



What are the earthly things you have been focusing too much time on?

**Additional Thoughts:**

What are the heavenly things that you would like to dwell on instead?

What are some positive actions you can take to help you overcome the negative thoughts you dwell on?

How will you align your mind, thinking, and willpower to be more in line with the Bible?

**Ways to Overcome Negativity**

**1. Take every thought captive.**

Paul writes in Corinthians, *“We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ”* (2 Cor 10:5 ESV).

What are some specific “arguments” or “negative opinions” in your thought life that you would like to take captive?





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## Live It Out

- Spend time with the Lord in prayer every day.
- Take negative thoughts captive.
- Daily ask God for wisdom.
- Read your Bible every day and write out verses that will help you combat negativity.
- Align your thoughts to Christ by focusing on true and positive things from the Bible.

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## Additional Thoughts:

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## Salvation through Jesus

If you don't know Jesus as your Lord and Savior, we encourage you to visit [www.anchorpointmedia.org/the-truth](http://www.anchorpointmedia.org/the-truth). There you will discover the truth of who Jesus is and how you can have a relationship with Him.

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## About Pastor Rich Griffith

Pastor Rich Griffith is the Campus Pastor of SBC - Fountain Hills. Prior to being called to serve God in ministry, Rich played professional sports. Now, he plays on a different field in service of the Lord and strives to make Jesus known in the local community, as well as throughout the farthest reaches of the world..

## About Anchor Point Media

We create Christ-centered videos and material to encourage people to seek the Truth of who Christ is and to grow deeper in their relationships with God.

We partner with Bible scholars and Bible-teaching pastors & leaders who teach biblically-sound doctrine. The teachers we work with have hearts to reach the lost, to bring hope to the hopeless, and to strengthen relationships with our LORD & Savior.

With God's help, we are actively transforming lives with the Love, Truth, and Hope of Jesus.

Discover more videos from the Overcome series, as well as other series, at [www.anchorpointmedia.org](http://www.anchorpointmedia.org).