

WHAT DO YOU TELL YOURSELF?

PSALM 42

Be careful of _____ your own _____

_____ (v. 3)

Your own _____ might lead you to _____

the truth. (v. 3, 10)

_____ of what _____

in the past (v. 4-7)

Take Home Idea: Therefore, _____

you tell yourself with truth from _____ . Make sure

your _____ .

FURTHER STUDY QUESTIONS

Questions

- What are some lies or misbeliefs that you tell yourself? (v. 3)
- What underlying assumptions do you discover if you reverse engineer these misbeliefs? (v. 3)
- What story in Scripture really encourages you as you see God at work? (v. 4)
- How has God worked in your life personally? What recently has God done for you? (v. 4)
- How can you encourage yourself to hope in God? (v. 5 & 11)

Resources

- Take the step to see / talk to a Christian Counselor
- Visit our Mental Health Resources page:
<https://www.firstfreechurch.org/mental-health>
- Talk to John Clinton (member of our Church)
- Read *Telling Yourself the Truth: Find Your Way Out Of Depression, Anxiety, Fear, Anger, And Other Common Problems By Applying The Principles Of Misbelief Therapy*, by William Backus & Marie Chapian