

# Fearfully & Wonderfully

The Role of Mental Health  
in God's Kingdom

The background features a light gray gradient with numerous thin, vertical blue lines of varying lengths and positions, creating a textured, rain-like effect. A solid teal horizontal band spans the width of the image, containing the word "THOUGHTS" in white, bold, sans-serif capital letters with a thin black outline.

**THOUGHTS**

## Romans 8:6

For to set the mind on the flesh is death,  
but to set the mind on the Spirit is

## Romans 8:6

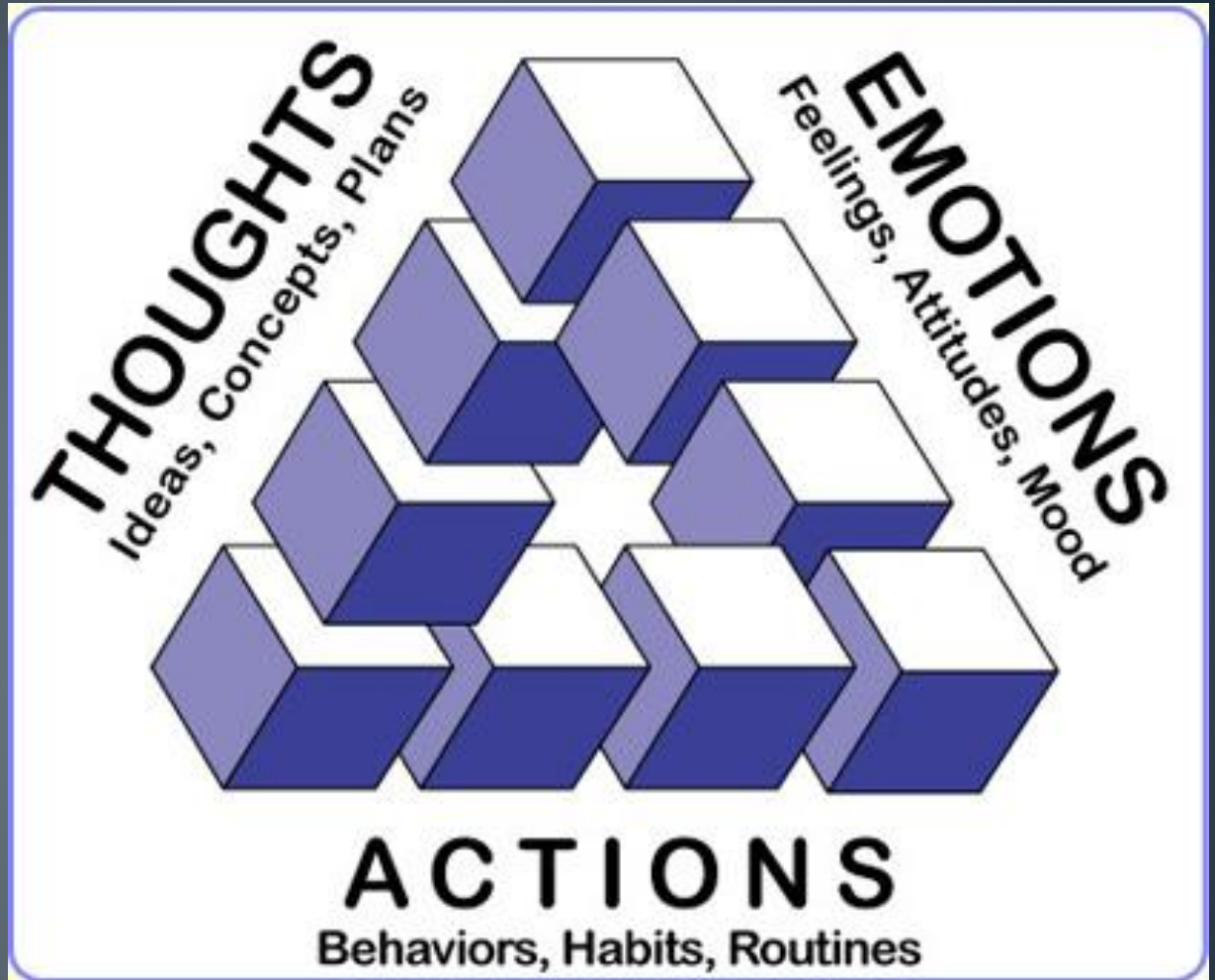
For to set the mind on the flesh is death,  
but to set the mind on the Spirit is **life**

## Romans 8:6

For to set the mind on the flesh is death,  
but to set the mind on the Spirit is **life** and **peace**.

# THOUGHTS

Cognitions  
Messages  
Motivators



## THOUGHTS

“HEART” in Scripture

Above all else,  
*guard your heart,*  
for everything  
you do flows from it  
Proverbs 4:23



*TriciaGoyer.com*



**What are your guiding thoughts?**

# What are your guiding thoughts?

I am \_\_\_\_\_

The Church is \_\_\_\_\_

God is \_\_\_\_\_

My job is \_\_\_\_\_

My family is \_\_\_\_\_

The future is \_\_\_\_\_

I am \_\_\_\_\_

Jesus is \_\_\_\_\_

People are \_\_\_\_\_

Mistakes are \_\_\_\_\_

# What are your guiding thoughts?

I am \_\_\_\_\_

Feelings are \_\_\_\_\_

Conflict is \_\_\_\_\_

Sin is \_\_\_\_\_

Grace is \_\_\_\_\_

Life is \_\_\_\_\_

People are \_\_\_\_\_

God is \_\_\_\_\_

The Spirit is \_\_\_\_\_

Scripture is \_\_\_\_\_

# Discernment

Healthy Thoughts

Unhealthy Thoughts



# Errors in Thinking



- Irrational-

Doesn't make sense

- Biased-

Doesn't give equal weight

- Dysfunctional-

Doesn't serve us well

- Distorted-

Doesn't accurately reflect reality

# Cognitive Distortions

- All or Nothing
  - “If you ain’t first, you’re last!”
- Personalization
  - “If I had just been there that wouldn’t have happened!”
- Overgeneralization
  - “Always!” “Never!”
- Fortune Telling
  - “Anything that can go wrong WILL go wrong!”



# Cognitive Distortions

- Labeling
  - “I’m so \_\_\_\_\_!”
- Unrealistic Expectations
  - Should Statements
- Emotional Reasoning
  - “I feel like he’s lying to me. What is he hiding?”
- Catastrophizing/Magnification
  - “When it rains, it pours!”



# Cognitive Distortions

- Blaming (Victim-stance)
  - “It is all her fault!”
- Mind Reading
  - “I just know they won’t believe me.”
- Minimizing/ Discounting the Positive
  - “I’m not that great. Anyone could do it.”
- Jumping to Conclusions
  - “No news is bad news!”



# Thought Replacement

Psalms 139:23-24

# Thought Examination

Event:	Thought:	Emotion:
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

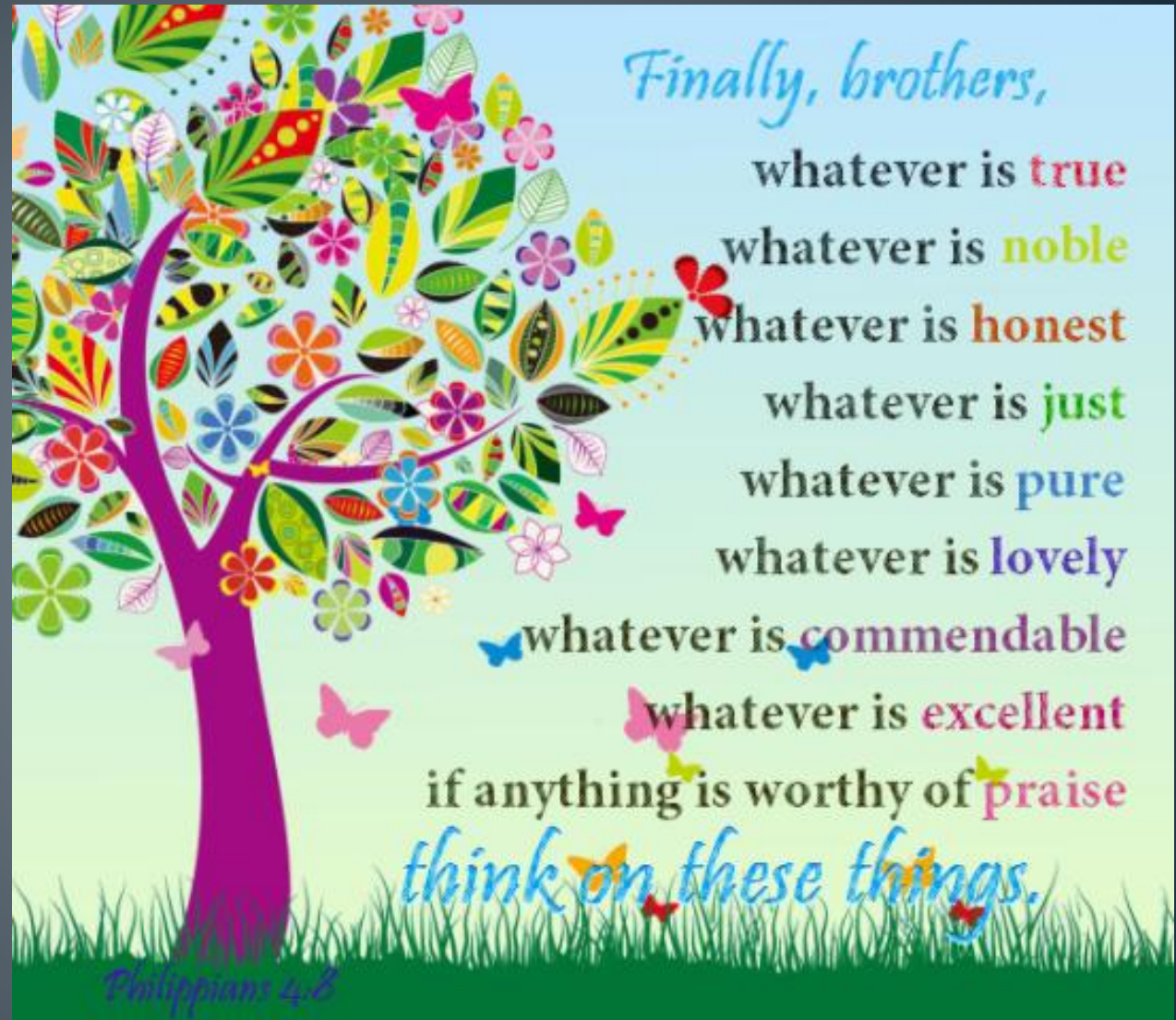
Evidence for my thought	Evidence against my thought
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Seth Gillihan (2016)

Identify

Challenge

Replace





*Finally, brothers,*

whatever is **true**

whatever is **noble**

whatever is **honest**

whatever is **just**

whatever is **pure**

whatever is **lovely**

whatever is **commendable**

whatever is **excellent**

if anything is worthy of **praise**

*think on these things.*

*Philippians 4:8*