

SPIRITUAL SOUL ANALYSIS

Charles D. Watson, www.aboundinglove.org

DESCRIBE EVENT: (Negative)

EXAMINE negative thoughts & Emotions (2 Cor. 10:5). In place of every negative thought, choose a positive alternative.

ASK YOURSELF

1. Do my thoughts line up with God's Word (Phil.4:8-9)?
2. Are my thoughts life preserving (Psalms 91)?
3. Are my thoughts goal producing (Jere. 29:11)?
4. Do my thoughts keep me out of trouble with others (Eph.4:1-3)
5. Do my thoughts eliminate emotional conflict (Eph.4:23-32)?
6. Are my thoughts unwise and judgmental (2 Cor.10:12)?

THOUGHTS (Self-talk): "Plan B" (The Lie!)

1.

2.

3.

4.

5.

6.

"Casting down imaginations and every high thing that exalteth itself against the knowledge of God..." 2 Cor. 10:5a

NEW THOUGHTS (Self-talk): "Plan A" (The Truth!)

1.

2.

3.

4.

5.

6.

We can choose to fellowship on the 90% we agree on, or fight over the 10% on which we disagree!

EMOTIONS (Feelings): (Negative)

PUT OFF!

NEW EMOTIONS (Feelings): (Positive) PUT ON!