



Avoid Negative Self-Talk

"everything I say seems to condemn me." Job 9:20(GNT)

2 Corinthians 10:5(Voice): "We are demolishing arguments and ideas, every high-and-mighty philosophy that pits itself against the knowledge of *the one true* God. We are taking prisoners of every thought, *every emotion*, and subduing them into obedience to the Anointed One."

"I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality..." Doctor Martin Luther King, Jr.

"There are no gradations in the image of God." Doctor Martin Luther King, Jr.

"And when this happens, and when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when *all* of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual: *Free at last! Free at last! Thank God Almighty, we are free at last!*" Dr. Martin Luther King, Jr.

R_____ that negative self-talk is common

U_____what you do from who you are

"_____ that I should go to Pharaoh and bring the Israelites out of Egypt?" Exodus 3:11

Genesis 12:1(AMPC): "Now the Lord said to Abram, go for yourself [for your own advantage] away from your country, from your relatives and your father's house, to the land that I will show you."

Go to _____

T_____your brain to choose God's view of you

"...you must explain to your children, 'I am celebrating what the Lord did for me when I left Egypt.'" Exodus 13:8(NLT)

"Rarely do we find men who willingly engage in hard, solid thinking. There is an almost universal quest for easy answers and half-baked solutions. Nothing pains some people more than having to think." Doctor Martin Luther King, Jr.

What You Receive You'll Eventually Believe.

All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.