

Recognize

Soundtracks - Part 1

August 13, 2023

Soundtracks are powerful.

“The tongue can bring death or life. ...” Proverbs 18:21 (NLT)

*“⁵Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. ⁶So letting your sinful nature control your mind leads to **death**. But letting the Spirit control your mind leads to **life** and **peace**.” Romans 8:5-6 (NLT)*

Many of life’s battles are won or lost in our minds.

For better or worse, our soundtracks spill over onto the people closest to us.

*“³Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. ⁴Then he went on **alone** into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. ‘I have had enough, Lord,’ he said. ‘Take my life, for I am no better than my ancestors who have already died.’” 1 Kings 19:3-4 (NLT)*

Do you have any negative soundtracks playing on repeat in your mind?

Three initial steps to overcoming negative soundtracks:

- **Recognize them.**
- **Say them out loud.**
- **Share them with a trusted friend.**

*“And you will know the truth, and the **truth** will set you **free**.” John 8:32 (NLT)*

Additional opportunities to help overcome negative soundtracks

- Men’s Night - August 16
- First Steps

Join us for 4 Sundays

Host a Small Group

- thebayouchurch.org/host