

GUT TALK

- **OUR LIVES MOVE IN THE DIRECTION OF OUR STRONGEST _____.**

*⁵ For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. ⁶ For the mind set on the flesh is death, but the mind set on the Spirit is life and peace. **Romans 8:5-6 (NASB)***

A CHANGE OF THINKING

*Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think... **Rom. 12:2 NLT***

*For though we live in the world, we do not wage war as the world does. ⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. **2 Corinthians 10:3-5***

*...We capture their rebellious thoughts and teach them to obey Christ. **2 Corinthians 10:5 NLT***

- **What negative thoughts are dominating your thinking?**

- **What spiritual truth will demolish your strongholds?**

- **Worried all the time:** Because of Christ, I'm not anxious about anything. I cast my cares on God because He cares for me. I have the peace of God dwelling in my heart and ruling my mind.
- **Don't know God's will:** My life belongs to God. Daily I seek Him and daily He directs my steps. I know His voice and He leads me to His perfect will.
- **Lacking confidence:** My confidence is in Christ and Christ alone. Because His spirit lives within me, I can do everything He calls me to do.
- **Inconsistent in time with God:** I love the living, indwelling presence of my good God. Praying is as important to me as breathing. God's Word nourishes my soul. I depend on His presence every moment of every day.

MY GUT TALK DECLARATIONS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Talk It Over

- Is there anything you currently say to yourself or to God every morning? How does that impact you?
- What negative thoughts derail or dominate your thinking? What do they lead you to do?
- What spiritual truth(s) will help you overcome and destroy your negative thinking?