

THE NEW JESUS

COGNITIVE DISTORTIONS AND IRRATIONAL BELIEFS

ALL OR NOTHING THINKING
OVER GENERALIZATION
MENTAL FILTER
DISQUALIFYING THE POSITIVE
JUMPING TO CONCLUSIONS
MAGNIFICATION OR MINIMIZATION
EMOTIONAL REASONING
SHOULD STATEMENTS
LABELING AND MISLABELING
PERSONALIZATION
DEMANDING
AWFULIZING
LOW FRUSTRATION TOLERANCE
PEOPLE RATING

THE NEW JESUS

WHO I AM IN CHRIST

I AM GOD'S CHILD (JOHN 1:12)
I AM CHRIST'S FRIEND (JOHN 15:15)
I HAVE BEEN JUSTIFIED (ROMANS 5:1)
I AM UNITED WITH THE LORD, AND I AM ONE SPIRIT WITH HIM (1 CORINTHIANS 6:17)
I HAVE BEEN BOUGHT WITH A PRICE: I BELONG TO GOD. (1 CORINTHIANS 6:19-20)
I AM A MEMBER OF CHRIST'S BODY (1 CORINTHIANS 12:27)
I AM A SAINT, A HOLY ONE (EPHESIANS 1:1)
I HAVE BEEN ADOPTED AS GOD'S CHILD (EPHESIANS 1:5)
I HAVE DIRECT ACCESS TO GOD THROUGH THE HOLY SPIRIT (EPHESIANS 2:18)
I HAVE BEEN FORGIVEN OF ALL MY SINS (COLOSSIANS 1:14)
I AM COMPLETE IN CHRIST (COLOSSIANS 2:10)
I AM FREE FROM CONDEMNATION (ROMANS 8:1-2)
I AM ASSURED THAT ALL THINGS WORK TOGETHER FOR GOOD (ROMANS 8:28)
I AM FREE FROM ALL CONDEMNING CHARGES AGAINST ME (ROMANS 8:31-34)
I CANNOT BE SEPARATED FROM THE LOVE OF GOD (ROMANS 8:35-39)
I HAVE BEEN ESTABLISHED, ANOINTED AND SEALED BY GOD (2 CORINTHIANS 1:21-22)
I AM CONFIDENT THAT THE GOOD WORK GOD HAS BEGUN IN ME WILL BE PERFECTED (PHILIPPIANS 1:6)
I AM A CITIZEN OF HEAVEN (PHILIPPIANS 3:20)
I AM HIDDEN WITH CHRIST IN GOD (COLOSSIANS 3:3)
I HAVE NOT BEEN GIVEN A SPIRIT OF FEAR, BUT OF POWER, LOVE AND SELF-CONTROL (2 TIMOTHY 1:7)
I CAN FIND GRACE AND MERCY TO HELP IN TIME OF NEED (HEBREWS 4:16)
I AM BORN OF GOD AND THE EVIL ONE CANNOT TOUCH ME (1 JOHN 5:18)
I AM THE SALT OF THE EARTH AND THE LIGHT OF THE WORLD (MATTHEW 5:13-14)
I AM A BRANCH OF THE TRUE VINE, JESUS, A CHANNEL OF HIS LIFE (JOHN 15:1-5)
I HAVE BEEN CHOSEN AND APPOINTED BY GOD TO BEAR FRUIT (JOHN 15:16)
I AM A PERSONAL, SPIRIT-EMPOWERED WITNESS OF CHRIST (ACTS 1:8)
I AM A TEMPLE OF GOD (1 CORINTHIANS 3:16)
I AM A MINISTER OF RECONCILIATION FOR GOD (2 CORINTHIANS 5:17-21)
I AM A FELLOW WORKER WITH GOD (2 CORINTHIANS 6:1)
I AM SEATED WITH CHRIST IN THE HEAVENLY REALMS (EPHESIANS 2:6)
I AM GOD'S WORKMANSHIP, CREATED FOR GOOD WORKS (EPHESIANS 2:10)
I MAY APPROACH GOD WITH FREEDOM AND CONFIDENCE (EPHESIANS 3:12)
I CAN DO ALL THINGS THROUGH CHRIST WHO STRENGTHENS ME! (PHILIPPIANS 4:13)

THE NEW JESUS

THE TRUTH ABOUT THOUGHTS

BLASPHEMOUS THOUGHTS - 2 COR:4-5 WE ARE DESTROYING SPECULATIONS AND EVERY LOFTY THING RAISED UP AGAINST THE KNOWLEDGE OF GOD, AND WE ARE TAKING EVERY THOUGHT CAPTIVE TO THE OBEDIENCE OF CHRIST,

CONDEMNING THOUGHTS - ROM 8:1 THEREFORE THERE IS NOW NO CONDEMNATION FOR THOSE WHO ARE IN CHRIST JESUS.

CONFUSING THOUGHTS - 1 COR.14:33 FOR GOD IS NOT A GOD OF CONFUSION BUT OF PEACE, AS IN ALL THE CHURCHES OF THE SAINTS.

FEARFUL THOUGHTS - 2 TIM 1:7 FOR GOD HAS NOT GIVEN US A SPIRIT OF FEAR, BUT OF POWER AND OF LOVE AND OF A SOUND MIND. ROM 8:15 FOR YOU HAVE NOT RECEIVED A SPIRIT OF SLAVERY LEADING TO FEAR AGAIN, BUT YOU HAVE RECEIVED A SPIRIT OF ADOPTION AS SONS BY WHICH WE CRY OUT, " ABBA! FATHER!"

HAUGHTY (PRIDEFUL) THOUGHTS - PHIL 2:3-4 DO NOTHING FROM SELFISHNESS OR EMPTY CONCEIT, BUT WITH HUMILITY OF MIND REGARD ONE ANOTHER AS MORE IMPORTANT THAN YOURSELVES; 4 DO NOT MERELY LOOK OUT FOR YOUR OWN PERSONAL INTERESTS, BUT ALSO FOR THE INTERESTS OF OTHERS.

THE NEW JESUS

THE TRUTH ABOUT THOUGHTS

LYING THOUGHTS - EPH 4:25-26 THEREFORE, LAYING ASIDE FALSEHOOD, SPEAK TRUTH EACH ONE OF YOU WITH HIS NEIGHBOR, FOR WE ARE MEMBERS OF ONE ANOTHER. JOHN 8:44-45 "YOU ARE OF YOUR FATHER THE DEVIL, AND YOU WANT TO DO THE DESIRES OF YOUR FATHER. HE WAS A MURDERER FROM THE BEGINNING AND DOES NOT STAND IN THE TRUTH BECAUSE THERE IS NO TRUTH IN HIM. WHENEVER HE SPEAKS A LIE, HE SPEAKS FROM HIS OWN NATURE, FOR HE IS A LIAR AND THE FATHER OF LIES.

OBSESSIVE THOUGHTS - PHIL 4:6-7 BE ANXIOUS FOR NOTHING, BUT IN EVERYTHING BY PRAYER AND SUPPLICATION WITH THANKSGIVING LET YOUR REQUESTS BE MADE KNOWN TO GOD. 7 AND THE PEACE OF GOD, WHICH SURPASSES ALL COMPREHENSION (NEED TO FIGURE IT OUT), WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS.

NEGATIVE THOUGHTS - ROM 8:28 AND WE KNOW THAT GOD CAUSES ALL THINGS TO WORK TOGETHER FOR GOOD TO THOSE WHO LOVE GOD, TO THOSE WHO ARE CALLED ACCORDING TO HIS PURPOSE.

THE NEW JESUS

THE TRUTH ABOUT THOUGHTS

JEALOUS THOUGHTS - JAMES 3:14-16 BUT IF YOU HAVE BITTER JEALOUSY AND SELFISH AMBITION IN YOUR HEART, DO NOT BE ARROGANT AND SO LIE AGAINST THE TRUTH. 15 THIS WISDOM IS NOT THAT WHICH COMES DOWN FROM ABOVE, BUT IS EARTHLY, NATURAL, DEMONIC. 16 FOR WHERE JEALOUSY AND SELFISH AMBITION EXIST, THERE IS DISORDER AND EVERY EVIL THING.

THOUGHTS OF GUILT AND SHAME - GAL 3:13 CHRIST REDEEMED US FROM THE CURSE OF THE LAW, HAVING BECOME A CURSE FOR US--FOR IT IS WRITTEN, "CURSED IS EVERYONE WHO HANGS ON A TREE" -HEB 12:1-2 THEREFORE, SINCE WE HAVE SO GREAT A CLOUD OF WITNESSES SURROUNDING US, LET US ALSO LAY ASIDE EVERY ENCUMBRANCE AND THE SIN WHICH SO EASILY ENTANGLES US, AND LET US RUN WITH ENDURANCE THE RACE THAT IS SET BEFORE US, 2 FIXING OUR EYES ON JESUS, THE AUTHOR AND PERFECTER OF FAITH, WHO FOR THE JOY SET BEFORE HIM • • ENDURED THE CROSS, DESPISING THE SHAME, AND HAS SAT DOWN AT THE RIGHT HAND OF THE THRONE OF GOD.

THE NEW JESUS

THE TRUTH ABOUT THOUGHTS

SUICIDAL THOUGHTS - JOHN 10:10 "THE THIEF COMES ONLY TO STEAL AND KILL AND DESTROY; I CAME THAT THEY MAY HAVE LIFE, AND HAVE IT ABUNDANTLY. LUKE 9:56 FOR THE SON OF MAN DID NOT COME TO DESTROY MEN'S LIVES, BUT TO SAVE THEM."

FANTASY THOUGHTS - ACTS 17:24-27 THE GOD WHO MADE THE WORLD AND ALL THINGS IN IT, SINCE HE IS LORD OF HEAVEN AND EARTH, DOES NOT DWELL IN TEMPLES MADE WITH HANDS; 25 NOR IS HE SERVED BY HUMAN HANDS, AS THOUGH HE NEEDED ANYTHING SINCE HE HIMSELF GIVES TO ALL PEOPLE LIFE AND BREATH AND ALL THINGS; 26 AND HE MADE FROM ONE MAN EVERY NATION OF MANKIND TO LIVE ON ALL THE FACE OF THE EARTH, HAVING DETERMINED THEIR APPOINTED TIMES AND THE BOUNDARIES OF THEIR HABITATION, PS J 39:J-6 O LORD, YOU HAVE SEARCHED ME AND KNOWN ME. 2 YOU KNOW WHEN I SIT DOWN AND WHEN I RISE UP; YOU UNDERSTAND MY THOUGHT FROM AFAR. 3 YOU SCRUTINIZE MY PATH AND MY LYING DOWN AND ARE INTIMATELY ACQUAINTED WITH ALL MY WAYS. 4 EVEN BEFORE THERE IS A WORD ON MY TONGUE,BEHOLD, O LORD, YOU KNOW IT ALL. 5 YOU HAVE ENCLOSED ME BEHIND AND BEFORE, AND LAID YOUR HAND UPON ME. 6 SUCH KNOWLEDGE IS TOO WONDERFUL FOR ME; ITIS TOO HIGH, I CANNOT ATTAIN TOIT.

THE NEW JESUS

THE TRUTH ABOUT THOUGHTS

PERFECTIONISTIC/LEGALISTIC THOUGHTS - 2 COR 3:5-6 NOT THAT WE ARE ADEQUATE IN OURSELVES TO CONSIDER ANYTHING AS COMING FROM OURSELVES, BUT OUR ADEQUACY IS FROM GOD, 6 WHO ALSO MADE US ADEQUATE AS SERVANTS OF A NEW COVENANT, NOT OF THE LETTER BUT OF THE SPIRIT; FOR THE LETTER KILLS, BUT THE SPIRIT GIVES LIFE.

UNPROTECTED THOUGHTS - 2 THESS 3:1-3 FINALLY, BRETHREN, PRAY FOR US THAT THE WORD OF THE LORD WILL SPREAD RAPIDLY AND BE GLORIFIED, JUST AS IT DID ALSO WITH YOU; 2 AND THAT WE WILL BE RESCUED FROM PERVERSE AND EVIL MEN; FOR NOT ALL HAVE FAITH. 3 BUT THE LORD IS FAITHFUL, AND HE WILL STRENGTHEN AND PROTECT YOU FROM THE EVIL ONE.

RELIGIOUS THOUGHTS - GAL 1:6-10 I AM AMAZED THAT YOU ARE SO QUICKLY DESERTING HIM WHO CALLED YOU BY THE GRACE OF CHRIST, FOR A DIFFERENT GOSPEL; 7 WHICH IS REALLY NOT ANOTHER; ONLY THERE ARE SOME WHO ARE DISTURBING YOU AND WANT TO DISTORT THE GOSPEL OF CHRIST. 8 BUT EVEN IF WE, OR AN ANGEL FROM HEAVEN SHOULD PREACH TO YOU A GOSPEL CONTRARY TO WHAT WE HAVE PREACHED TO YOU, HE IS TO BE ACCURSED! 9 AS WE HAVE SAID BEFORE, SO I SAY AGAIN NOW IF ANY MAN IS PREACHING TO YOU A GOSPEL CONTRARY TO WHAT YOU RECEIVED, HE IS TO BE ACCURSED! 10 FOR AM I NOW SEEKING THE FAVOR OF MEN, OR OF GOD? OR AM I STRIVING TO PLEASE MEN? IF I WERE STILL TRYING TO PLEASE MEN, I WOULD NOT BE A BOND-SERVANT OF CHRIST.

THE NEW JESUS

THE TRUTH ABOUT THOUGHTS

THOUGHTS OF REGRET- JER 29:11-12 'FOR I KNOW THE PLANS THAT I HAVE FOR YOU,' DECLARES THE LORD, PLANS FOR WELFARE AND NOT FOR CALAMITY, TO GIVE YOU A FUTURE AND A HOPE.

DISTRACTING THOUGHTS- 1 PETER 1:13-14 THEREFORE, PREPARE YOUR MINDS FOR ACTION, KEEP SOBER IN SPIRIT, FIX YOUR HOPE COMPLETELY ON THE GRACE TO BE BROUGHT TO YOU AT THE REVELATION OF JESUS CHRIST.

DEFENSIVE THOUGHTS - 1 PETER 5:6-8 THEREFORE HUMBLE YOURSELVES UNDER THE MIGHTY HAND OF GOD, THAT HE MAY EXALT YOU AT THE PROPER TIME, 7 CASTING ALL YOUR ANXIETY ON HIM, BECAUSE HE CARES FOR YOU.

ANGRY THOUGHTS - EPH 4:31-32 LET ALL BITTERNESS AND WRATH AND ANGER AND CLAMOR AND SLANDER BE PUT AWAY FROM YOU, ALONG WITH ALL MALICE. 32 BE KIND TO ONE ANOTHER, TENDER-HEARTED, FORGIVING EACH OTHER, JUST AS GOD IN CHRIST ALSO HAS FORGIVEN YOU.

PEOPLE PLEASING- GAL 1:10 FOR AM I NOW SEEKING THE FAVOR OF MEN, OR OF GOD? OR AM I STRIVING TO PLEASE MEN? IF I WERE STILL TRYING TO PLEASE MEN, I WOULD NOT BE A BOND-SERVANT OF CHRIST.

THOUGHTS OF LONELINESS- ROM 8:38-39 FOR I AM CONVINCED THAT NEITHER DEATH, NOR LIFE, NOR ANGELS, NOR PRINCIPALITIES, NOR THINGS PRESENT, NOR THINGS TO COME, NOR POWERS, 39 NOR HEIGHT, NOR DEPTH, NOR ANY OTHER CREATED THING, WILL BE ABLE TO SEPARATE US FROM THE JOVE OF GOD, WHICH IS IN CHRIST JESUS OUR LORD.