

Week 1: How Thoughts Shape Emotions, Habits, and Spiritual Health

Speaker: Elijah McAmis

How We Think About Ourselves

- Negative self-talk is not only damaging to our physical health, but our mental and spiritual health
- How different circumstances in life distort how we view ourselves (Ruth 1:19-20; Ruth 4:14-15)
- Pay attention to your thoughts and challenge negative self-talk with the truth of your God given identity. (Romans 8:15-17)
- Remember that Jesus died for us before we ever decided to live for him (Romans 5:8-11)
- Negative self-perception can affect daily habits, prayer life, how we interact with other people and our relationship with Christ.

How We Think About God

- God is our refuge (Psalm 46:1; Psalm 62:7-8; Psalm 91:1-4)
- God is our redeemer (Ephesians 1:7; Galatians 3:13; Isaiah 44:22)
- God is our healer (Psalm 147:3; Isaiah 53:5)
- God loves us (Romans 8:38-39)
- God is our father (2 Corinthians 1:3-4; 1 John 3:1; Isaiah 64:8; Psalm 68:5; Psalm 103:13)

Things to Think About (Discussion Questions):

- What are some potential triggers that might lead to negative self-talk?
- Looking at Naomi’s story in Ruth, have you ever experienced a season where your pain affected how you viewed yourself?
- What are some good habits that could help us correct our thoughts when we start to think negatively about ourselves?
- Why do you think negative thoughts can be easier to believe than positive or biblical truths?
- How might our daily choices and habits be affected when we believe negative things about ourselves?
- Which of the descriptions of God in today’s lesson (Refuge, Redeemer, Healer, Father, Loving God) stands out most to you right now, and why?
- What Scripture from today’s lesson could you use to challenge a negative thought this week?

