

NEGATIVE SELF TALK

LEADER'S NOTES:

Definition: Putting ourselves down, using phrases such as "I'm just stupid." "I'm ugly."
Have the group give some other phrases they have heard or perhaps used about themselves.

Before dividing into groups: (Introduction)

Our minds are like a garden, which may be intelligently cultivated or allowed to run wild; but whether cultivated or neglected, it must and will, bring forth. If no useful seeds are put into it, then an abundance of useless weed seeds will fall therein, and will continue to produce their kind. Just as a gardener cultivates his plot, keeping it free from weeds, and growing the flowers and fruits which he requires, so may a man tend the garden of his mind, weeding out all the wrong, useless, and impure thoughts, and cultivating toward perfection the flowers and fruits of right, useful, and pure thoughts.

Every word we speak is a seed. Every action we take is a seed. Every thought we have is a seed. What do seeds do? They grow.

The Chameleon Syndrome:

Satan is the chief of chameleons. He has no true values and he can change his appearance and personality with ease. He in turn will use other's words and actions and then our own thoughts to make us believe we are something different than who God intended us to be. When we listen to the lies, start accepting those lies as fact and believing them, he has us hooked in the ranks of "Chameleon Syndrome Intl." We then are caught in a cycle which we can't seem to get out of.

DIVIDE YOUR GROUP INTO SMALLER GROUPS USING THE ATTACHED DISCUSSION SHEET. Pass out the sheets.

Following the time which you have determined for the small groups, have everyone come back into one group. Have volunteers share any insights from their discussion sheets.

AS YOUR LARGE GROUP SHARES, THE FOLLOWING CAN BE INSERTED FOR FURTHER INSIGHT AND DISCUSSION:

We have determined that we have listened, accepted and believed a lie when negative thoughts come to us and we speak them as fact. God's Word states He hates lies and especially if we tell them. Look at the following Scripture references:

Proverbs 12:22

Exodus 20:16

Proverbs 6:16-19

James 3:9-10 speaks of the tongue: blessing and cursing. If we speak of ourselves in a negative way (as a result of believing a lie), are we not cursing men (us) who were made in God's likeness? This is a reproach on God as Creator. this would apply to whether we are calling ourselves names (for example: stupid, what an idiot etc.) or calling others names.

In the Bible, there are men and women who believed lies about themselves or their situations. We don't always have their exact words, but we can tell by their actions what they believed. As you have time, some examples are below. A question to consider as you look at these would be what lies they would have possibly believed?

1. Eve: Genesis 3:6

2. Sarah: Genesis 16:1,2

God intends for us to see ourselves (and others) as He sees us because that is who we really are. Again, as you have time, some of the following references say I am _____ (fill in the blank).

Matthew 6:26

John 14:20

John 15:15

Romans 5:9

Romans 8:2

Romans 8:17

What do we have in Christ? These references give us a clue:

Proverbs 3:26

John 14:20

1 Corinthians 2:16

Ephesians 2:17-18

Philippians 4:13

THE NEXT STEP:

If someone points out something which needs correction, the question to ask yourself is "Do they come as a friend?" How does Proverbs 27:6 apply?

A friend has your best interests at heart.

An enemy may only say what you want to hear.

Read Ephesians 1:3-8. There are 8 words in this reference which describe your identity in Christ. What are they? If you have a marker board, write them down as your group members list them.

IN CLOSING: PRAY FOR ANY NEEDS THAT MAY HAVE BEEN EXPRESSED AS A RESULT OF THE DISCUSSION TIME.

DISCUSSION SHEET GUIDELINE

QUESTION: I need wisdom to help overcome negative self-talk: especially when someone addresses areas in my life needing to be corrected. How do I do this?

As you discuss this area and look for application of God's wisdom, let's remember this is not about opinions or our own thoughts. We want to apply God's Word to the situation.

The following are questions to consider:

1. What are some examples of negative self-talk?
2. Would negative self-talk be the problem or is this the symptom of an underlying problem?
3. What might be some causes or reasons for this occurring in our lives?
4. How can this be altered/changed?
5. Consider this: When you look into a mirror, how do you see yourself?



How should we see ourselves?

6. What does God's wisdom say about us? (Find at least one Scripture to apply.)
7. Why do we become defensive when needing correction?
8. Does our reaction depend upon who brings the correction?
9. How can we encourage someone struggling with this problem?
10. Have you personally experienced self-devaluation and have found victory that you would be willing to share with others?