

Soundtracks

Surprising Solution to Overthinking

Overthinking: when what you _____ gets in the way of what you _____

Romans 8:5-6 (NLT) Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. 6 So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

Proverbs 23:7 (NKJV) For as he thinks in his heart, so is he.

1 Peter 5:8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

1. Our brain _____ about our _____

The more often you _____ a memory, the more likely it is to _____
_____.

2. Our brain confuses _____ with _____

3. Our brain _____ what it _____

John 10:10 (ESV) The thief (Satan) comes only to steal and kill and destroy; I (Jesus) have come that they may have life, and have it to the full.

Ecclesiastes 9:10 (NLT) Whatever you do, do well. For when you go to the grave, there will be no work or planning or knowledge or wisdom.

1. _____ your broken soundtracks
2. _____ them with new ones
3. _____ them until they're as automatic as the old ones

If you leave the space empty it's like the demon who left but the space was empty, and he invited more to return. (*Matthew 12:43-45*)