

QUESTIONS for discussion and meditation :

This week, pay special attention to the thoughts that run through your mind: Thoughts about yourself, your work or school, your capabilities, your appearance, your home, your family, your future, the country. Are you thinking positively about those things, seeing them through God's eyes, or do you tend to think negatively? Why do you think this is?

Read Psalm 103:1-5. Why do you think David has to tell himself to think of the blessings of God? List some of the "benefits" of God to you:

Read Psalm 103:9-18. How great is God's love for you according to verse 11? Do you always feel this or believe it? How far has he removed your sin from you, according to verse 12? Do you always believe this? How is God described in verse 13? Do you think of God in this way? How can this help your self-concept?

NOTES :



THINK ABOUT WHAT YOU'RE THINKING ABOUT

RENÉ SCHLAEPFER | AUGUST 4 & 5

Bless the LORD, my soul;
All my inmost being, bless His holy name. Psalm 103:1

KEY CONCEPT:

I NEED TO _____ ABOUT

WHAT I _____ ABOUT

Be very careful about what you think. Your thoughts run your life. Proverbs 4:2

Let God transform you into a new person by changing the way you think. Romans 12:2

Take every thought captive to obey Christ. 2 Corinthians 10:5

David steers his thoughts to positive, biblical _____ :

1. _____

Remember God's _____

Bless the LORD, my soul,
And forget not all his benefits
He forgives all your sins
and heals all your diseases. Psalm 103:2,3

He redeems your life from the pit
And crowns you with love and compassion
He fills your life with good things.
Your youth is renewed like the eagle's! Psalm 103:4,5

The LORD ...revealed his character to Moses
and his deeds to the people of Israel. Proverbs 103:6,7

2. _____

Remember God's _____

The LORD is compassionate and gracious,
slow to anger, and abounding in love. Psalm 103:8

He will not constantly accuse us,
nor remain angry forever.
He does not punish us for all our sins;
he does not deal harshly with us, as we deserve. Proverbs 103:9,10

For his unfailing love toward those who fear him
is as great as the height of the heavens above the earth.
He has removed our sins as far from us
as the east is from the west. Proverbs 103:11,12

The LORD is like a father to his children,
tender and compassionate to those who fear him.
For he knows how weak we are;
he remembers we are only dust. Proverbs 103:13,14

Our days on earth are like grass;
like wildflowers, we bloom and die.
The wind blows, and we are gone—
as though we had never been here. Proverbs 103:14-16

But the love of the LORD remains forever
with those who fear him. Proverbs 103:17

3. _____

Remember God's _____

The LORD has made the heavens his throne;
from there he rules over everything.
Praise the LORD, you angels,
you mighty ones who carry out his plans,
listening for each of his commands.
Yes, praise the LORD, you armies of angels
who serve him and do his will! Psalm 103:19-21

Praise the LORD, everything he has created,
everything in all his kingdom.
Let all that I am praise the LORD. Psalm 103:22

BOTTOM LINE:

What to do when haunted by guilt, shame, and negative thoughts:

Redirect my thoughts to _____