

HEALTHY THINKING

Part 1: Getting To A Better Place

WHERE ARE YOU IN YOUR MIND?

- A. **Times we are not in a good place**
 - 1. Dealing with too many uncertainties
 - 2. Life's negatives have piled up on you
 - 3. Established patterns of negative thinking
- B. **There is a better place**
 - 1. Thoughts and emotions are under control and a sense of peace
 - 2. Your relationship with God has a direct impact (*Psalm 116:7-8 NKJV*)
 - a. Believing the Lord will be good to you
 - b. Believing He will deliver you from death, tears and falling

COMING OUT OF THE CAVE: DAVID'S PROCESS (*Psalms 142:1-7 NKJV*)

- A. **David was not in a good place**
 - 1. Saul and the Philistines were trying to kill him
 - a. He had to escape both and wound up in a cave
- B. **David goes to God**
 - 1. Asking for God's help
 - 2. Expressing his complaint and his trouble
 - a. David is not afraid of God's disappointment or rejection
- C. **David was feeling as if he couldn't handle what he was dealing with**
 - 1. My spirit is overwhelmed (faint) - God knows this path that I am on
 - 2. Felt as if no one was on his side - no one acknowledging him
 - a. No one cared for his soul - he went to the negative extreme
 - 3. Brought low - not up for this, too much for me, my enemies are too strong
 - a. Bring my soul out of prison
- D. **David begins to come out of that dark place**
 - 1. Calls God his refuge, the One he is depending on
 - a. Declares that God will deal bountifully with Him
 - b. It's going to turn out good because God will be good to him

GETTING TO A BETTER PLACE

- A. **Take your situation to the Lord**
 - 1. He will not be disgusted with you or turn you away
 - a. He knows the path you are on - what you are dealing with
 - 2. Believe that He cares for your soul
 - a. People can abandon you or let you down
 - b. You can have faith in His love for you (*Galatians 2:20 NKJV*)
- B. **Establish and declare who God is to you**
 - 1. Jesus asked His disciples what people were saying (*Matthew 16:13-15 NKJV*)
 - a. The bigger question was who do you say I am
 - 2. This is vital to God being bigger in your life
 - a. At his core David declared who God was to him
 - b. God is my _____
 - 3. Don't skip the declaration part
 - a. A consistent declaration becomes a strong foundation
- C. **Declare what is going to happen to you**
 - 1. You are coming out of the dark place
 - 2. God will deal bountifully with you - be good to you
 - a. When you are expecting good you are moving to a better place (*Psalm 23:6 NKJV*)

Psalm 116:7-8 NKJV

7 Return to your rest, O my soul,
For the Lord has dealt bountifully with you.
8 For You have delivered my soul from death,
My eyes from tears,
And my feet from falling.

Psalm 142:1-7 NKJV

1 I cry out to the Lord with my voice;
With my voice to the Lord I make my supplication.
2 I pour out my complaint before Him;
I declare before Him my trouble.
3 When my spirit was overwhelmed within me,
Then You knew my path.
In the way in which I walk
They have secretly set a snare for me.
4 Look on my right hand and see,
For there is no one who acknowledges me;
Refuge has failed me;
No one cares for my soul.
5 I cried out to You, O Lord:
I said, "You are my refuge,
My portion in the land of the living.
6 Attend to my cry,
For I am brought very low;
Deliver me from my persecutors,
For they are stronger than I.
7 Bring my soul out of prison,
That I may praise Your name;
The righteous shall surround me,
For You shall deal bountifully with me."

Galatians 2:20 NKJV

20 I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

Matthew 16:13-15 NKJV

13 When Jesus came into the region of Caesarea Philippi, He asked His disciples, saying, "Who do men say that I, the Son of Man, am?"
14 So they said, "Some say John the Baptist, some Elijah, and others Jeremiah or one of the prophets."
15 He said to them, "But who do you say that I am?"

Psalm 23:6 NKJV

6 Surely goodness and mercy shall follow me
All the days of my life;
And I will dwell in the house of the Lord
Forever.