



Rock Church

Pastor Miles McPherson

Automatic Negative Thoughts

September 4, 2022

Monthly Discipleship Focus for September

Values being guided by God's Word

In this message, Pastor Miles teaches us a six step drill to follow to overcome automatic negative thoughts that hold us captive and prevent us from being all that we were designed to be.

Based on the [broadcast message](#), review the following statements and questions below, then briefly respond accordingly within your group:

1. Describe your Automatic Negative Thought by writing out the negative thought in detail (John 3:20-21)
2. How does your negative thought make you feel? Anxious? Fearful? Insecure? Nervous? (James 3:17)
3. Ask, is it True? Yes? No? Not sure? (Proverbs 27:1)
4. Are you 100% sure your negative thought is true? Yes? No? Not sure?
5. How would you feel without the negative thought? (John 8:31)
6. Describe, in detail, a thought opposite to the negative thought. (Romans 1:17)

September Memory Verse – Psalm 48:14 (NKJV)

For this is God, our God forever and ever; He will be our guide even to death.

This Week's Bible Readings & Book Overview Videos

Zephaniah 1-3: <https://bibleproject.com/explore/video/zephaniah/>

Proverbs 23: <https://bibleproject.com/explore/video/proverbs/>

Haggai 1-2: <https://bibleproject.com/explore/video/haggai/>

Zechariah 1-14: <https://bibleproject.com/explore/video/zechariah/>

Next Step

Text INFO to 52525 for Rock updates and events