

# Rethinking Your Life



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# The Right Recording

There is a recording playing in your mind, telling you who you are. The problem for some people is that their recording is negative. It's been that way for so long they don't even realize it.

The recording plays over and over. Then they wonder why they don't feel good about themselves.

**1. You control \_\_\_\_\_**

You don't have to let those thoughts keep playing. The secret is to turn off the old recording and put on a new one.

**2. Believe that \_\_\_\_\_**

"God, You have made me in an amazing way. What You have done is wonderful!" (Psalm 139:13-14)

Other versions use the word "marvelous!" Get into agreement with God and believe that you are marvelous!

### 3. Hit the \_\_\_\_\_

Kobe Bryant understood this principle: You can't replay negative, defeating, limiting words and reach your potential. Words are like seeds. They have power. If you let them take root, they'll grow and you will become what was said.

Negative words only have power if you give them power – if you start believing them. Hit the delete button and start a new recording.

### 4. Shut the door \_\_\_\_\_

If a stranger showed up at your door holding poison, or a rattlesnake, or a stick of dynamite, you wouldn't say, "Come on in. Make yourself at home." You would shut the door, lock it, and make sure they couldn't get in.

Shut the door to negativity. Don't allow poisonous thoughts into your mind. You have to be selective about what you let in.

"More than anything, guard your mind, because everything you do flows from it." (Proverbs 4:23)