



## The Cure for Negative Thinking 4.27.25

Elijah walked a whole day into the wilderness. He stopped and sat down in the shade of a tree and wished he would die. "It's too much, LORD," he prayed. "Take away my life; I might as well be dead!" 1 Kings 19:4

"John the Baptist sent us to you to ask, 'Are you the one who is to come, or should we expect someone else?'" Luke 7:20

God's divine power has given us everything we need for life and for godliness. 2 Peter 1:3

## Something to know God is in charge.

"Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care." -Jesus, Matthew 10:29

## God SEES ME.

"You are a God who sees me." -Hagar, Genesis 16:13

## God is for me.

If God is for us, who can ever be against us?  
Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else? -Romans 8:31-32



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Something to hear.  
God's voice above the noise.

## Something to draw upon. My experience of God's love for me.

For I am convinced that neither death nor life, neither angels nor principalities, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. Romans 8:38-39

Let yourself be human about this.

We print these notes out so you can remember the principles and passages of the Bible. But most importantly, so you can share what you are learning and how you are growing with others. If you'd like to grow in your faith and connect with others, LifeGroups are a great place for you. For more information, go to our website ([marinerscc.org](http://marinerscc.org)) or fill out the blue card in the seat in front of you and write "Life Group