



The Ants Go Marching One by One

Philippians 4:8-9

God Knows the Power of Our Thoughts

Change
your thoughts
and you change
your world

Norman Vincent Peale

God Knows the Power of Our Thoughts

- **That's Why Philippians 4:8 Declares...**
- 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. **Philippians 4:8-9 (MSG)**
 - **But This Way of Thinking is Not Natural**
 - **We Are Prone to the Negative**
 - **If We Aren't Careful It Will Overcome Our Thinking...**
 - **We Get Infested with ANTS**

Norman Vincent Peale

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."**



**W
at**

"I shouldn't cry."



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



**"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."**



"I'm so annoying."

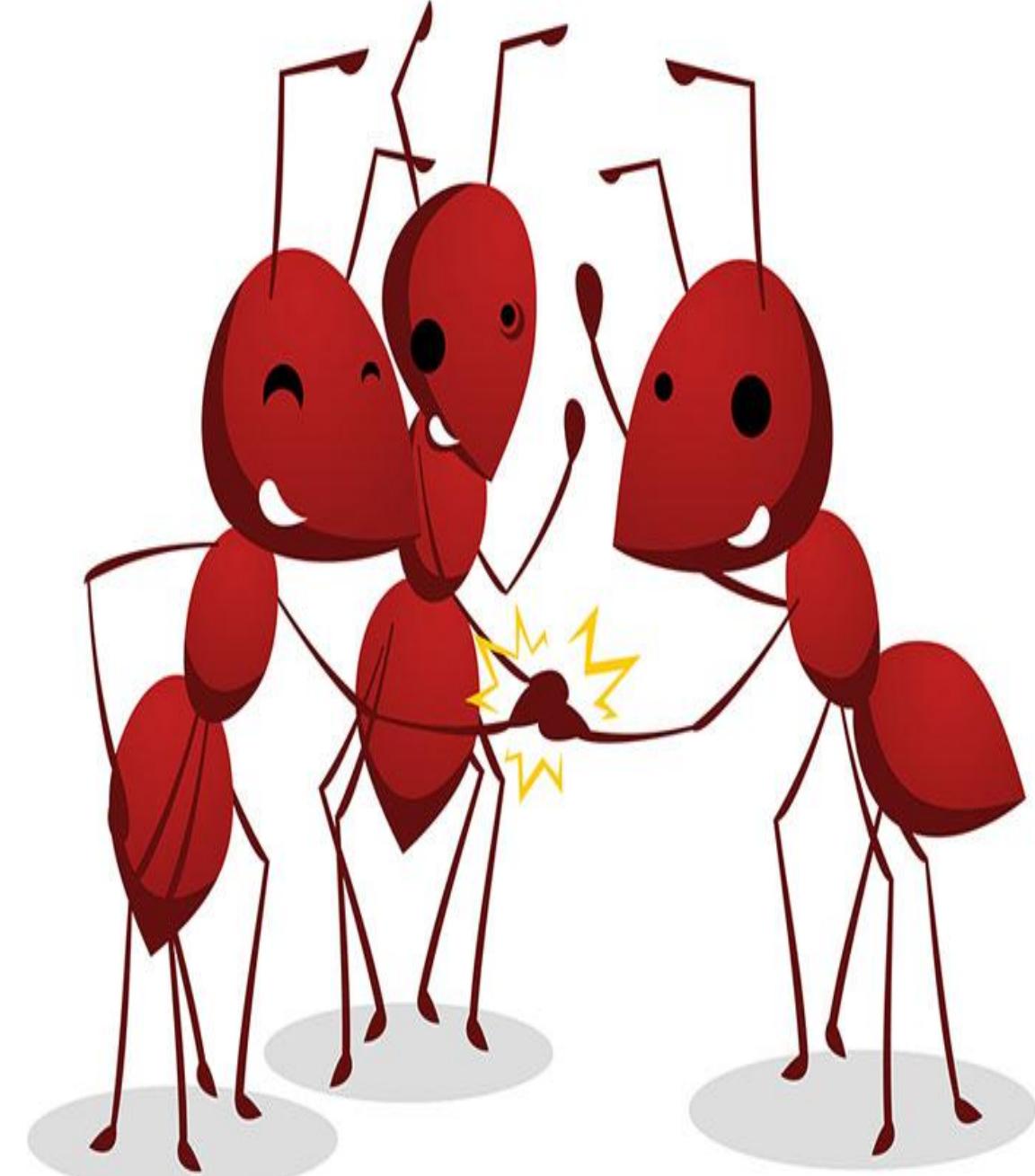


**"I shouldn't get upset
over this."**

"You never listen to me."

t

Whenever You Feel...
...ANTS Attack
...ATTACK Back!



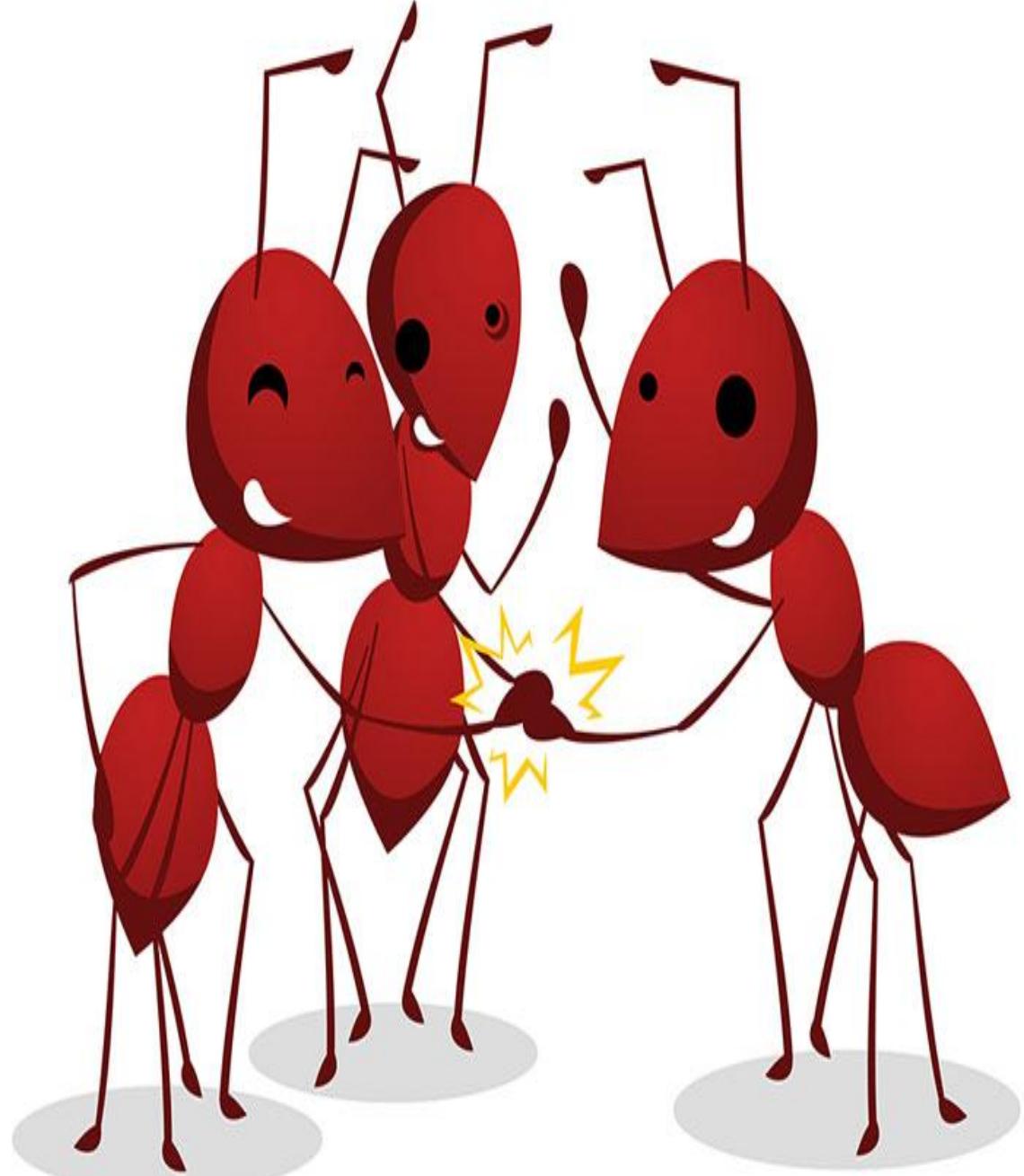
Whenever You Feel...

...ANTS Attack

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RAID

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





There are Many Different "Species" of ANTs:

There are Many Different “Species” of ANTs:

□ "Always" or "Never"

- Thinking Includes words like always, never, no one, everything

❑ Focusing on the Negative

- Only seeing the bad parts of a situation

□ Fortune Telling

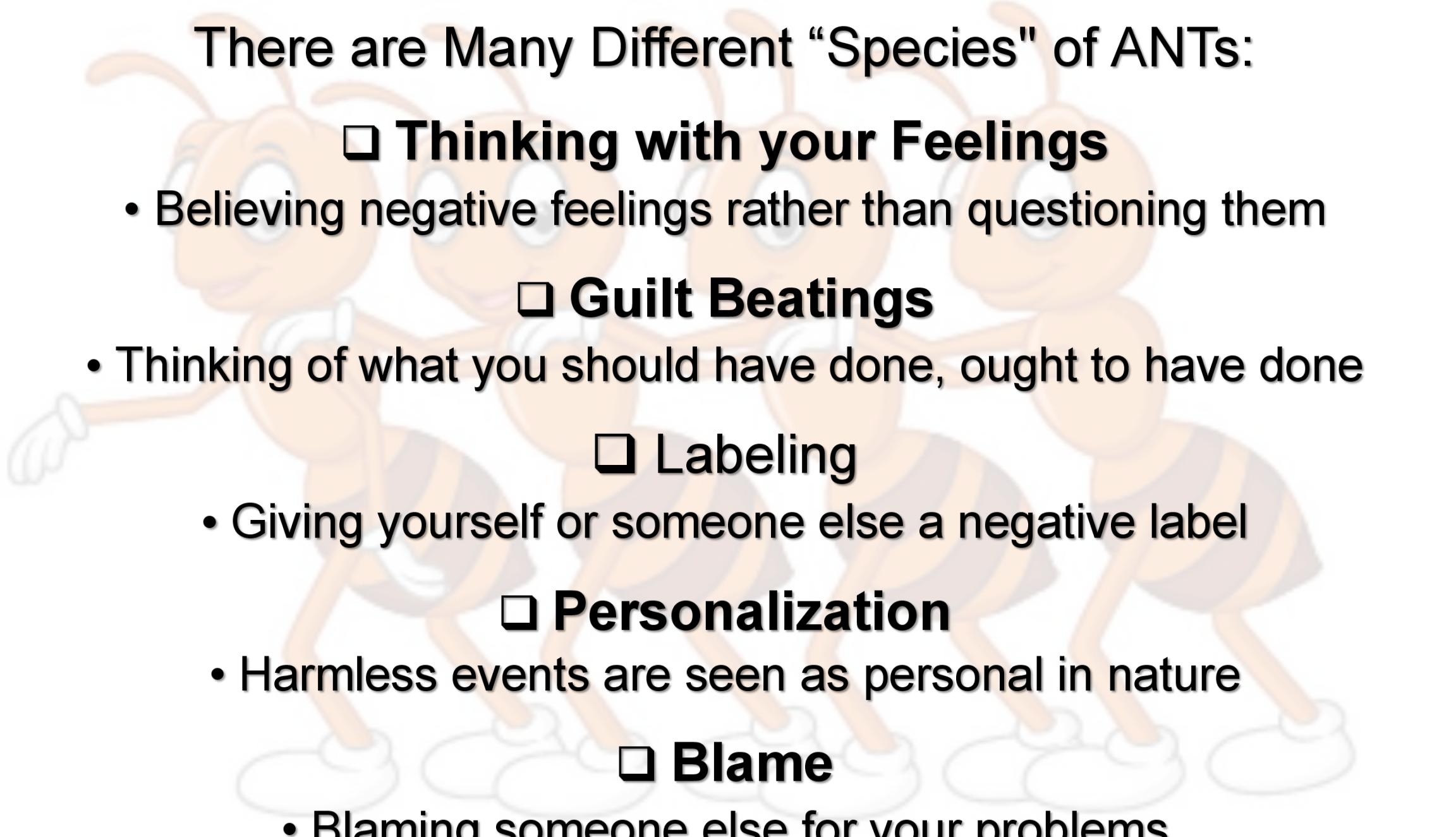
- Predicting the worst case scenario

□ Mind Reading

- Believing that you know what another person is thinking without them telling you

There are Many Different "Species" of ANTs:





There are Many Different “Species” of ANTs:

Thinking with your Feelings

- Believing negative feelings rather than questioning them

Guilt Beatings

- Thinking of what you should have done, ought to have done

Labeling

- Giving yourself or someone else a negative label

Personalization

- Harmless events are seen as personal in nature

Blame

- Blaming someone else for your problems

Time to Get Real

Letting Down the Plow

- Today I Want to See Hands**
- How Many in Here Have...**

Time to Get Real

Letting Down the Plow

- Today I Want to See Hands
 - How Many in Here Have...
- Watched Things They Should Not Have Watched
 - Participated in Things They Should Not Have
- Been Places They Should Have Stayed Away From
 - Said Things They Should Have Never Said
 - Thought Things They Should Not Have Thought

Time to Get Real

“For all have sinned and fall short of the glory of God,” Romans 3:23.

man

GOD

JESUS

Love
Grace
Mercy

Bridges the gap
between
man and God.

Let's All Adjust Our Halos

If We Are Honest...

We ALL Have...

Let's All Adjust Our Halos

If We Are Honest...
We ALL Have...

Satan Uses It to His Advantage

- In Order to Hold Us Hostage**
 - Beat Us Up!**
 - Cripple Us Spritually**
 - Emotionally**
 - Mentally**
- In Order to Keep Us from Being All We Can Be**

Let's All Adjust Our Halos

If We Are Honest...
We ALL Have...

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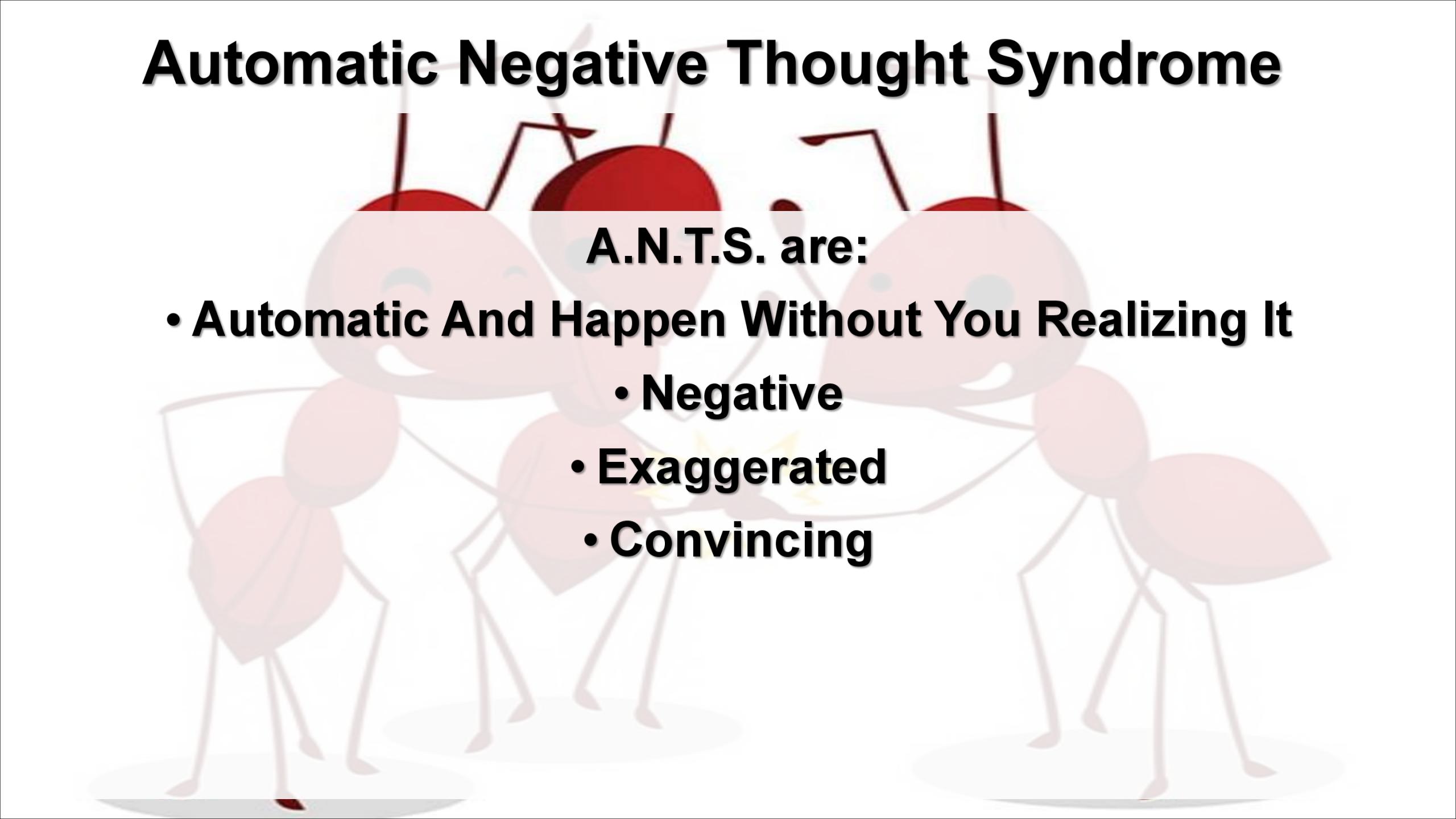
- Cripple Us Spiritually**

At First Satan is Our Tempter...

...Then He Becomes Our Accuser

- In Order to Keep Us from Being All We Can Be**

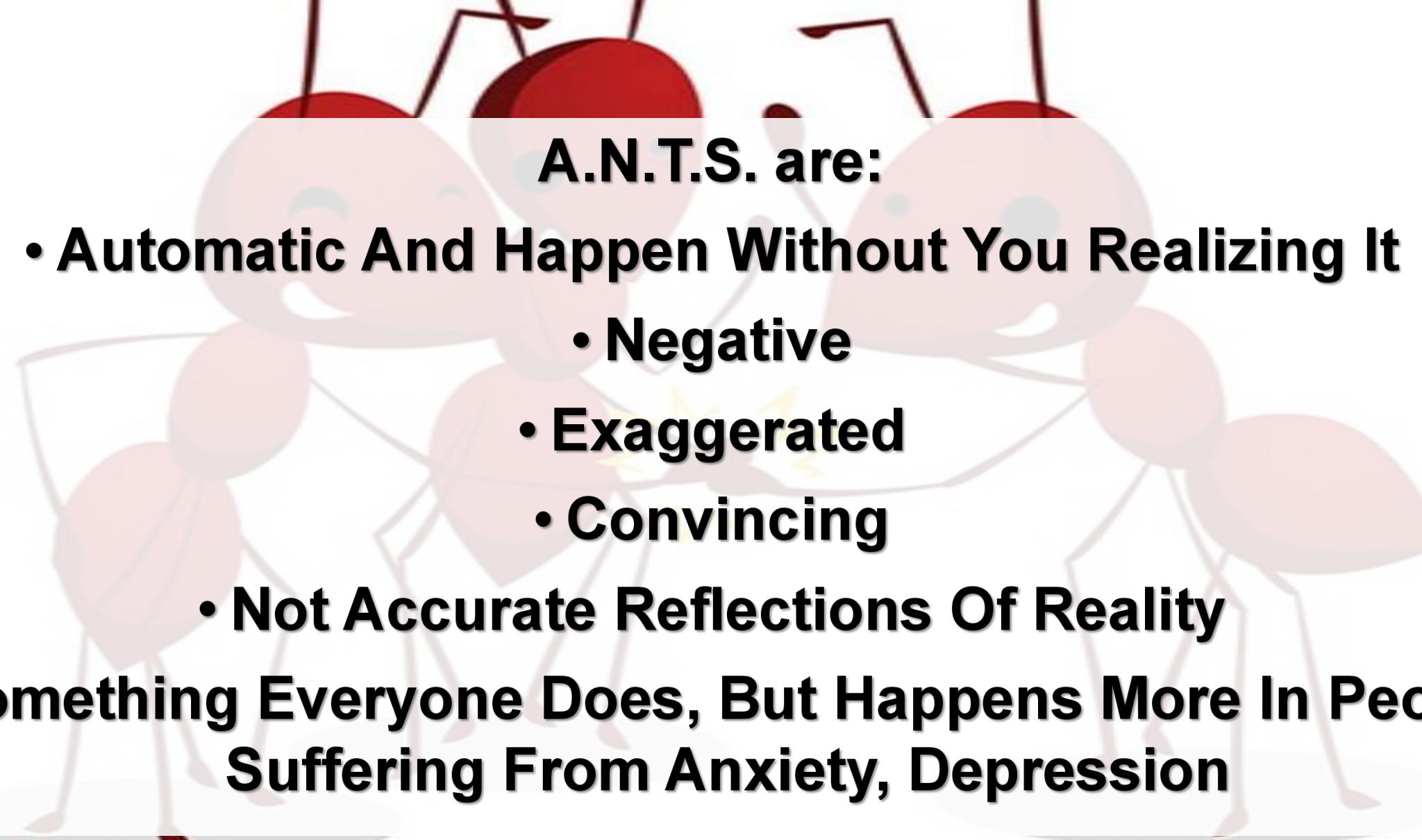
Automatic Negative Thought Syndrome



A.N.T.s are:

- Automatic And Happen Without You Realizing It
 - Negative
 - Exaggerated
 - Convincing

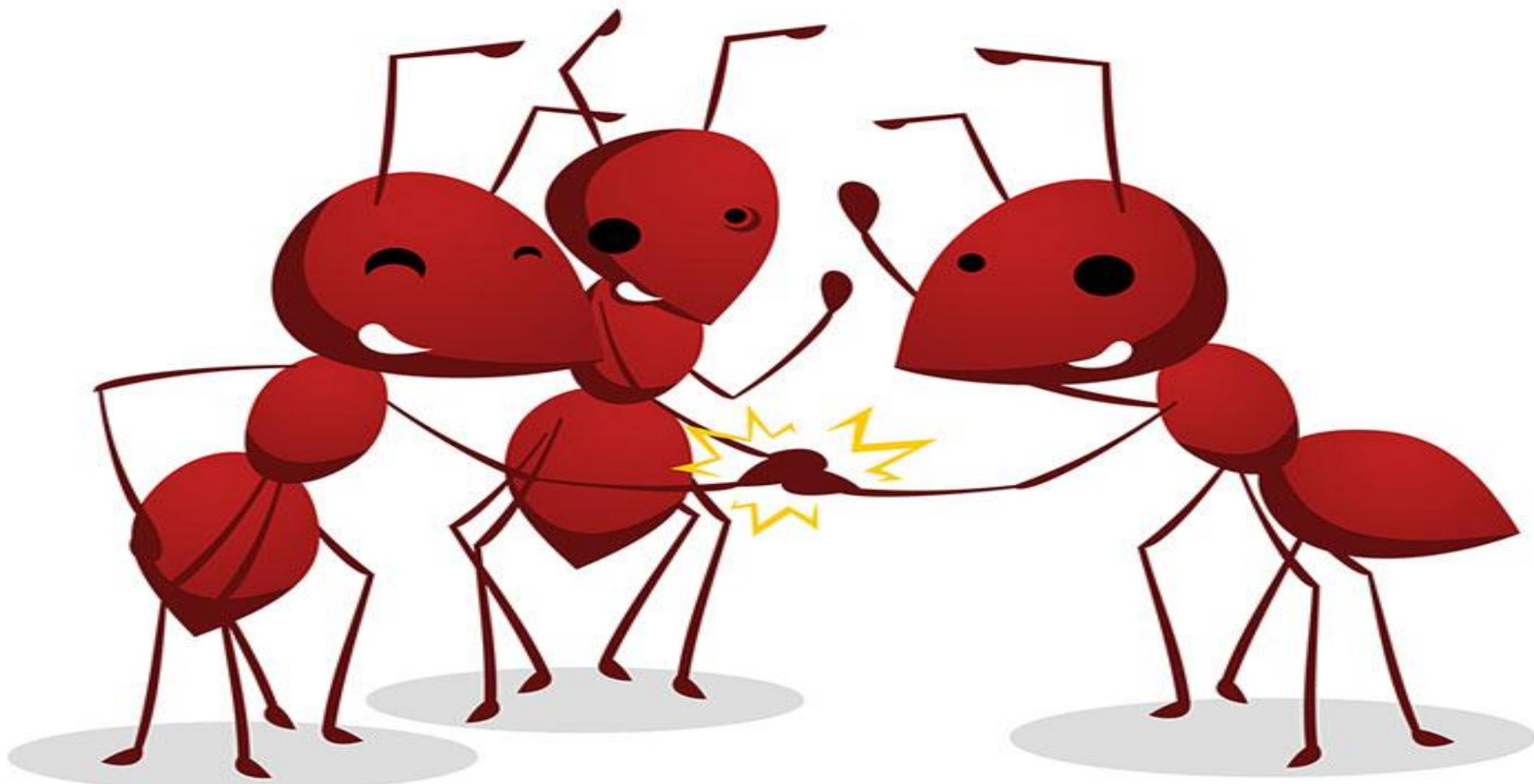
Automatic Negative Thought Syndrome



A.N.T.s are:

- Automatic And Happen Without You Realizing It
 - Negative
 - Exaggerated
 - Convincing
- Not Accurate Reflections Of Reality
- Something Everyone Does, But Happens More In People Suffering From Anxiety, Depression

You Can Never Get Past Your Past



You Can Never Get Past Your Past

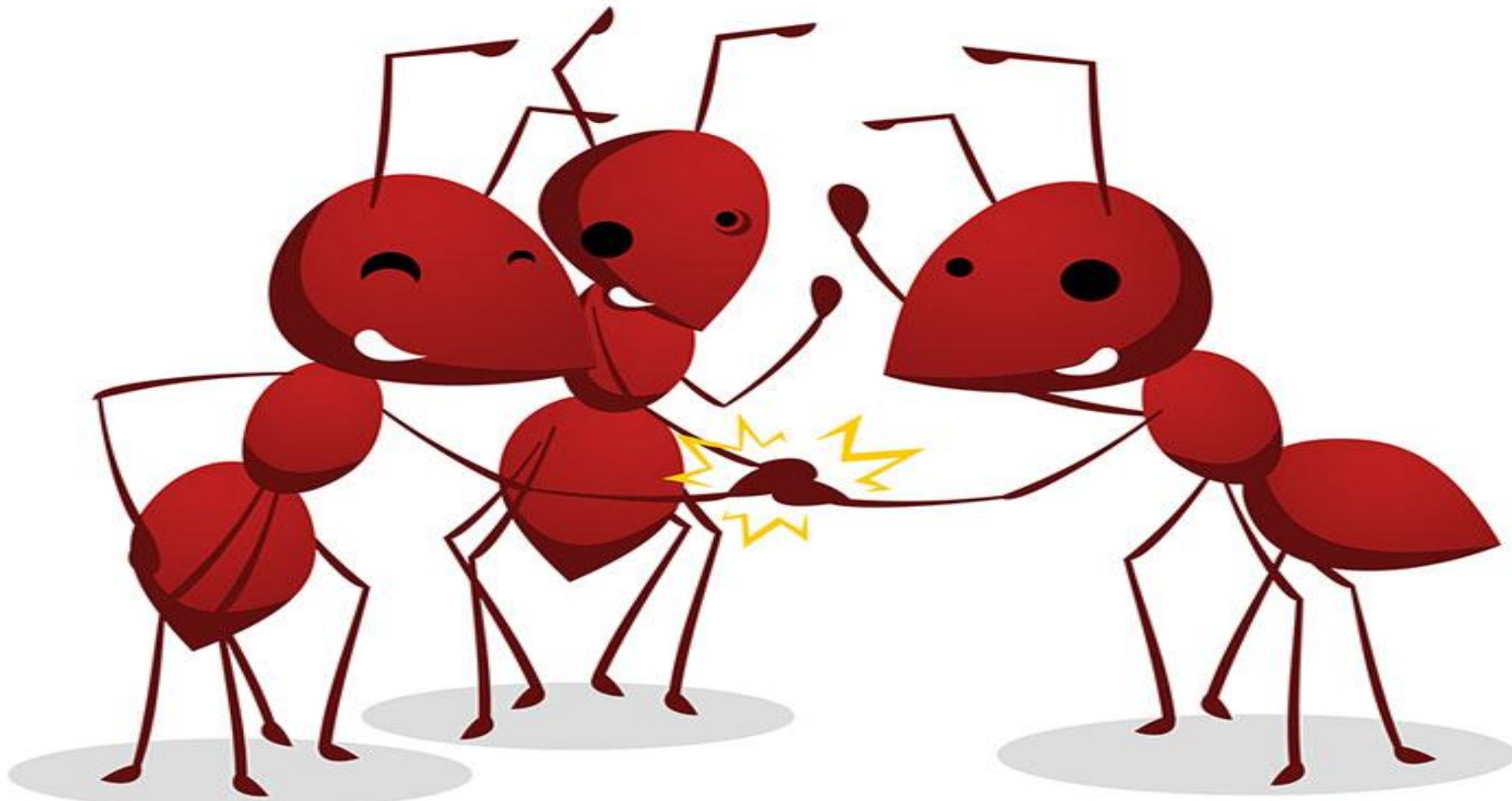
Truth

ALL CHARGES ARE DROPPED

Romans 8:33-34

- 33 Who shall lay any thing to the charge of God's elect? It is God that justifieth.
- AMP -Who will bring any charge against God's elect (His chosen ones)?

You Are Condemned By Your Past



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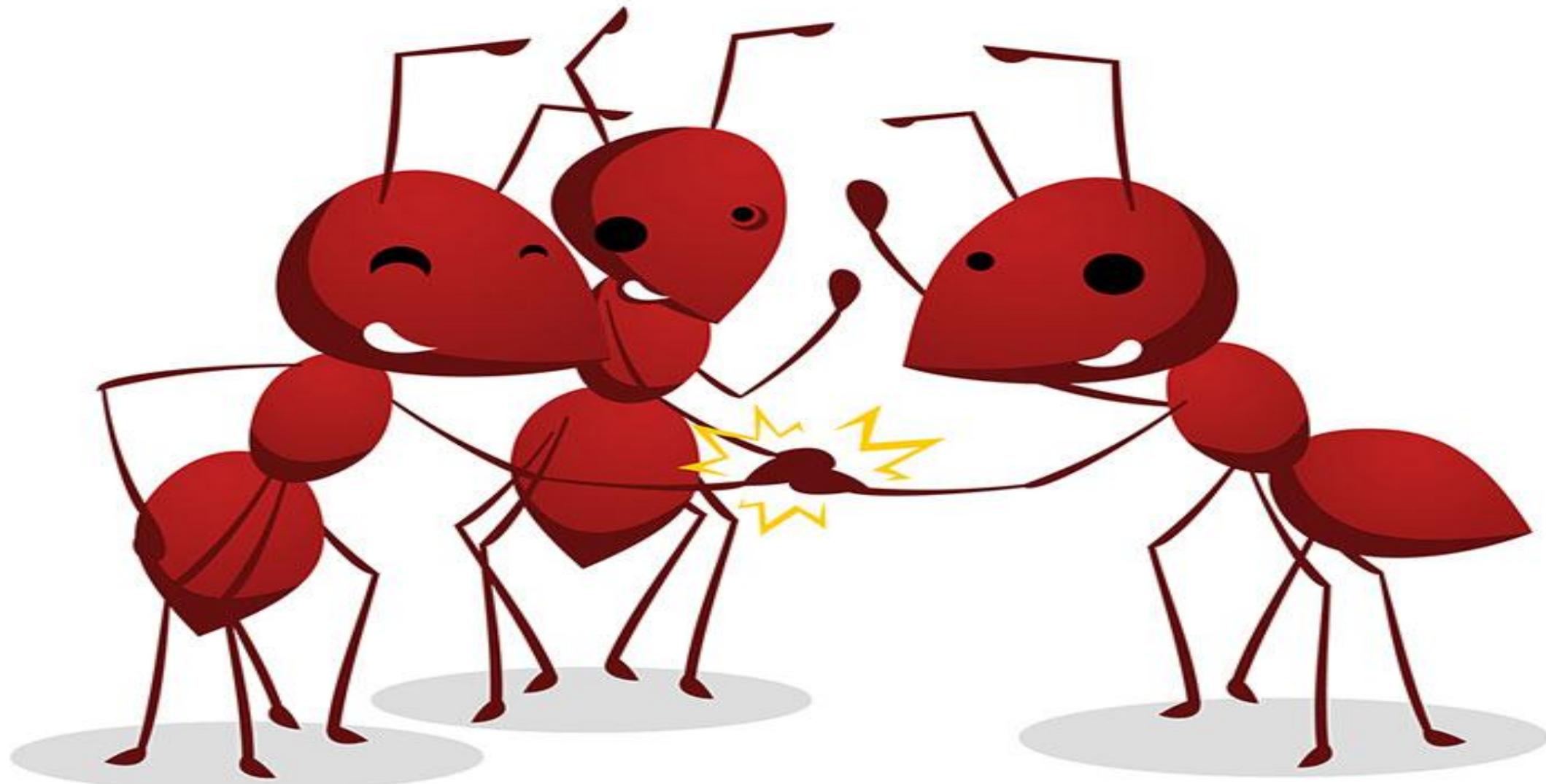
No CONDEMNATION upon us – Rom 8:34

Jesus Wiped the Slate Clean! We Are Free!

Romans 8:33-34

- 33 Who shall lay any thing to the charge of God's elect? It is God that justifieth. 34 Who is he that condemneth? It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us.
- AMP -Who will bring any charge against God's elect (His chosen ones)? It is God who justifies us [declaring us blameless and putting us in a right relationship with Himself]. Who is the one who condemns us?

Nothing Good Ever Happens to You



Nothing Good Ever Happens to You

**God Promises Us that He Takes the Good / Bad / Ugly/
Takes It All and Brings Something For Us and Too Us**

Romans 8:28

And we know that all things work together for good to those who love God, to those who are the called according to *His* purpose.

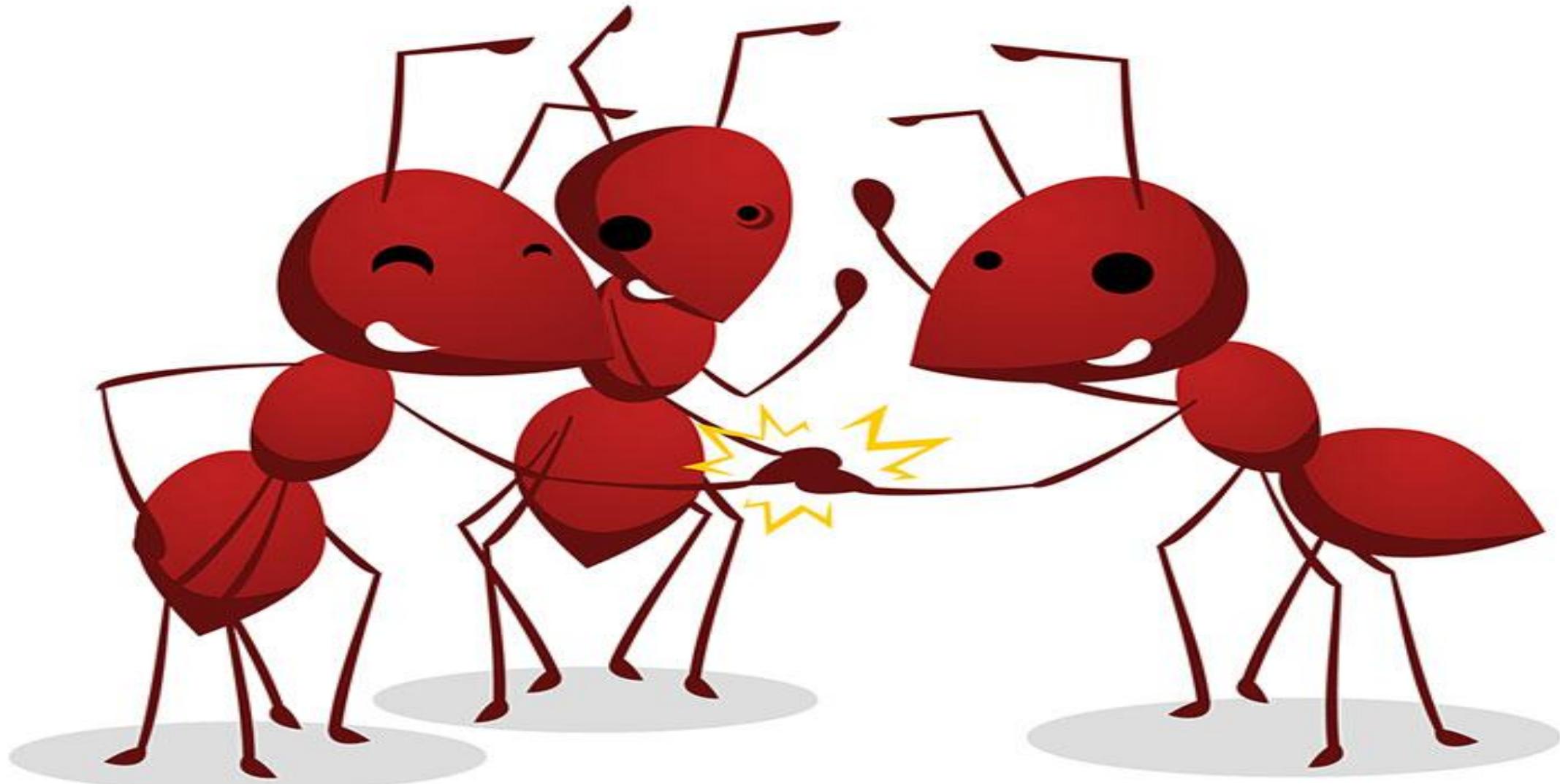
New Living Translation

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

Amplified Bible

And we know [with great confidence] that God [who is deeply concerned about us] causes all things to work together [as a plan] for good for those who love God, to those who are called according to His plan *and* purpose.

God is Withholding His Grace from You



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**God Has More than Showed Us the Lengths He Went to
In Order to Take Care of Our NEEDS - Romans 8:32**

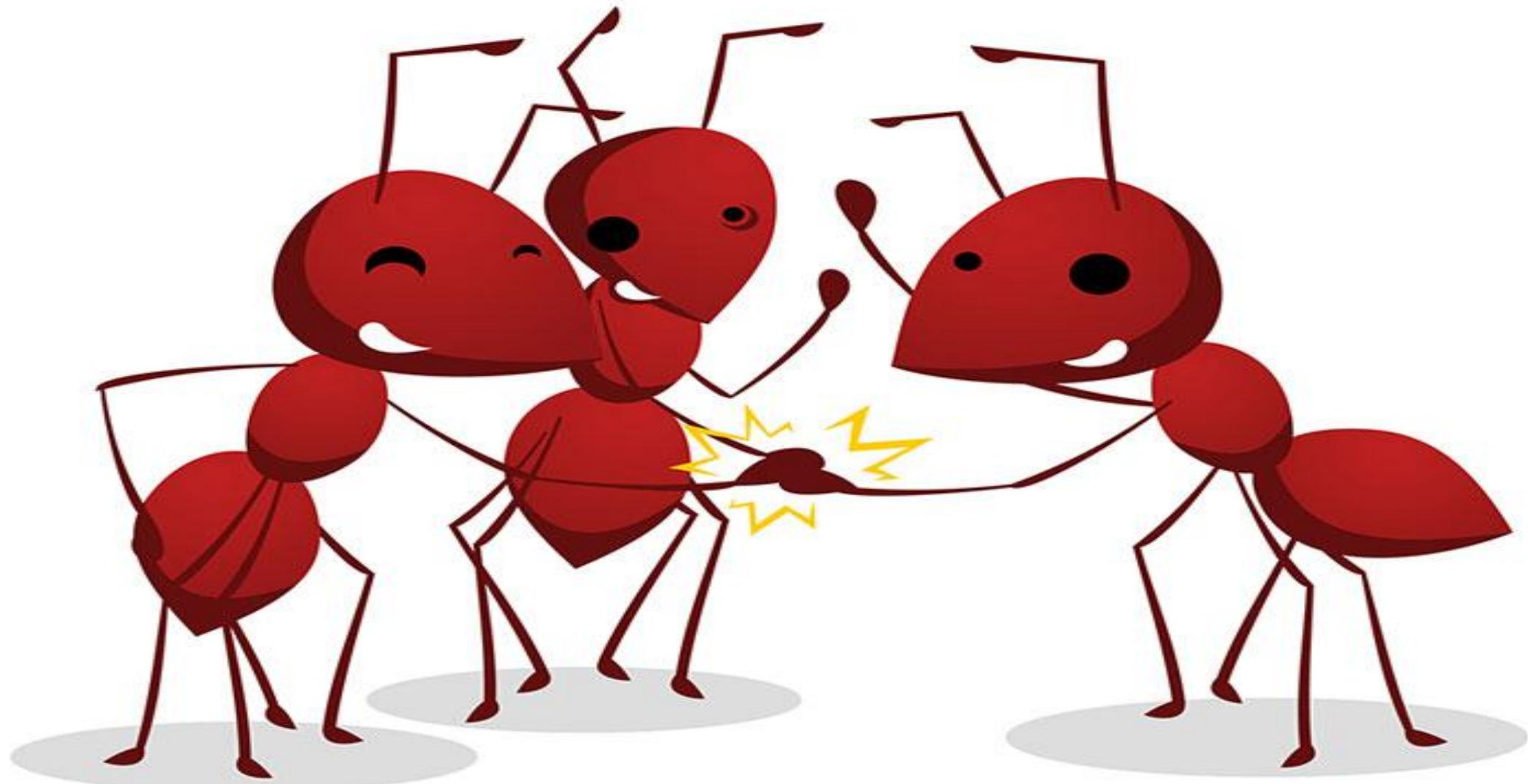
- **KJV**

He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?

- **32** If God didn't hesitate to put everything on the line for us, embracing our condition and exposing himself to the worst by sending his own Son, is there anything else he wouldn't gladly and freely do for us?

–Message

This Trial IS Going to Get the Best of You!



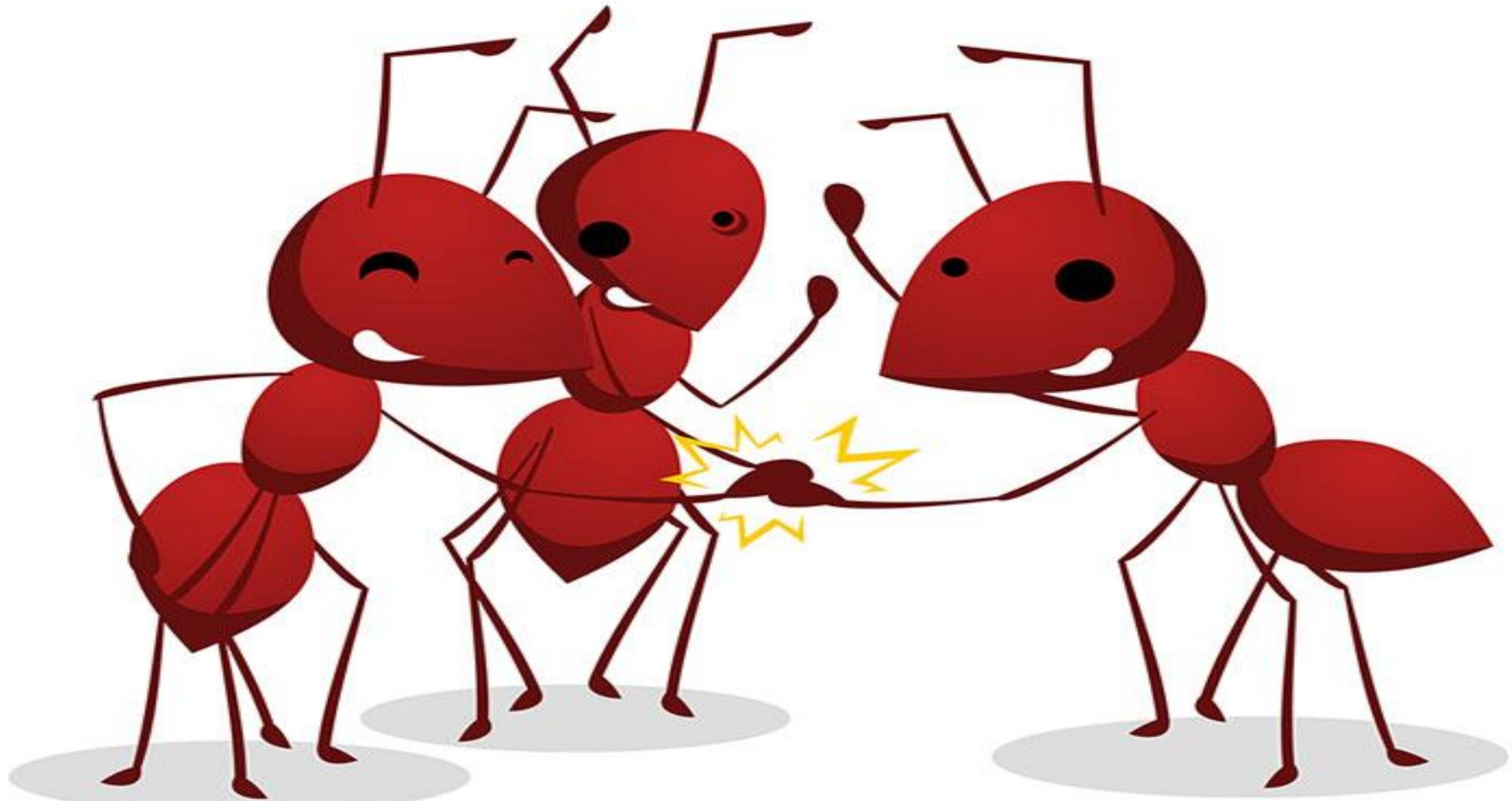
This Trial IS Going to Get the Best of You!

No TRIAL Can overcome us – Jesus IS Fighting for US

Romans 8:37

- **King James Bible**
Nay, in all these things we are more than conquerors through him that loved us.
- **37** No, despite all these things, overwhelming victory is ours through Christ, who loved us. **NLT**
- **AMP** Yet in all these things we are more than conquerors and gain an overwhelming victory through Him who loved us [so much that He died for us].

You Have Gone Too Far –God Doesn't Love You



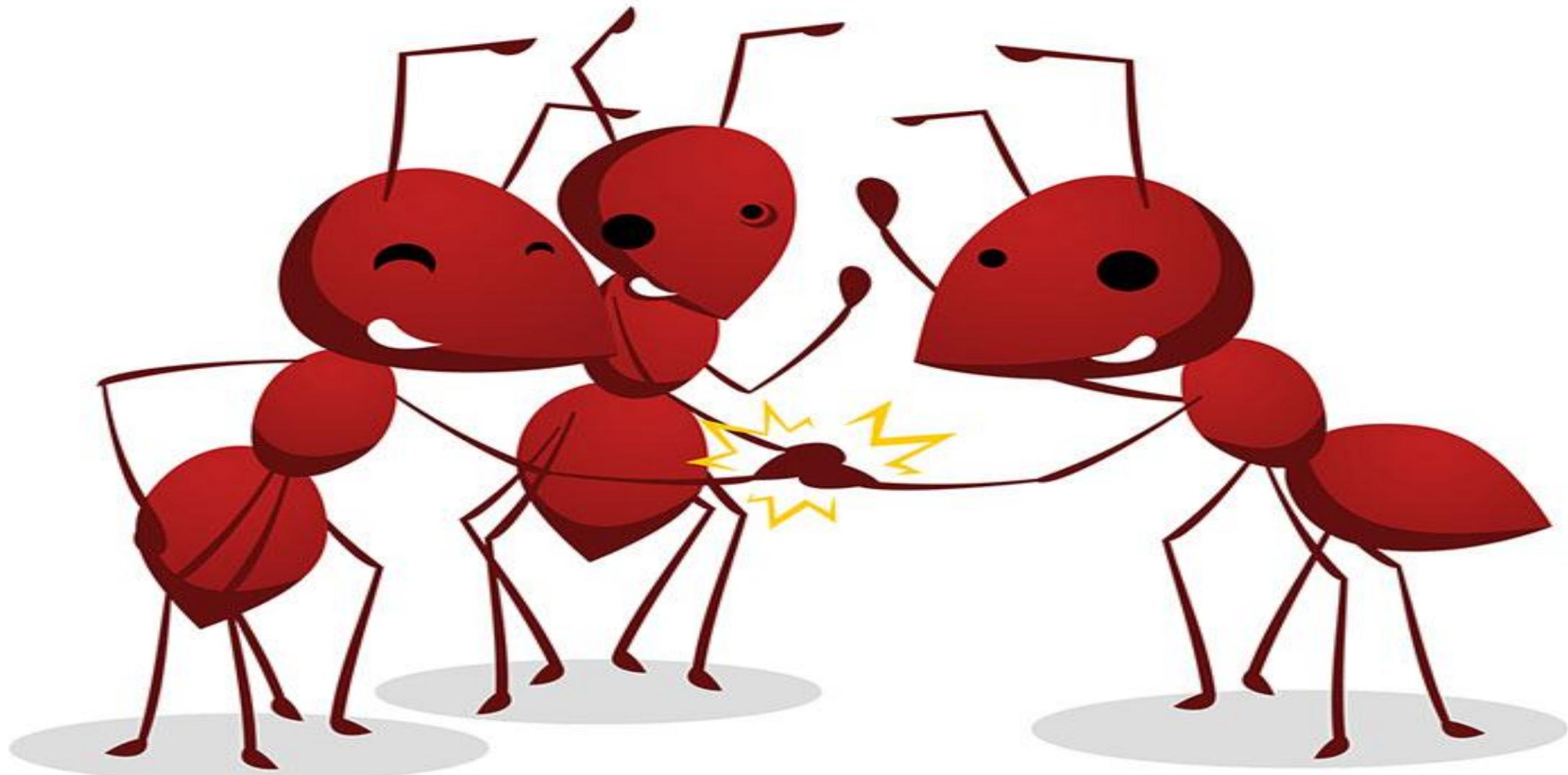
This Is IT! ...It is Not Worth Going On!

This Is Not It! - No COMPARISON of the glory that awaits us

Romans 8:18

- **KJV**
For I reckon that the sufferings of this present time *are not worthy to be compared* with the glory which shall be revealed in us.
- **Amp 18** For I consider [from the standpoint of faith] that the sufferings of the present life are not worthy to be compared with the glory that is about to be revealed to us and in us!

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This Weeks Assignment



Attacking Your Ants

This Weeks Assignment



Attacking Your Ants

- Remove “Should” Thoughts
- Recognize Automatic Negative Thinking
 - Putting Your Thoughts On Trial
- Acknowledge How Overwhelmed You Feel
 - Don’t Force Positive Thoughts
 - But Instead Embrace Them
- Watch Your ANTS Lose Power !

