

## Listening to Your Self-Talk in the Clamor of Life

Thinking about stewardship in terms of time, talent, and treasure is a familiar concept. But we'll never be good stewards of anything if we're not first good stewards of our thought life. Yet, how often do we scrutinize our thinking to see if what we believe is truth or lies?

Our self-talk is shaped by hundreds of factors, but a good starting point in evaluating our view of the world is to look at the most influential factors that shape our lives and ask a few basic questions.

### Family Impact on My Self-Talk

CONSIDER THE FOLLOWING:

1. Did/does my family convey attitudes of respect, dignity, honor, and esteem for others, even the unlovely, disenfranchised, or those different from us?
2. Did/does my family convey unconditional love, respect, dignity, honor, and esteem for me and other family members?
3. Did/does my family love and serve God?
4. Did/does my parent/s model and teach a balanced work ethic and godly stewardship of time, talents, and treasures?
5. Did/does my family accept the Bible and biblical values as authoritative and practical for everyday living?
6. What impact did/does each of these have on my thinking and self-talk?

*Repeat the above exercise, but substitute "friends" for "family."*

Shelly Beach, *The Silent Seduction of Self-Talk: Conforming Deadly Thought Patterns to the Word of God* (Chicago, IL: Moody Publishers, 2009).

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## THE KINGS &amp; THE KING: A STUDY OF 1 SAMUEL



## MAN ON THE RUN, PART 4

1 Samuel 27-29

Core Practice: Faithfulness

May 14, 2017

**Memory Verse for This Week**

Then David said in his heart, “Now I shall perish one day by the hand of Saul. There is nothing better for me than that I should escape to the land of the Philistines. Then Saul will despair of seeking me any longer within the borders of Israel, and I shall escape out of his hand.” – 1 Samuel 27:1

**This Week’s Core Virtue**

**Faithfulness** (Proverbs 3:3-4): I have established a good name with God and with others based on my long-term loyalty to those relationships.

**Introduction**

1. Who has the greatest influence on your physical health, emotions, etc.?
2. What does it mean when someone says they “talked themselves off the ledge”?
3. Looking back at your notes from this week’s sermon, was there anything that particularly caught your attention, challenged or confused you?

**Read the Text (1 Samuel 27-29)**

It appears that few things are going David’s way. In reality, however, God is actually accomplishing much more than meets the eye, both internally and externally. Understand more about how God prepares his people in this fourth and final message from 1 Samuel 21-29. Read 1 Samuel 27-29.

**Digging Deeper**

4. Briefly summarize what is happening to David in 1 Samuel 27-29.
5. At the start of this sojourn into the enemy camp, David is listening to the wrong voice. Who is David listening to?

6. Some see David’s life in Ziklag as a parallel to the Carnal Christian. What are the similarities?
7. How do our thoughts guide our emotions and our actions?
8. What steps can we take to base our thoughts on faith and not on fear?

**Concluding Thoughts**

9. Looking back at this week’s teaching and study, what’s the most important thing to remember?
10. In her book, *The Silent Seduction of Self-Talk*, Shelly Beach encourages readers to follow “The Seven Habits of Highly Effective Listeners” to bring a healthy, positive, biblical focus to the thoughts that race through our mind on a moment-by-moment basis. Take time this week to let these habits filter your thinking.

*The Seven Habits of Highly Effective Listeners*

1. Learn to be a student of your own heart as you observe yourself.
2. Think in terms of life change.
3. Prepare for a marathon as you reshape lifelong patterns of thinking.
4. Commit to the disciplines of self-examination, reflection, and prayer.
5. Find an accountability partner.
6. Rely upon Scripture and the power of the Holy Spirit to convict, speak, and transform.
7. Learn the power of positive praise.

