

# WELCOME TO HAVEN

February 11, 2024

Welcome

Worship Songs

"Spirit Move"

"Stand in Your Love"

Prayer

Scripture for Today

Proverbs 4:23 (GNT)

Message

"FPOM: Dwelling on the Negatives"

Jack D. Cohen

Offering/Worship Song

"Be Still"

\*Closing



*Finding Peace of Mind*  
*Find (Heart) Peace of Mind*

FINDING PEACE OF MIND

DWELLING ON THE NEGATIVES

*“Be careful how you think; your life is shaped by your thoughts.”*

*– Proverbs 4:23 (GNT)*

*“No one is more influential in your life than you are, because no one talks to you more than you do.”*

*–Dr. Paul David Tripp*

■ Your \_\_\_\_\_ have incredible \_\_\_\_\_

■ You have incredible \_\_\_\_\_ over your \_\_\_\_\_

*“Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.”*  
*– Romans 8:5-6*

WIRED WITH NEGATIVE BIAS

■ Negative events \_\_\_\_\_ on our brains more \_\_\_\_\_ & \_\_\_\_\_ longer than \_\_\_\_\_ ones

■ Negativity becomes \_\_\_\_\_

WHERE ARE WE MOST PRONE TO NEGATIVITY?

■ \_\_\_\_\_

■ Negative \_\_\_\_\_

■ \_\_\_\_\_ Thinking

■ \_\_\_\_\_

*“When David and his men reached Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive. So David and his men wept aloud until they had no strength left to weep....David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the Lord his God.”*  
*– 1 Samuel 30:3-4, 6*

*“... but David encouraged himself in the LORD his God.”*  
*– 1 Samuel 30:6 (KJV)*

*“Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things...”*  
*– Psalm 103:1-5*

*“The Lord is compassionate and gracious, slow to anger, abounding in love.”*  
*– Psalm 103:8*

*“But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.”*  
*– Psalm 86:15*

*“The Lord is gracious and compassionate, slow to anger and rich in love.”*  
*– Psalm 145:8*

*“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”*  
*– Romans 15:13*