

# SESSION 4: NEGATIVE THINKING

- **View Video 4:** 10 minutes

- **Small Group Discussion:** 45 minutes

- ✓ **Each participant share your thoughts and experiences from 4-Day Study Plan from the last week.**

*If we continue to believe lies that we can't get over our past, we will never get over the past. With God's help and new thoughts, there are new possibilities. Your thoughts start with your mind, your heart and come out your mouth.*

- ✓ **Do you allow negative thinking and speaking to control you? Discuss taking control of who and what you listen to.**

*Just because something is on TV doesn't mean we have to watch it. And just because something is on social media, doesn't mean you need to look at it. Just because someone said something about, doesn't mean it's true! We choose to listen to another voice; **God's voice!** Use this Bible reading plan to remind yourself daily of who you are in Christ.*

- ✓ **Discuss any lies that may have been spoken over you in the past. Where did you receive negative input about your identity?**

*We have to choose to think and speak positively. It doesn't come naturally, and it doesn't happen overnight. In fact, it takes a lot of practice. There will be days when you have setbacks, but just get back up, dust yourself off, and start again.*

**Pray with your group about arresting your negative thoughts, to make sure what comes out of your mouth will be positive in the future. Also ask for God to reveal to you who else in your life you need to discuss this with. Now commit to the group about having discussions over the next week with those people.**