



What God has Given

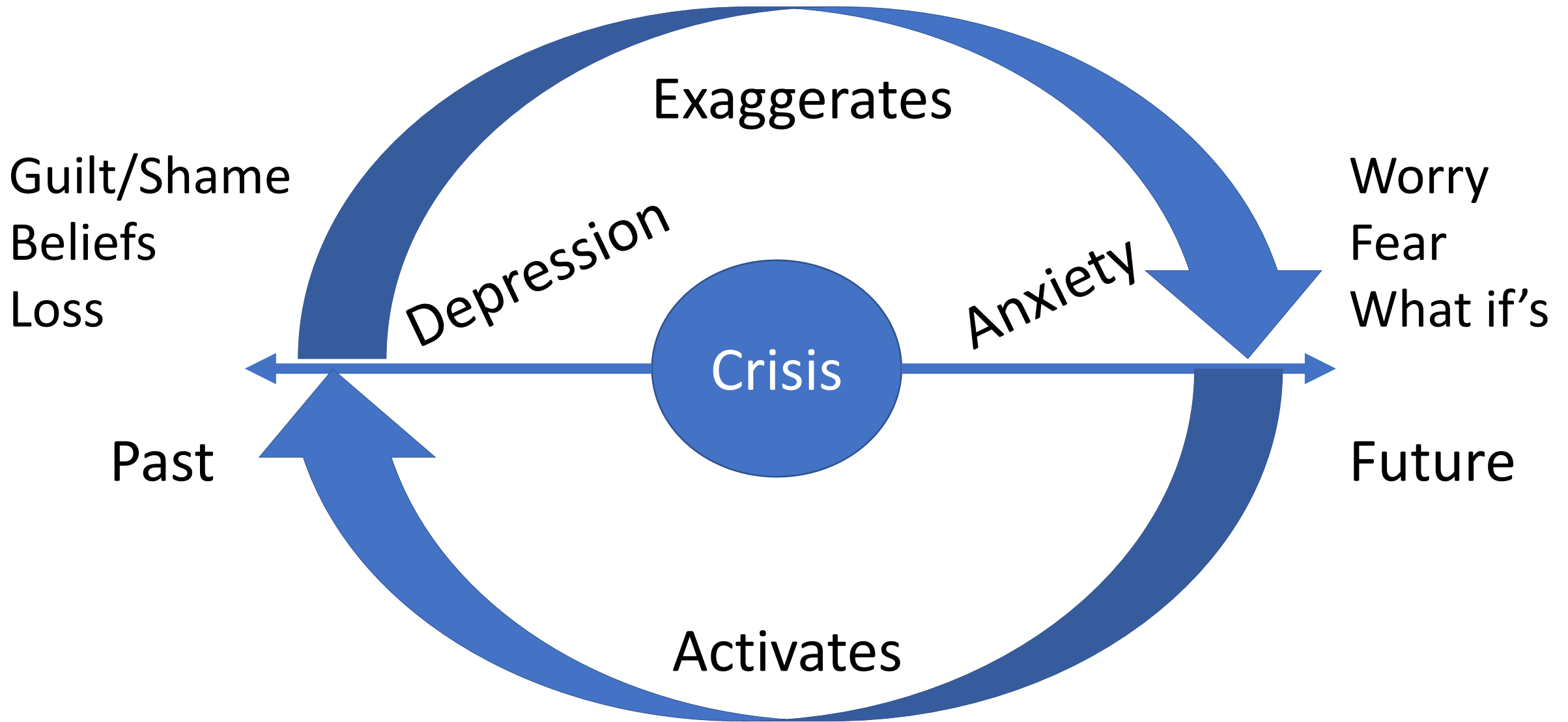
2 TIMOTHY 1:7

Romans 8:15

- ▶ The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.”

1 John 4:18

- ▶ There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.



Thinking Error

- ▶ Ignoring the Good – You pay more attention to bad things, and ignore when something good happens.

Thinking Error

- ▶ Blowing Things Up – Making a really big deal out of something small, or making a little bit bad seem like the worst thing ever.

Thinking Error

- ▶ Fortune Telling – Thinking you know what will happen in the future, and that it will be bad.

Thinking Error

- ▶ Mind Reading – Believing you know what someone else is thinking, or why they are doing something, without having enough information.

Thinking Error

- ▶ Negative Labeling – Having a negative belief about yourself and thinking it applies to everything you do.

Thinking Error

- ▶ Setting the Bar Too High – Thinking that you must be perfect in everything you do, otherwise you're no good.

Thinking Error

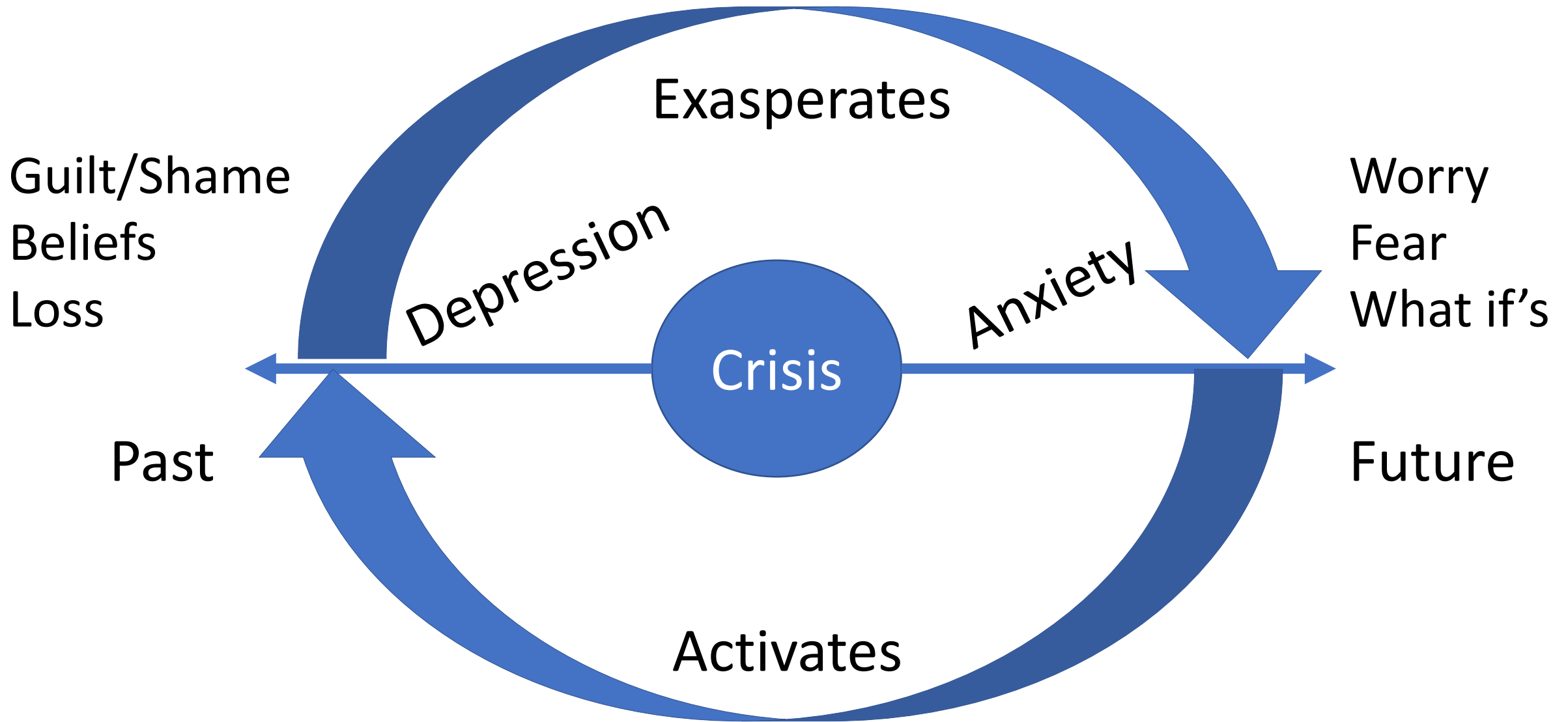
- ▶ Self-Blaming – Blaming yourself for anything that goes wrong around you, even if you had nothing to do with it.

Thinking Error

- ▶ Feelings as Facts – Believing that if you feel something, it must be true.

Thinking Error

- ▶ “Should” Statements –
Believing things have to be a
certain way.



2 Timothy 1:7

▶ God gave “a spirit of power”

Say “No” to the world and “Yes”
to God

