

# **HEALTHY THINKING**

## **Part 3: We Interrupt This Thought**

### **THE HABITS AND PATTERNS OF OUR LIVES**

- Things we do almost without thinking
  1. Get dressed
  2. Brush teeth
  3. Check phone
- Thoughts can become a habit / pattern
  1. How we look at life
  2. Jesus spoke about our perspective (*Matthew 6:22-23 NIV*)

### **A NATION WITH A NEGATIVE PERSPECTIVE**

- Two Perspectives Given (*Numbers 13:30-14:4 NKJV*)
  1. The two who saw the opportunity
  2. The ten who saw looming disaster
- The nation went back to their old pattern
  1. Encounter a problem and assume the worst
  2. The domino effect of negative thinking
- Israel had the chance to change their thinking (*Numbers 14:6-10 NKJV*)
  1. Joshua and Caleb brought a God perspective to the situation (interrupting thought)
  2. The nation would not change

### **CHANGING PERSPECTIVES INTERRUPTING UNHEALTHY THOUGHTS**

- Recognize the patterns of unhealthy thinking / perspectives
  1. Many have been unconsciously a part of our lives
  2. God's word can expose the unhealthy thinking (*Psalms 119:130 NKJV*)
- Have some interrupting thoughts to go to
  1. God's promises are the best thought interrupters (*Proverbs 3:5-6 NKJV*)
- Intentional Interrupting
  1. Print it - write some scriptures on a card / sticky note
  2. Pray it - use these scriptures as part of your prayer
  3. Praise it - using the scriptures as your praise to God