

III. IMPROVE POSITIVE SELF TALK

A. Focus your self talk on obedience to God.

“17 “But when he came to himself, he said, ‘How many of my father’s hired servants have bread enough and to spare, and I perish with hunger!

18 I will arise and go to my father, and will say to him, ‘Father, I have sinned against heaven and before you,

19 and I am no longer worthy to be called your son. Make me like one of your hired servants.”

Luke 15:17-19

B. Fix your self talk on God.

- Pray to God (Psalm 19:14).

“23 Search me, O God, and know my heart; Try me, and know my anxieties;

24 And see if there is any wicked way in me, And lead me in the way everlasting.”

Psalm 139:23-24

- Meditate on the Word of God.

“This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success”

Joshua 1:8

Speak These Words To Yourself

I am deeply loved, divinely appointed, abundantly equipped, and profoundly cherished by God. No enemy plan, scheme, or obstacle can keep me from God’s highest and best will for me.

As I follow the voice of my Savior, I see the invisible, accomplish the impossible, and love the unlovable. I am a living-breathing miracle because Jesus Christ lives in me! Amen

TONGUE PIERCED Go Ahead – Talk To Yourself Pastor Steve Reynolds

INTRODUCTION

A. The words you speak every day will shape your life – positively or negatively. It’s up to each of us to decide whether the words we speak every day will lead to life, success and positive relationships or death, destruction and painful memories.

“For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile:”

I Peter 3:10

B. Tongue Pierced will teach you how to choose your words wisely to create the life you want. During this spiritual growth campaign you will learn how the words you speak transform the life you live.

Oct 4	Kick Off Sunday
Oct 11	The Power Of Words
Oct 18	What Your Words Say About You
Oct 25	The Most Important Conversations You’ll Ever Have
Nov 1	The Art Of Cursing
Nov 8	The Language Of Love
TODAY	Go Ahead – Talk To Yourself
Nov 22	Developing An Attitude Of Gratitude
Nov 29	Mastering Confrontation & Conflict
Dec 6	Words That Last

Come and hear these messages and discover how the Bible can help you to be Tongue Pierced!

C. **TEXT:** Psalm 19:14 (Pew Bible/Pg. 535/Old Testament)

“...For out of the abundance of the heart the mouth speaks. 35 A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things.”

Matthew 12:34b-35

GO AHEAD – TALK TO YOURSELF

Self talk is the conversation you have with yourself in your head.
We do it almost all the time.

Research indicates that most people:

- **Speak** at a rate of 150-200 words per minute.
- **Listen** at a rate of 500-600 words per minute.
- **Think** at a rate of 1300-1400 words per minute.

I. **MONITOR** ALL SELF TALK

- A. What we say to ourselves **impacts** our life today and for eternity.

“For as he thinks in his heart, so is he...”

Proverbs 23:7a

“16 Then He spoke a parable to them, saying: “The ground of a certain rich man yielded plentifully.

17 And he thought within himself, saying, ‘What shall I do, since I have no room to store my crops?’

18 So he said, ‘I will do this: I will pull down my barns and build greater, and there I will store all my crops and my goods.

19 And I will say to my soul, “Soul, you have many goods laid up for many years; take your ease; eat, drink, and be merry.”’

20 But God said to him, ‘Fool! This night your soul will be required of you; then whose will those things be which you have provided?’

21 “So is he who lays up treasure for himself, and is not rich toward God.”

Luke 12:16-21

- B. God’s **standard** for self talk is found in Philippians 4:8.

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.”

Philippians 4:8

Ask yourself is what I say to myself:

- **True**?
- **Noble**?
- **Just**?
- **Pure**?
- **Lovely**?
- **Good report**?

II. **ELIMINATE** ALL NEGATIVE SELF TALK

- A. **Reject** negative talk.

“casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,”

II Corinthians 10:5

- B. **Balance** your self talk.

“For I say, through the grace given to me, to everyone who is among you, not to think of himself more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith.”

Romans 12:3

- Do not think too **much** of yourself.

“The Pharisee stood and prayed thus with himself, ‘God, I thank You that I am not like other men—extortioners, unjust, adulterers, or even as this tax collector.”

Luke 18:11

- Do not think too **little** of yourself.

“But Moses said to God, “Who am I that I should go to Pharaoh, and that I should bring the children of Israel out of Egypt?”

Exodus 3:11