <input type="checkbox"/> proud |
| <input type="checkbox"/> adultery-in-mind | <input type="checkbox"/> hoarding things | <input type="checkbox"/> procrastination |
| <input type="checkbox"/> adultery-physical | <input type="checkbox"/> hopeless | <input type="checkbox"/> quarrelsome |
| <input type="checkbox"/> abuser | <input type="checkbox"/> horoscopes | <input type="checkbox"/> quitter |
| <input type="checkbox"/> anger | <input type="checkbox"/> idolatry | <input type="checkbox"/> resentful |
| <input type="checkbox"/> anorexia | <input type="checkbox"/> impatient | <input type="checkbox"/> respect of persons |
| <input type="checkbox"/> backbiting | <input type="checkbox"/> inconsiderate | <input type="checkbox"/> rude |
| <input type="checkbox"/> backsliding | <input type="checkbox"/> inconsistent | <input type="checkbox"/> sarcastic |
| <input type="checkbox"/> bitterness | <input type="checkbox"/> indifferent | <input type="checkbox"/> self-centered |
| <input type="checkbox"/> brawler | <input type="checkbox"/> irresponsible | <input type="checkbox"/> self-destruction |
| <input type="checkbox"/> breach of confidence | <input type="checkbox"/> jealous | <input type="checkbox"/> self-hatred |
| <input type="checkbox"/> bulimia | <input type="checkbox"/> judgmental | <input type="checkbox"/> self-indulgent |
| <input type="checkbox"/> callous | <input type="checkbox"/> jump-to-conclusions | <input type="checkbox"/> self-pity |
| <input type="checkbox"/> cheating | <input type="checkbox"/> know-it-all | <input type="checkbox"/> self-serving |
| <input type="checkbox"/> clamor | <input type="checkbox"/> lazy | <input type="checkbox"/> severe |
| <input type="checkbox"/> complaining | <input type="checkbox"/> lewd | <input type="checkbox"/> sensual |
| <input type="checkbox"/> compulsive | <input type="checkbox"/> lying | <input type="checkbox"/> sex sins |
| <input type="checkbox"/> condemning | <input type="checkbox"/> lost 1st love | <input type="checkbox"/> slander |
| <input type="checkbox"/> covetous | <input type="checkbox"/> lukewarm | <input type="checkbox"/> sharp answers |
| <input type="checkbox"/> critical | <input type="checkbox"/> lustful-mind | <input type="checkbox"/> smoking |
| <input type="checkbox"/> cry-baby | <input type="checkbox"/> lustful imagination | <input type="checkbox"/> spiteful |
| <input type="checkbox"/> cursing | <input type="checkbox"/> mal-content | <input type="checkbox"/> sports-aholic |
| <input type="checkbox"/> cynical | <input type="checkbox"/> meddling | <input type="checkbox"/> stealing |
| <input type="checkbox"/> defensive | <input type="checkbox"/> money addiction | <input type="checkbox"/> steal tithe |
| <input type="checkbox"/> demanding | <input type="checkbox"/> murder | <input type="checkbox"/> stinginess |
| <input type="checkbox"/> dirty mind | <input type="checkbox"/> murmuring | <input type="checkbox"/> suicidal thoughts |
| <input type="checkbox"/> disobedient to authorities | <input type="checkbox"/> necromancy | <input type="checkbox"/> superstitions |
| <input type="checkbox"/> disobedient to parents | <input type="checkbox"/> neglect of children | <input type="checkbox"/> swearing |
| <input type="checkbox"/> doubt | <input type="checkbox"/> neglect of church | <input type="checkbox"/> temper |
| <input type="checkbox"/> drunken | <input type="checkbox"/> neglect of family | <input type="checkbox"/> touchy |
| <input type="checkbox"/> easily hurt | <input type="checkbox"/> neglect of fellowship | <input type="checkbox"/> un-sympathetic |
| <input type="checkbox"/> evil joking | <input type="checkbox"/> neglect of gifts | <input type="checkbox"/> unfairness |
| <input type="checkbox"/> evil speaking | <input type="checkbox"/> neglect of parents | <input type="checkbox"/> unkind |
| <input type="checkbox"/> excessive debt | <input type="checkbox"/> neglect of service | <input type="checkbox"/> unloving |
| <input type="checkbox"/> faithless | <input type="checkbox"/> neglect of spouse | <input type="checkbox"/> unreliable |
| <input type="checkbox"/> falsify | <input type="checkbox"/> ouija-boards | <input type="checkbox"/> unfaithful |
| <input type="checkbox"/> fearful | <input type="checkbox"/> over-spender | <input type="checkbox"/> vengeful |
| <input type="checkbox"/> fortune tellers | <input type="checkbox"/> overeating | <input type="checkbox"/> vulgar |
| <input type="checkbox"/> gamble | <input type="checkbox"/> perfectionist | <input type="checkbox"/> wishing evil |
| <input type="checkbox"/> getting even | <input type="checkbox"/> pessimistic | <input type="checkbox"/> witchcraft |
| <input type="checkbox"/> gluttony | <input type="checkbox"/> pleasure seeker | <input type="checkbox"/> workaholic |
| <input type="checkbox"/> grumbling | <input type="checkbox"/> pornography | <input type="checkbox"/> worry |
| <input type="checkbox"/> hypocrisy | <input type="checkbox"/> prejudice | <input type="checkbox"/> |

Try to identify at least five areas in which you struggle with temptation.

They may not be listed here. Be honest. They are your weaknesses and besetting sins.

Identify Your Negative Thoughts Patterns

The Invasion of Negative Thoughts

Every sin that was ever committed began first as a seed thought. All of us have sneaky negative (and untrue) thoughts that lie dormant within us ready to spring up like wild weeds in a garden. Just add a little fertilizer and water and they will grow up overnight. Feed the negative thought and it will take over your heart's garden. The secret is to track them down, identify them in their infancy and eliminate them with God's truth before they do irreparable damage to your soul, you emotions, and your relationships.

There are 10 distorted (untruthful) thought patterns (habits) that have been identified which are present in almost all unhappy and depressed people. The more we weed out these unhealthy thought patterns the happier we will be, and the easier it will be for people to live with us in harmony.

There are 10 distorted thought patterns (I call them LIES OF SATAN) that create an unthankful heart, depression and unhappiness. Learn to recognize them in yourself (and correct them) and you will be a happier person. Learn to tell yourself the truth in moments of anger and depression. Refuse to buy into Satan's lies and distortions and you and your marriage will be happy.

1. All or nothing	(Expecting perfection) – you demand perfection of yourself and everyone around you.
2. Overgeneralization	(Believing Murphy's Laws) – everything that can go wrong will go wrong at worst possible moment.
3. Mental Filter	(Gloom/Negative colored glasses) – the world is a negative place, everything is colored dark.
4. Disqualifying positive	(Rejecting the good things) – good things happen but knock on wood because it will soon go away.
5. Mind Reading	(Reading people's thoughts and motives) – you read other's thoughts, but they are always negative
6. Fortune Telling	(Predicting disaster) – you are always waiting for the other shoe to drop. It always does.
7. Magnification	(Dwelling on failures, disappointments) – small mistakes (spilled milk) become huge catastrophes
8. Should Statements	(Demanding fairness, blame and shame) – you want the world to be fair but it isn't
9. Labeling	(Name calling) you calling people nasty names, jerk, stupid, idiot, nincompoop, etc.)
10. Personalizing	(Perpetual Pity party) – you feel everyone picks on you and you got the short end of the stick

Recognize anything familiar? The more of these thought that go unchecked in your mind and heart the more deadly they will be to your relationships and emotional health. On the next page is a distress check list. Keep it handy. When you are feeling depressed use it to help define what you are feeling. Remember behind every feeling is a hidden thought.

Anatomy of an Affair

(Warning Signs)

What is the “core” of the Commandment? That is, what did Jesus teach and interpret (fulfill it) regarding this command. Every sin has its root cause, its predecessor, its precursor, in thoughts and desires. No one ever had an affair without thinking about it.

- Matthew 5:27 - Jesus addresses the **root cause** of “adultery” is lust, desire, coveting
 - 1 John 2:16 - For all that *is* in the world, the **lust of the** flesh, and the **lust of the** eyes, and the **pride** of life, is not of the Father, but is of the world.
-
- ❖ **Physical Attraction – (secret fantasies)** The eyes have it – fantasies, the desire to have to make one wise. Has God said “no”? Why has he said “no”? Why is he holding some earthly pleasure from me. Something to make me fulfilled and satisfied. Dreaming about someone can be very dangerous. But I have no control of that! No, but repeated fantasies tell what really goes on in your heart of hearts.
 - ❖ **Flirtation - (secret fishing)** Flirting is an innocent schoolyard skill developed early in life. Chasing girls in the playground, hitting girls, tag, or teasing are all flirtations. Later it becomes smiling, flattery, winking, goo-goo eyes, joking, dressing to attract, being cute.
 - ❖ **Intimacy – (secret conversations)** Private conversation with someone who is not your wife/husband. Exchange of personal intimacies. Having a close friend of the opposite sex is always a dangerous thing. Adulteries usually take place with someone close to you, a neighbor, best friend, close colleague. E-mail intimacies. Cell phone intimacies. Guard your relationships.
 - ❖ **Declarations – (secret romance)** Revealing affection for a person *“I’m really crazy about like you I like being with you. I missed you. I like talking to you. You are really special to me. I wish I had married someone like you. Where were you before I got married?”* Romantic affections always precede adultery. Guard your conversations.
 - ❖ **Tender Touches (secret fondness)** A touch can be a powerful thing, to some it is like electricity, sparks, wind on flames or embers. Promiscuously “leaning,” “hugging” “caressing,” “physical touch” or “an actual kiss,” are all extremely dangerous liaisons. The song says, “Kiss is just a kiss” - not so, a kiss is a powerful thing. A touch can be like an electric current, a thrill, a turn-on. Guard you touches.
 - ❖ **Private Meetings (secret rendezvous)** someone is secret. Your spouse doesn’t know about it, and wouldn’t be happy if he/she did. Whether for a business meeting, a cup of coffee, or meet me in my room, can you come in for a moment? All are privacy for intimacy.
 - ❖ **Sexual Liaison (secret affair)** at this stage one steps over the line that was drawn in the sand of his/her own heart, and gives his/her body over to physical indulgence with the object of his/her desire. Unfortunately, in our present evil age this can be same sex promiscuity as well as heterosexual.

Naked Honesty Before God

Interrogation: *Do you have an adulterous heart?*

Keep your heart with all diligence for out of it are the issues of life. – Proverbs 4:23

- Are your eyes wandering to greener pastures?
- Is your mind playing fantasies with someone else's wife?
- Is your mind playing out scenarios of romance, and sexual fantasies?
- Are you allowing your eyes to feast on nudity or pornographic images?
- Do you have a secret friend, intimate confidant?
- Are you holding secret conversations, e-mails, phone calls?
- Are you holding some secret meetings your spouse is not aware of?
- Are you writing/saying things you would never think of really doing?
- Who are you touching in your mind?
- Have your lips wandered from home?
- Have you touched tenderly what is not yours to touch?
- Have you been less than pure with your body?

Application: *Make a private list (spiritual inventory)*

of everyone you have or are having fantasies, romance, intimacies with ...

1. _____
2. _____
3. _____

Invitation: *What to do when tempted?*

1. Admit to self what is happening (inventory) (Jer. 17:9, Ps 51:4)
2. Repent and ask God's forgiveness and cleansing. (I John 1:9)
Why? Because it has already happened in your heart.
3. Flee youthful lusts (run from the sin, the object, or the sin person) - cut it off ! (Matt 5:27-32) Cut off the relationship, run away, move away, quit your job, or sell your house, but get away!

*Drink waters out of your own cistern,
and running waters out of your own well. – Proverbs 5:15*

Woe Is Me Attitude

God Is For Us, Not Against Us

Most of us spend our lives wishing for the favor of God. “Oh that you would bless me!” is often the cry of our hearts when we pray. But in reality we walk about with a mental shroud of gloom and rejection. We don’t feel blessed. We often feel cheated and shortchanged by life. We don’t feel like God cares all the time.

We are like Joe Btfsplk from the Li'l Abner cartoon by Al Capp:



Joe Btfsplk, the world's worst jinx, had a perpetually dark rain cloud over his head; instantaneous bad luck befell anyone unfortunate enough to be in his vicinity. Though well-meaning and friendly, his reputation inevitably precedes him. Joe is a very lonely little man. He has an apparently unpronounceable name, but creator Al Capp "pronounced" Btfsplk by simply blowing a "raspberry", or Bronx cheer. Joe's personal black cloud became one of the most memorable images in the Li'l Abner cartoon strip.

Let's get rid of the cloud of gloom and doom that so often follows us around. Let's give thanks for what we do have and what God has done.

We are children of the King. We are joint-heir with Christ. We are seated with Christ in heavenly places. Let's think like it, act like it, feel like it, live like it. There is a reason God chose to call us “believers.”

What is it we believe? Our thoughts betray us. If we are feeling like paupers it is because we are not believing what God says, but rather what the enemy has sown in our cheated hearts.

The Scripture says, “*As a man thinks in his heart, so is he.*” What are you thinking in your heart today? The Apostle Paul exhorted us give thanks in everything, and for all men. He goes on to instruct us in having the mind of Christ.

“Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.” (Philippians 4:8)

A great exercise for the grumblers and complainers among us it to begin the day with an extended time of thanksgiving – nothing else. Then covenant with God that for this 24-hour period you will “put a muzzle on it,” that is, you will not complain, grumble, criticize, or bemoan anything. What a day that will be! And what a wonderful transformation it will bring to our feelings and our families. Try it, you'll like it!

SOUL CARE & THOUGHT CARE

MY TROUBLED SOUL

My soul can be flooded/drowned

Psalms 69:1 Save me, O God; for the waters are come in unto my soul.

My soul can be sought after/pursued

Psalms 70:2 Let them be ashamed and confounded that seek after my soul:

Psalms 71:10 Mine enemies speak against me; and they lay wait for my soul

Psalms 71:13 Let them be confounded and consumed that are adversaries to my soul;

My soul can be wounded

Psalms 119:20 My soul breaks for the longing that it hath unto your judgments

Psalms 119:25 My soul cleaves unto the dust:

Psalms 119:28 My soul melts for heaviness:

My soul can be in trouble

Psalms 143:11 Quicken me, O LORD, for your name's sake: bring my soul out of trouble.

My soul can be full of troubles

Psalms 88:3 For my soul is full of troubles:

My soul can be disquieted within

Psalms 42:5 Why are you cast down, O my soul? and why are you disquieted in me?

Psalms 42:6 O my God, my soul is cast down within me:

My soul can be destitute, impoverished

Psalms 141:8 But mine eyes are unto you, O GOD the Lord: in you is my trust; leave not my soul destitute.

My soul can be uncared for, neglected

Psalms 142:4 Refuge failed me; no man cared for my soul.

My soul can be imprisoned

Psalms 142:7 Bring my soul out of prison, that I may praise your name: the righteous shall compass me about; for you shall deal bountifully with me.

My soul can be afflicted

Psalms 143:12 And of your mercy cut off mine enemies, and destroy all them that afflict my soul:

My soul can be bitter

Isaiah 38:15 What shall I say? he hath both spoken unto me, and himself hath done it: I shall go softly all my years in the bitterness of my soul-identity. It is my Id and Ego but more. It is my substance, my essence. It is the "me" that God sees.

MY SATISFIED SOUL

My soul can thirst (or lose hunger or thirst)

Psalms 42:1-2 My soul thirsts for God, so pants my soul after you, O God.

Psalms 63:1 O God, you are my God; early will I seek you: my soul thirsts for you,

Psalms 84:2 My soul longs, yea, even faints for the courts of the LORD:

Psalms 143:6 I stretch forth my hands unto you: my soul thirsts after you,

My soul waits/expects/hope (or give up hope, despair)

Psalms 62:5 My soul, wait you only upon God; for my expectation is from him.

Psalms 130:5 I wait for the LORD, my soul doth wait, and in his word do I hope.

Psalms 130:6 My soul waits for the Lord more than they that watch for the morning:

My soul can be satisfied (or dissatisfied)

Psalms 63:5 My soul shall be satisfied as with marrow and fatness; then lips praise

My soul can follow hard after (or cease to follow, or quit)

Psalms 63:8 My soul follows hard after you:

My soul can be helped (or flounder and drift)

Psalms 66:16 Come and hear, and I will declare what he hath done for my soul.

My soul can be disciplined (or neglected)

Psalms 69:10 When I wept, and chastened my soul with fasting.

My soul can delight (or bemoan)

Psalms 94:19 In the multitude of my thoughts within me your comforts delight my soul.

My soul can bless (or can curse)

Psalms 103:1 Bless the LORD, O my soul: and all that is within me, bless his holy name.

My soul can rest (or be restless)

Psalms 116:7 Return unto your rest, O my soul;

My soul can be weaned (or be dependant), quieted (or disquieted)

Psalms 131:2 Surely I have behaved and quieted myself, as a child that is weaned of his mother: my soul is even as a weaned child.

My soul can be strengthened (or be feeble)

Psalms 138:3 You answered me, and strengthened me with strength in my soul.

My soul can have deep knowledge (or forget)

Psalms 139:14 I will praise you; for I am fearfully and wonderfully made: marvelous are your works; and that my soul knows right well.

My soul can be lifted up to God (or cast down)

Psalms 86:4 Rejoice the soul of your servant: for unto you, O Lord, do I lift up my soul. Psalms 143:8 Cause me to hear your lovingkindness in the morning; for in you do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto you.

My soul can be redeemed/rescued/preserved (or captured, enslaved)

Psalms 35:17 Lord, how long wilt you look on? Rescue my soul

Psalms 71:23 My lips shall greatly rejoice... and my soul, which you have redeemed.

Psalms 86:2 Preserve my soul; for I am holy:

My soul can be healed (or be sick)

Psalms 41:4 I said, LORD, be merciful unto me: heal my soul;

My soul can desire God (or not)

Isaiah 26:9 With my soul have I desired thee in the night; yea, with my spirit within me will I seek thee early:

My soul can be joyful in God (or grumpy and complaining)

Isaiah 61:10 I will greatly rejoice in the LORD, my soul shall be joyful in my God;

How is your soul today?

(Check how you are feeling today, or any day when you are weary.)

- restless
- cast down
- captured
- enslaved
- grumpy
- complaining
- sick
- wounded
- disquieted
- neglected
- cursed
- troubled
- moaning (sad)
- feeble
- hopeless
- despairing
- adrift
- floundering
- neglected
- about to quit
- drowning
- pursued
- in trouble
- full of troubles
- impoverished
- destitute
- forsaken
- imprisoned
- afflicted
- bitter

Verses About Thinking and Thoughts

Genesis 6:5 “And GOD saw that the wickedness of man *was* great in the earth, and *that* every imagination of the thoughts of his heart *was* only evil continually.”

Proverbs 23:7 “As a man thinks in his heart, so is he.”

Jeremiah 17:9 “The heart is deceitful above all things and what's God say desperately wicked, who can know it.”

Psalms 94:11 “The LORD knows the thoughts of man, that they *are* vanity.”

Luke 10:27 “*You shall love the Lord your God with all your heart, and with all your soul, and with **all your strength**, and with all your mind;*”

Matthew 22:37 “*You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.*”

Matthew 15:19 (Luke 6:45), Jesus said,
“*For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies:*”

Mark 7:21 says the same thing. Jesus echoes it through the words in Mark.
“*For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders,*”

Matthew, 12:34, he says,
“*Oh, generation of vipers. How can you being evil, speak good things for out of the abundance of the heart. The mouth speaks.*”

Isaiah chapter 55:7-9

“*Let the wicked forsake his way. And the unrighteous man here, his thoughts, and let him return unto the Lord. And he will have mercy on him and to our God for he will abundantly pardon. For my thoughts are not your thoughts. Neither are my ways. Your ways says the Lord for as the heaven is high above the earth. So are my ways higher than your ways and my thoughts than your thoughts. This is God's challenge to his people to be accountable for thoughts. He says, my ways are not your ways. Your ways are different than mine.*”

Jeremiah 29:11 “For I know the thoughts that I think toward you, say the LORD, thoughts of peace, and not of evil, to give you an expected end.”

1 Peter 1:13

“*Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;*”

1 Corinthians 3:20 “And again, The Lord knows the thoughts of the wise, that they are vain.”

2 Corinthians 10:3-5

*"For though we walk in the flesh. We do not war after the flesh for the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds, casting down imaginations, that's **thoughts** and every high thing that exalts itself against the knowledge of God, knowledge of God, his **thoughts**, and bringing into captivity, **every thought** to the obedience of Christ."*

Hebrews 4:12-13

*"For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the **thoughts** and **intent**s of the heart. ¹³ Neither is there any creature that is not manifest in his sight: but all things are naked and opened unto the eyes of him with whom we have to do."*

Psalms 139:23-24.

*"Search me O God and know my heart. Try me and know my **thoughts** and see if there would be any wicked way in me and lead me in the way everlasting."*

Philippians 4:8

*"Finally, brethren whatsoever, things are honest whatsoever. Things are just whatsoever. Things are pure whatsoever. Things are lovely whatsoever. Things are good report. If there be any virtue, if there be any praise, **think on these things.**"*

1 Chronicles 28:9 "And you, Solomon my son, know the God of your father, and serve him with a perfect heart and with a **willing mind**: for the LORD searches all hearts, and understands all the imaginations of the **thoughts**: if you seek him, he will be found of you; but if you forsake him, he will cast you off forever."

1 Chronicles 29:18 O LORD God of Abraham, Isaac, and of Israel, our fathers, keep this forever in the imagination of the **thoughts** of the heart of your people, and prepare their heart unto you:

Job 17:11 "My days are past, my purposes are broken off, *even* the **thoughts** of my heart."

Psalms 10:4 "The wicked, through the pride of his countenance, will not seek *after* God: God is not in all his **thoughts.**"

Psalms 56:5 "Every day they wrest my words: all their **thoughts** *are* against me for evil."

Psalms 119:113 "I hate *vain* **thoughts**: but your law do I love."

Proverbs 12:5 "The **thoughts** of the righteous *are* right: *but* the counsels of the wicked *are* deceit."

Proverbs 21:5 "The **thoughts** of the diligent *tend* only to plenteousness; but of every one *that is* hasty only to want."

Isaiah 26:3 "You will keep *him* in perfect peace, **whose mind** *is* stayed *on you*: because he trusts in you."

Isaiah 55:7 " Let the wicked forsake his way, and the unrighteous man his **thoughts**: and let him return unto the LORD, and he will have mercy upon him; and to our God, for he will abundantly pardon."

Isaiah 59:7 “Their feet run to evil, and they make haste to shed innocent blood: their thoughts are thoughts of iniquity; wasting and destruction are in their paths.”

Isaiah 65:2 “I have spread out my hands all the day unto a rebellious people, which walks in a way *that was* not good, after their own thoughts;”

Isaiah 66:18 “For I *know* their works and their thoughts: it shall come, that I will gather all nations and tongues; and they shall come, and see my glory.”

Jeremiah 4:14 “O Jerusalem, wash thine heart from wickedness, that you may be saved. How long shall you vain thoughts lodge within you?”

Jeremiah 6:19 “Hear, O earth: behold, I will bring evil upon this people, *even* the fruit of their thoughts, because they have not hearkened unto my words, nor to my law, but rejected it.”

Jeremiah 23:20 “The anger of the LORD shall not return, until he have executed, and till he have performed the thoughts of his heart: in the latter days you shall consider it perfectly.”

Matthew 12:25 “And Jesus knew their thoughts, and said unto them, Every kingdom divided against itself is brought to desolation; and every city or house divided against itself shall not stand.”

Luke 5:22 “But when Jesus perceived their thoughts, he answering said unto them, What reason you in your hearts?”

Romans 2:15 “Which shew the work of the law written in their hearts, their conscience also bearing witness, and *their* thoughts the mean while accusing or else excusing one another;”

James 2:4 “Are you not then partial in yourselves, and are become judges of evil thoughts?”

VERSES ABOUT YOUR MIND

2 Corinthians 3:14 “But their minds were blinded: for until this day remains the same veil untaken away in the reading of the old testament; which *vail* is done away in Christ.”

2 Corinthians 4:4 “In whom the god of this world has blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.”

2 Corinthians 11:3 “But I fear, lest by any means, as the serpent beguiled Eve through his subtlety, so your minds should be corrupted from the simplicity that is in Christ.”

Hebrews 12:3 “For consider him that endured such contradiction of sinners against himself, lest you be wearied and faint in your minds?”

2 Peter 3:1 “This second epistle, beloved, I now write unto you; in *both* which I stir up your pure minds by way of remembrance:”

Romans 7:25 “I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin.”

Romans 8:27 “ And he that searches the hearts knows what *is* the mind of the Spirit, because he makes intercession for the saints according to *the will of God*.”

Romans 11:34 “For who has known the mind of the Lord? or who has been his counsellor?”

1 Corinthians 2:16 “For who has known the mind of the Lord, that he may instruct him? But we have the mind of Christ.”

Ephesians 2:3 “Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others.”

Revelation 17:9 “And here *is* the mind which has wisdom. The seven heads are seven mountains, on which the woman sits.”

Romans 1:28 “And even as they did not like to retain God in *their* knowledge, God gave them over to a reprobate mind, to do those things which are not convenient;”

God Knows Your Name

1. God knows you by name and He redeems you.

Isaiah 43:1 But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: Fear not, for I have redeemed you; I have called you by name, you are mine.

2. God knows when you sit and rise.

Psalm 139:1-4 O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. Even before a word is on my tongue, behold, O Lord, you know it altogether.

3. God knew you in the womb.

Psalm 139:13: For you formed my inward parts; you knitted me together in my mother's womb.

4. God knows you and He has good plans for you.

Jeremiah 29:11 For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

5. God knows you & promises to instruct and council you with His eye on you!

Psalm 32:8 I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you."

6. God has prepared amazing things for you.

1 Corinthians 2:9 But, as it is written, "What no eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him.

7. He knows your name and you are God's unique workmanship.

Ephesians 2:10 For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

8. God knows your name and He desires to adopt you!

Ephesians 1:4-5 For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

9. God knows your heart.

2 Chronicles 16:9 For the eyes of the Lord run to and fro throughout the whole earth, to give strong support to those whose heart is blameless toward him.

10. God knows your name and He wants you to abide in Him.

John 15:1-9 I am the true vine, and my Father is the vinedresser. Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit. Already you are clean because of the word that I have spoken to you. Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. If anyone does not abide in me he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned. If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. By this my Father is glorified, that you bear much fruit and so prove to be my disciples. As the Father has loved me, so have I loved you. Abide in my love.

11. God knows how many hairs are on your head!

Luke 12:7 Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows.

12. God knows all the tears that you shed.

Psalms 56:8 "You have kept count of my tossings; put my tears in your bottle. Are they not in your book?"

13. Jesus knows that you need Him to be your shepherd.

John 10:14-15 I am the good shepherd. I know my own and my own know me, just as the Father knows me and I know the Father; and I lay down my life for the sheep.

14. God knows that you need redemption.

John 3:16 For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

15. God knows when you go through the storm and He is with you.

Isaiah 43:2 "When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you."

16. God promises you His protection.

Psalms 91:14 Because he holds fast to me in love, I will deliver him; I will protect him, because he knows my name.

17. God promises to strengthen you

Isaiah 41:10 Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

18. God has engraved your name on the palms of His hands!

Isaiah 49:16 Behold, I have engraved you on the palms of my hands; your walls are continually before me.

19. God hears your prayers!

Psalms 116:2 Because he bends down to listen, I will pray as long as I have breath!

20. God has written your name in the Book of Life.

Revelation 20:15 The one who conquers will be clothed thus in white garments, and I will never blot his name out of the book of life. I will confess his name before my Father and before his angels.

Adapted from...

<https://www.scripturalgrace.com/post/god-knows-your-name>

Which of these promises would you like to memorize or mark in your Bible?

Which of these would you like to pray every day?

Which of these have you most easily forgotten?