

HEALTHY THINKING

Part 2: When Thoughts Are Troubling

TROUBLED TIMES AND TROUBLED THOUGHTS

- Things that trouble your mind
 1. Mistakes and regrets we have done
 2. Things that have been done to you
 3. Events beyond your control
- You have a way out
 1. Another place to go (***Psalms 42:11 NASB***)
 2. Thoughts don't have to hold you captive
 3. Look to God for His saving help

THE PALACE AND THE LION'S DEN

- Daniel and the king (***Daniel 6:14-23 NKJV***)
 1. The king made a mistake and was unhappy with himself
 2. Daniel was completely innocent- a victim of power hungry men
- The king did not believe anything good was going to happen
 1. He said the right thing, but did not believe it
 2. The king was troubled by what he thought was happening
- The difference
 1. The king referred to God as Daniel's God
 2. The man in the palace was powerless and troubled
 3. The man in the lion's den had God and peace - his response to the king was revealing

SOLUTIONS FOR TROUBLED THOUGHTS

- Your relationship with God is the foundation for healthy thinking
 1. He has to be your God
 2. My God makes Him much more personal (***Acts 27:23 NKJV***)
- Don't allow bitterness or regret to dominate your thinking
 1. Regrets over would've, should've, could've - greatly displeased with yourself
 2. Bitterness over what has been done to you / someone you care about
 3. Ask for and receive forgiveness concerning regrets - extend forgiveness for bitterness
 4. Allow God to help you (***2 Corinthians 1:3 NKJV***)
- In your thinking, keep the door of possibility open
 1. Don't write God out of the situation
 2. Write God in - "God can help me here" (***Mark 9:23 NKJV***)