

Defeating the Ten Most Common Thought Patterns

Dr. Charles C. Trombley

Phil 4:4-9 Key to successful living.

Both secular and spiritual psychology says: what you think is what you and what you become. "Out of abundance of heart proceed the issues of life." Peace and war, success and failure, prosperity or poverty.

1. All or nothing thinking. (2 Cor 10:5).

a. All or nothing thinking. Stinking thinking.

ILL: Straight A student gets 1 B and unglued. Chrissie.

Discredit self needlessly. *"Dead men have no feelings. Reckon dead*

b. Eve...you be as god. She already WAS in God's image.

c. Performance driven society. Goal oriented. Success?

ILL. Boy born mentally slow. OK in school. Slow in sports. Poked fun. Ran slower.

Clumsy shoved aside.

2. Generalization: Alls bad cause one bad scene.

ILL: "Tried once, failed. Won't work" Excuse for Christianity.

One person wasn't healed. See one frowning face in crowd. All rejecting?

Solution: Trained to see smiling receiver.

ILL. Satan's favorite scheme is to confuse and discourage you.

Stole cherry when 3 yrs old so lifelong no good.

ILL. Often "dads" at fault with condemning words. You're no good.

YOU are unique. God loves YOU. Sent Son just for YOU. Jn. 3:16

3. Mental Filter. Eve added to God's word.

Can't see the light for the fog. Rejected by one or whole crowd.

Seize one negative fragment and dwell on it. *It will get worse.*

Satan can't kill Word with lies so he modifies it. **Did God say?**

Rationalization, negative tendencies become habitual.

Watch modern thinkers. New Age unbelief. Mental preparation for homosexual marriages. Not gay but sad. Youth compromising.

4. Automatic Discounting. Compliments brushed away. Just being nice.
Excuses: second-rate, bad background, wrong color, wrong side of tracks, destructive distortion.
“You shall not die.” Try to lift self to higher level. Compulsive lying.
Struggle begins with parent’s put down. Fifty wheel, also ran.
Gideon’s background. “Who me?”
Moses a failure today. Paul apostle rebel against society, jail time etc.
5. Jumping to Conclusions. Vain Imaginations usually wrong. 2 Co 10:5
YOU ASSUME to read other’s intentions, attitudes. Jumping.
ILL. Most people care less about you. Busy worrying about them.
ILL. See only negative dark patterns. Push people away from you.
Phil 4:4-6 Peace passing all understanding. In spite of still have peace.
Quiet confidence is real leadership. You inspire others.
6. Magnifications and Minimization. Binocular vision. Myopic, nearsighted.
Either shrink or blow up.
Caution: Overdue negative confession or self-centeredness.
SELF will lie to you.
Solution? Heb 12:2 looking unto Jesus, author and finisher our faith
Heb 11. Faith majors on solutions not problems. Finds workable ans.
7. Emotional Reasoning. “Feel guilty; therefore, I must be wrong.”
Rom 6. Fact of Christ; Rom 7 Paul’s feelings; Rom 8 Word wins.
Heb 11. Men not moved by sight or feelings.
ILL. Abraham not moved by own body. Trusted God’s promise.
III. Leave me in my pity party. Depressed person reasons distorted.
8. Should Statement. Should have, could have done this or that.
Cry over past mistakes. OR pick up, learn and go on.
ILL I am an alcoholic, addict, and failure. This amplifies guilt.
Phil. 3: 13 forgetting those things, which are behind. I press forward.”
Ezek 3:18-21: It is how you finish that counts.

9. Labeling and Mislabeling. Tried and didn't work. I'm a failure.

Irrational self-evaluation. I'm just poor old sinner saved by grace.

WAS sinner, NOW son in training, saint in school.

Don Gossetts' I CAN confession.

10. Personalization: It's my fault regardless of what happened.

Paralyzed by bogus guilt.

Col 3:3 I am dead and my life is hid with Christ in God.

If you are dead...and you are...you are freed from sin. Rom. 6:7

YOU have new self image. Was is what I was, He is what I will be.

Conclusion:

1. Your feelings are not fact.
2. Emotions do not control your will.
3. You can cope and overcome. I can do all things through Christ.
4. Don't base self opinion on your past achievements.
5. Pseudo-esteem isn't genuine; it is artificial
6. Looks, talent, fame or fortune doesn't make a person. Hollywoodism.
7. Nor does love or approval add one iota your inherent worth.
8. Only God's word, Christ IN YOU the hope of glory determines your self worth or HOW YOU FEEL.

End of matter? Ec c 12:13-14. Solomon tried all with best of everything and learned experientially it doesn't really matter.

Words are like arrows. Can't take back. Know a wonderful person in each one of us. I want to see the YOU. Take deep breath before you speak.