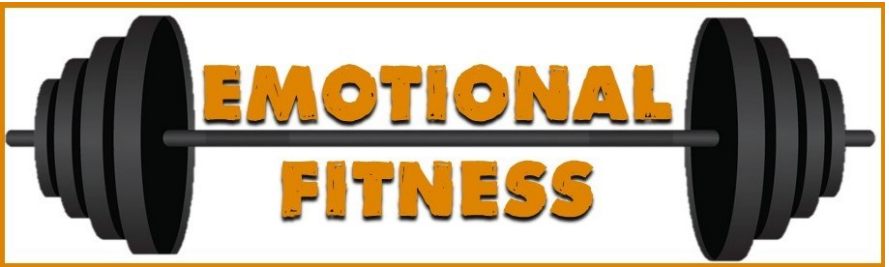


Emotional Fitness

Part 4: The Power of Your Thoughts



Emotional Fitness

Three Positive Outlooks That Bring Positive Outcomes

1. **Believe _____ and become _____.**

When Jesus heard their faith, He touched their eyes and said to them, "According to your faith, let it be done unto you!" And their eyes were immediately opened. (Matthew 9:27:30)

Jesus touched their eyes and said, "Become what you believe."

I am what I am today because of what I believed about myself yesterday. And I will be tomorrow what I believe about myself today.

God will help you,
but you cast the deciding vote!

2. Think about _____ think about.

“As a man thinks in his heart, so he will become.” (Proverbs 23:7)

Our lives move in the direction
of our most dominant thoughts.

3. Fill your “emotional cup” with _____.

Over time, emotions accumulate within us. Eventually we become “maxed out” – our cups are full. So, those emotions – positive or negative – spill over onto everyone around us! It begins to affect our family life, our relationships, and our career.

Fill your emotional cup with positive emotions. Believe good things; focus on the bright side even when things aren’t going your way; get some people in your life who build you up and make you feel good about yourself.

“Be transformed by the renewing of your mind.” (Romans 12:2)

If you will transform your mind,
God will transform your life.