

THE
GRUDGE



Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us. ² Because of our faith, Christ has brought us into this place of undeserved privilege where we now stand, and we confidently and joyfully look forward to sharing God's glory.

Romans 5:1-2 NLT



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Romans 5:1-2 NLT

Our greatest barrier to peace is often the voice in our heads



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The 3 P's of Destructive Self-Talk.



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The 3 P's of Destructive Self-Talk.

1. Personal



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The 3 P's of Destructive Self-Talk.

1. Personal
2. Pervasive



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The 3 P's of Destructive Self-Talk.

1. Personal
2. Pervasive
3. Permanent



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The 3 P's of Destructive Self-Talk.

1. Personal
2. Pervasive
3. Permanent

Destructive self-talk is *past-oriented* but with *future consequences*.



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If we claim we have no sin, we are only fooling ourselves and not living in the truth. ⁹ But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. ¹⁰ If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts.

1 John 1:8-10 NLT



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And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. ² Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Romans 12:1-4 NLT



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The Self-Forgiveness Audit – Auditing Your Thoughts



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The Self-Forgiveness Audit – Auditing Your Thoughts

1. Peace versus worry



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The Self-Forgiveness Audit – Auditing Your Thoughts

1. Peace versus worry
2. Negative versus positive



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The Self-Forgiveness Audit – Auditing Your Thoughts

1. Worry versus peace
2. Negative versus positive
3. Worldy versus eternal



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The 2 Foundational Thoughts.



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The 2 Foundational Thoughts.

1. Identify the biggest stronghold that is holding you back.



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The 2 Foundational Thoughts.

1. Identify the biggest stronghold that is holding you back.
2. Name the truth that demolishes that stronghold.



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So now there is no condemnation for those who belong to Christ Jesus.² And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.³ The law of Moses was unable to save us because of the weakness of our sinful nature. So God did what the law could not do. He sent his own Son in a body like the bodies we sinners have. And in that body God declared an end to sin's control over us by giving his Son as a sacrifice for our sins.⁴ He did this so that the just requirement of the law would be fully satisfied for us, who no longer follow our sinful nature but instead follow the Spirit.

Romans 8:1-6 NLT



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⁵ Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. ⁶ So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

Romans 8:1-6 NLT



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