

LOGF NOTES 01.19.20

New Year, New You: What are you saying?

Tim Hobson, Lead Pastor

Psalm 1:1-3 Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.

Meditate: hagah **הגה** [grace transports grace]

To mutter the Word of God, who is Jesus, brings about a transformation in us of a grace-filled life.

Success and prosperity come with being transformed into Christ through meditation on and application of His word.

Joshua 1:8

God tells Joshua to say His Word, to think about His Word and to do His Word...this will lead to success and prosperity.

The Bible isn't a religious set of rules, but the revelation of God's perfect wisdom for life and for those who accept and apply God's Word enjoy a life of abundance!

So what is your self-talk? What is your internal dialogue?

Have you ever listened and taken notice of what you say under your breath to yourself?

Example #1:

God says you are forgiven. You might be feeling shame and guilt which means you don't think you are forgiven.

Example #2:

God says you are valuable. You might feel that you are worthless or will never amount to much.

Example #3:

God says He is always with you. You may feel rejected, lonely or betrayed.

Example #4:

God says you are blessed and highly favored. You may feel poor, left out, unnoticed, unlucky.

Example #5:

God says you are healed. You may think that God doesn't heal or that healing is arbitrary.

Example #6:

God says you are protected. You may have fear, worry or anxiety.

What God plants, saves us. What is not planted of God will be uprooted!

Matthew 15:13 Every plant that my heavenly Father has not planted will be pulled up by the roots.

James 1:21 Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

Psalms 118:24 This is the day the LORD has made; let us rejoice and be glad in it.

“has made” = has done it...same word used when Jesus said on the cross, “It is finished.”
What is finished? Our redemption & salvation!

What songs are you listening to...singing?

What are you muttering to yourself?

What are you thinking about the most?

What are you reading and putting into your head?

Who are you hanging around the most? You take on the philosophy, attitude, mannerisms and habits of those you hang around the most...

Life Group Discussion

1. Pick a verse from the category that above that you are working on as your memory verse for the week. Share this with the group and what it means to you and why you picked it.
2. Share a portion of “self-talk” that you know you should be working on changing. What would be an example of something to say instead of what you are used to muttering?
3. What are ways for us to daily feed ourselves on God’s Word and intentionally be transformed?
4. Why do you think music is such a powerful tool with regards to what we fill ourselves with?
5. What are some of your favorite positive self-talk statements that you use?

