

Tuning In To God's Thoughts Towards Me

from *A Confident Heart* by Renee Swope

Chapter 6 & 7 - Video Message Notes

One morning I woke up feeling bullied by doubt and discouragement. My mind was being bombarded by thoughts like:

- I can't do it all!
- I am not cut out for all God has called me to do.
- I'm always disappointing someone.

Suddenly my thoughts were interrupted by Twila Paris. With confident assurance, she told me it was no time for _____, but a time for faith and _____. Then she challenged me to hold on to all I had _____ in my heart, and all I _____ to be true. And finally, she reminded me of the most important truth of all: *God is in* _____.

- As I heard her words, my thoughts were _____ with God's truth.
- I went from feeling _____ to feeling _____, from feeling out of _____ to knowing God is in control.

Just like I tuned my radio to listen to an encouraging station, we need to get intentional about tuning our thoughts into God's thoughts toward us every day.

- In the same way a radio has an AM and FM frequency, so do our thoughts.
- They are either **AM** (against me) or **FM** (for me) thoughts.

We also have an _____ who is _____ us. The Bible calls him the _____ of the brethren! Satan will do his best to come _____ us with accusations and condemnation so we never live up to the full potential of who we are in Christ.

First Peter 5:8 tells us what we need to do:

“Keep your mind clear, and be alert. Your opponent the devil is prowling around like a roaring lion as he looks for someone to devour.” (1 Peter 5:8, GW).

Keep our minds clear:

The Holy Spirit lives in us as believers, and He is great at helping us keep our minds clear. Lets ask Him daily to clean out the clutter of insecurity, pride, and Satan's against me thoughts and replace them with the clarity of Truth.

Stay alert:

We can stay alert by listening to our thoughts. If our thoughts are against us, our feelings will be too. What we think determines how we feel, and our feelings often determine how we live.

Think → Feel → Live

With the power of the Holy Spirit and God's promises, we can ask Jesus to change the way we think, which will change the way we feel and eventually transform the way we live!

The next time you get that not good enough feeling stop and ask the Holy Spirit to show you what you are thinking that is making you feel that way. Then compare your thoughts to God's thoughts. Do they match? If not, find a promise in God's Word to replace the lie that has filled your heart with doubt. For instance:

- When doubt comes *against me*, saying I'm weak and all alone, I focus on the truth that God is *for me!* I can be strong and courageous because God is with me. He promises He will never leave me nor forsake me. (Deut. 31:6)
- When doubt comes against me, saying I'm not good enough for a certain role or position, I remember that *God is for me!* He says I am His masterpiece, created new in Christ so that I could do good things He planned long ago. (Eph. 2:10)
- When doubt comes against me, making me feel like I can't do something because it's too hard. I remember that *God is for me!* He says I can do all things through Christ who strengthens me (Phil. 4:13)

If we have Christ in us and with us, we have God's power and promises available to live with a confident heart. But it won't just happen because it's possible. We have to take action!

Closing Thoughts:

We need to get intentional about tuning our thoughts to God's thoughts toward us every day. When we have an AM (Against Me) thought, let's prepare ahead and have an FM (God's For Me) thought ready to replace it. In Chapter 6, I have included a list of AM/FM thoughts. Why not write them down, tape them to your mirror, take a copy with you to work and stick them on your refrigerator or in your car.

Don't let self-doubt bully you anymore! Remember, to keep your mind clear and be alert. The more you tune your thoughts into God's thoughts towards you, the more you will believe His promises and live like they are true!