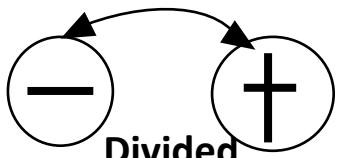


THOUGHT DISCIPLINE

**Changing Negative Life Scripts
To
God's Thoughts About Ourselves**



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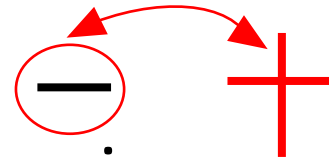
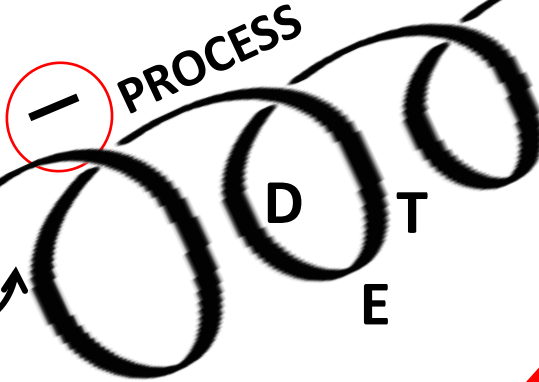
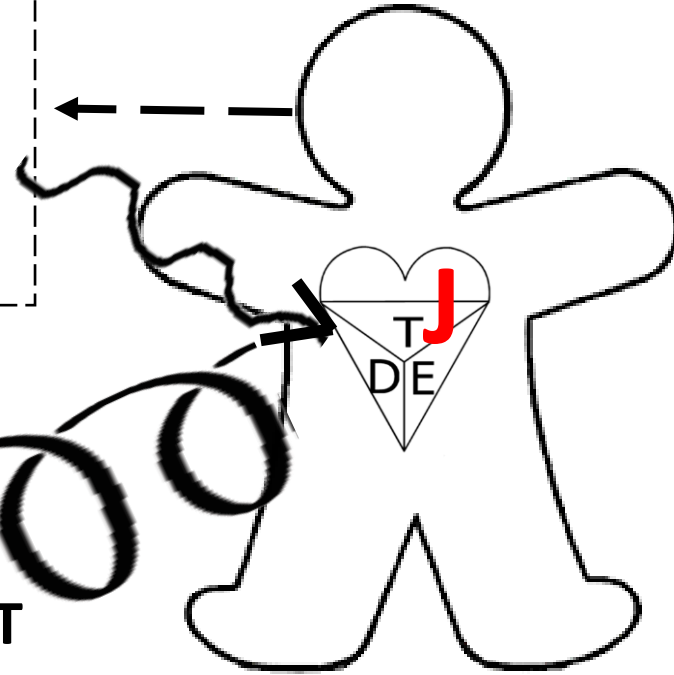
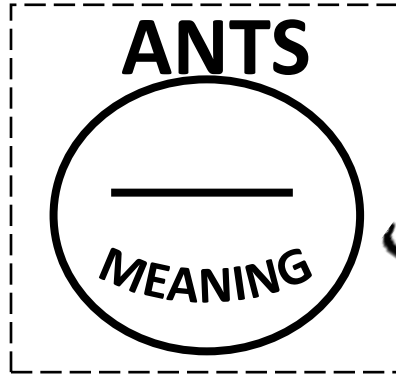


Divided Thinking

Mixed Emotions

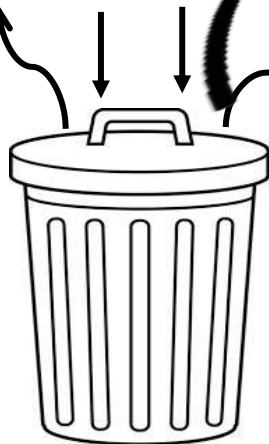
Deciding/
Paralyzed Will

ANTS =
Automatic
Negative
Thoughts



The meaning we place on an event(s) or circumstance(s) determines the impact.

Our little selves
Holding tight
Fatalism
Manipulation
Fearful death*



*Lists are chapter titles in *Turn My Mourning into Dancing*, Henri Nouwen

Hebrews 12:1-3 (The Message)

Do you see what this means—all these pioneers who blazed the way, all these veterans cheering us on? It means we'd better get on with it. Strip down, start running—and never quit! No extra spiritual fat, no parasitic sins. Keep your eyes on *Jesus*, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: Cross, shame, whatever. And now he's *there*, in the place of honor, right alongside God. When you find yourselves flagging in your faith, go over that story again, item by item, that long litany of hostility he plowed through. *That* will shoot adrenaline into your souls!

