

# AUTOMATIC NEGATIVE THOUGHTS



## MEMORY VERSE:

For this is God, Our God forever and ever; He will be our guide  
Even to death. (Psalm 48:14 ).

## MAIN POINTS:

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)

## Asking Jesus into your life is as easy as A-B-C

Father, I **A**dmit that I am a sinner and that my sin has brought death and destruction into my life, my relationships with people, and my relationship with God. Romans 3:23, 6:23

I **B**elieve that Jesus died for my sins and that His death paid the penalty for my sins.  
Romans 5:8

I **C**onfess or agree that Jesus is Lord, that He died and rose from the dead, and is able to forgive me of my sins. Romans 10:9-10

Jesus, I trust that You love me and can hear my prayer. By faith, I ask You to please forgive me and fill me with the Holy Spirit. I surrender my life to You. I pray this in Jesus' name. Amen.

**IF YOU UNDERSTOOD THAT PRAYER AND PRAYED TO ACCEPT JESUS' INVITATION INTO A RELATIONSHIP, TEXT "SAVED" TO 52525.**