

Edward Church

Phil. 2:5

July 16, 2023

BUILDING A NEW YOU SERIES

Pt 1



Ever Fall Into a Spiritual Rut?

- **Miserable** = *Uncomfortable*
- **Obstructed** = *Hindered*
- **Hopeless** = *No Way Out*



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- Miserable = *Uncomfortable*
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What's Left?

- Lame
- Blame

Nothing But the Same !

Building a New You



Building a New You

Realize...

We Have a Part to Play...

☐ **Attention**

...What We See

☐ **Attitude**

...How We Think About It

☐ **Actions**

...How We Respond

Be a Better Person

BUILDING
a better YOU



Be a Better Person

BUILDING
a better YOU



“Let this mind be in you, which was also in Christ Jesus” -Phil. 2:5

- **Mind=** Attitude
- **Be=** Constant
- **You=** Personal

Jesus Attitude Toward Others Was He Was A Servant...

...His Attitude Toward Self Was

...He Had No Problem With That

NOT ME

THEIR FAULT

HIS FAULT

HER FAULT

PrescriptionMedia 



**Quit Looking Out to Find Someone/ Something
...to Blame
But
Look In and
...Take Responsibility**

From the Lost Book of the Bible – “Yeah But”

The Prophet “Yeah But” says:

- **Anything Before BUT...
Doesn't Really Matter**

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The Prophet “Yeah But” says:

- **Anything Before BUT...
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Here is a New Challenge...

Take the Sentence....

“I Meant to BUT...”

...Out of Your Vocabulary

Building A Better Me



Building A Better Me

Think Better Thoughts

“Whatsoever things are of good report . . . think on these things” -Phil. 4:8



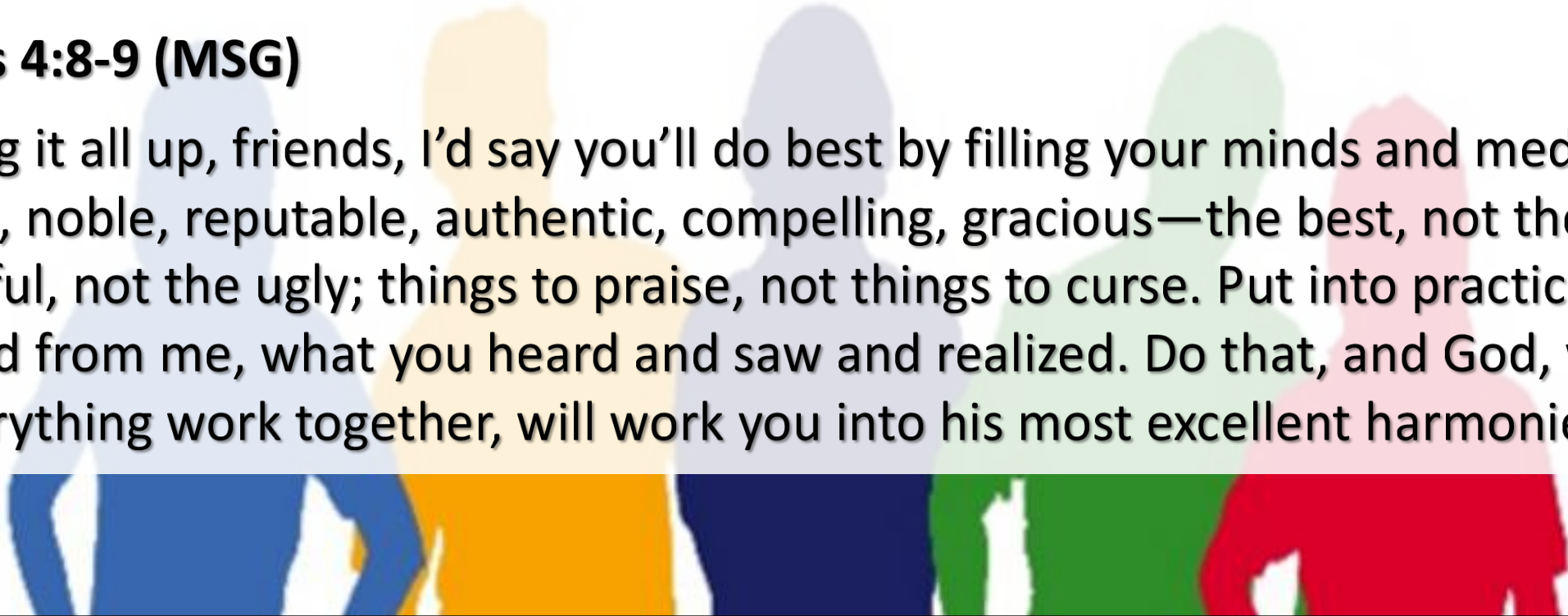
Building A Better Me

Think Better Thoughts

“Whatsoever things are of good report . . . think on these things” -Phil. 4:8

Philippians 4:8-9 (MSG)

⁸⁻⁹ Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.





***"AS A MAN THINKS,
SO IS HE"*** PROVERBS 23:7

**HOW DO YOU THINK
ABOUT YOURSELF?**



***“AS A MAN THINKS,
SO IS HE”*** PROVERBS 23:7

- **Discipline Our Thinking**
 - **Quit Allowing Negatives To Dominate Our Minds**
 - **ANTS**
 - **We Must Take Deliberate Action,
...Replacing Negative Thoughts With
Positives**
 - **...And Keeping An Optimistic Outlook**
- HOW DO YOU THINK
ABOUT YOURSELF?

WHAT ARE ANTS?

Automatic Negative Thoughts

"He's always putting me down."



"I'm so stupid."



"No one understands me."



"Why try? I'm awful at this."

"I shouldn't cry."

"I won't get this done on time. I just won't try."



"I feel like staying in bed, but I should go to the gym."



"She didn't say hello, she must hate me."



"You never listen to me."



"Nobody could love me."



"I'm a failure."



"I'm so annoying."



"I shouldn't get upset over this."

"You never listen to me."

So then FAITH

cometh **by**

hearing

& HEARING

by the WORD

Of GOD

**Romans
10:17**

Becoming a Better You

Hear Better Sounds

Romans 10:17-21 (NLT)

17 So faith comes from hearing, that is, hearing the Good News about Christ

Romans
10:17

Becoming a Better You

Hear Better Sounds

Romans 10:17-21 (NLT)

¹⁷ So faith comes from hearing, that is, hearing the Good News about Christ

- **Quit Listening Negative, and Destruction**
- **It Will Dwarf Your Spirit**
- **We Must Listen to the Good, Resist the Bad.**
- **We Must Hear From the Lord And Heed His Word.**

Building A Better Me

**Building a Better You...
...Will Build a Better**

- **Marriage**
- **Family**
- **Church**
- **Work Place**



“The Word of God
is alive and powerful! It will set
you free, comfort you, heal
you and feed your soul!”

- Pastor Matthew Hagee

This Weeks Challenge

ANTS

Automatic Negative Thoughts



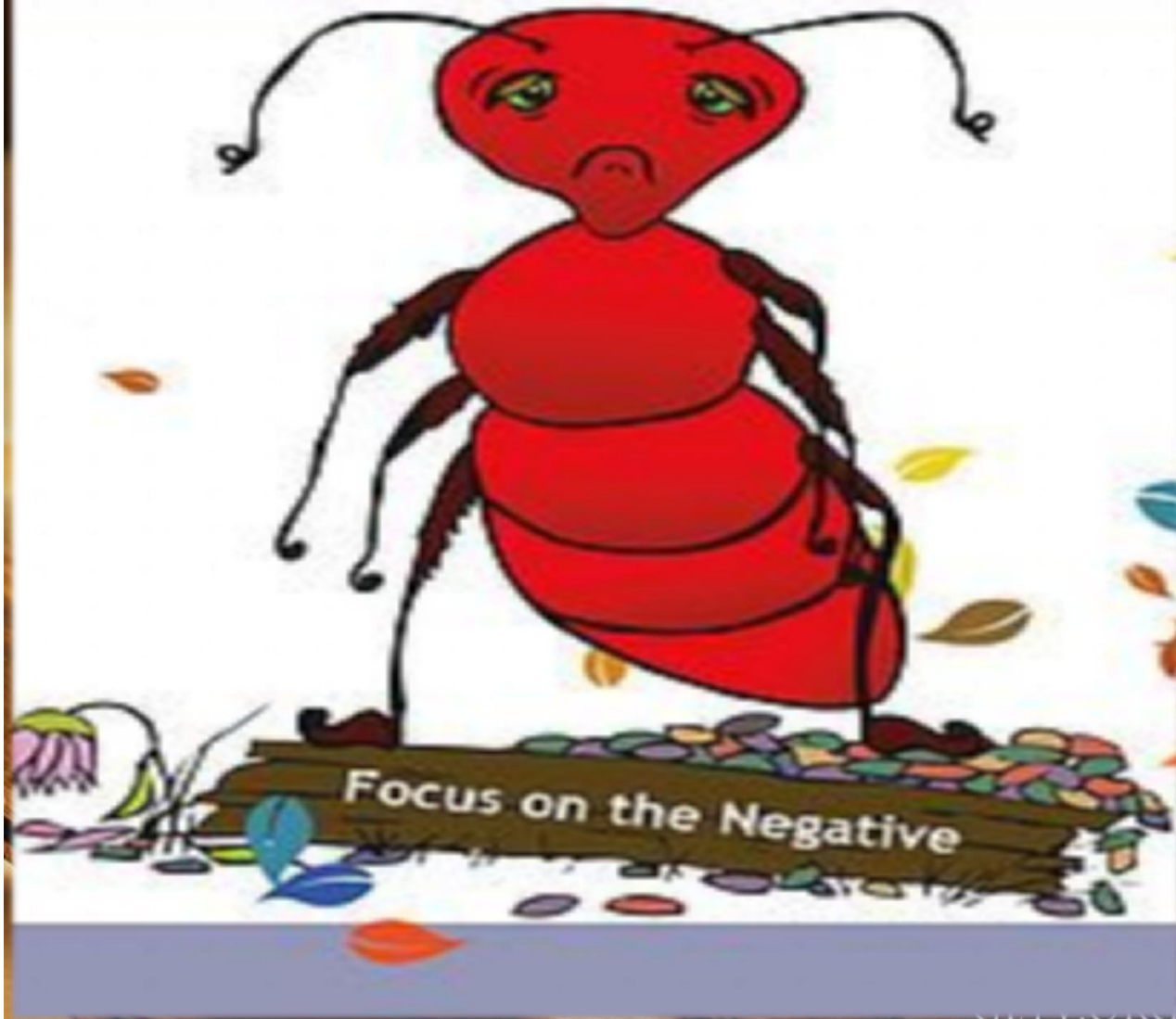
Focus on the Negative

**This Weeks Challenge
Whenever You Feel...**

**ANTS Attack
ATTACK Back!
RAID**

ANTS

Automatic Negative Thoughts



**This Weeks Challenge
Whenever You Feel...**

**ANTS Attack
ATTACK Back!
RAID**

- **R- Resist**
- **A- Adjust**
- **I- Inspect the Truth**
- **D- Dwell on Truth Instead**

**Watch Your Life/ Attitude
Shift for the Better**