

Biblical Remedies for Negative Thoughts

These are ten distorted thought patterns that believers often indulge in that are unhealthy, untrue and ungodly. They are "root" thinking disorders of the mind that cause anger, bitterness, and depression. They never bring blessing. They are ten lies of Satan.

1. All or Nothing Thinking (perfectionism) - Things are either good or all bad.

--- Think soberly - Romans 12:3 --- Glory in your weaknesses - I Cor. 12:9-10 --- Treasure in vessels of clay - 2 Cor 4:7

2. Overgeneralization (Murphy-ism) - You believe in Murphy's Laws.

Do not stagger not in unbelief - Romans 4:20-21 --- All things will work together for good for you - Romans 8:28 --- God has good plans and purposes - Jeremiah 29:11

3. Mental Filter (Negativism) - Life appears pessimistic at best.

Think or focus on good things - Philippians 4:8 --- In everything give thanks - I Thessalonians 5:18

4. Disqualifying the Positive - You overlook good things, or don't count.

Hate a false balance - Proverbs 11:1 --- Believe "I can" attitude - Philippians 4:13

5. Mind Reading - You assume to know what others are thinking.

The test of a false prophet - Deuteronomy 18:22 --- Love thinks no evil - I Corinthians 13:5-7 --- Do not judge outward appearances - John 7:24

6. Fortune Telling - You predict disappointing or bad things will happen.

If our heart condemns us - I John 3:20 --- Let God be true - Romans 3:4 --- God knows His plans for you - Jeremiah 29:11

7. Magnification - Little set backs are blown out of proportion.

What can separate us? Nothing - Romans 8:35 --- If God be for us, no one can be against you - Romans 8:31 --- No weapon against you will prosper- Isaiah 54:17

8. Should Statements - Your life is ruled by "oughts & shoulds."

The deeds of the law cannot justify anyone - Romans 3:20 --- It is not by might nor by power but by God's spirit that we achieve anything - Zechariah 4:6 --- You cannot add one cubit to your stature by thinking about it. - Matthew 6:27

9. Labeling or Name Calling - You give people derogatory labels

Call no man a fool - Matthew 5:22 --- What God has cleansed do not call common or unclean - Acts 10:15 - With our tongues we bless God and curse men who are made in the semblance of God.

10. Personalization - You feel responsible when things go wrong.

Satan is the accuser of the brethren - Zech 3:1-5 --- Satan accuses us before the throne of God - Revelation 12:10-11 --- Don't join into Satan's accusations.