



# Spoken Words: Self-Talk

## Overcoming the lies we tell ourselves

By Tim Latur, June 25, 2023

How long, Lord? Will You forget me forever? How long will You hide Your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me?

Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death, and my enemy will say, "I have overcome him," and my foes will rejoice when I fall.

But I trust in Your unfailing love; my heart rejoices in Your salvation. I will sing the Lord's praise, for He has been good to me.

Psalm 13:1-6 NIV

Your notes

Wrestle ☒ with Wrong Thinking ☒

Focus ☒ on the Truth ☒

Lies deceive but the truth sets you ☒

Your notes

### REFLECTION QUESTIONS

1. What lies have you believed? What thoughts get stuck in your head?
2. How can you ingest more truth in your life to combat negative thinking? Read Psalm 103 this week.