

# Talk It Over

## MISSING PEACE

Part 5

Silence Your Negative Thoughts

### SMALL TALK

1. Share a time when you've faced persistent negative thoughts or self-doubt. How did you manage these?

### VIEWPOINT

2. **Read Proverbs 4:23.** What advice is given and why? Does this say anything about guarding ourselves from "negativity" that creeps in from many sources (comparing translations here may help)?
3. **Read 2 Corinthians 10:4-5.** What does this teach us about managing thought life? What is a "stronghold"?
4. **Read Psalm 103:1 and Psalm 27.** Why does David tell his own Soul (mind, will, and emotions) what to do? Does he do this because he doesn't feel like it? Do you see any hints of this kind of thing in Psalm 27?

### GETTING PERSONAL

5. Are there specific areas in your life where you find it challenging to "guard your heart" and keep negative influences at bay? How can you work on addressing those challenges?
6. How might David's strategy and approach help you to cope with negative thoughts and emotions in the future?

### MAKING PROGRESS (THIS WEEK)

1. Has anyone found the YouVersion 5 day video devotional and reading plan "Fighting Negative Thoughts" to be helpful? If so, how?