

Carl Thomas

Nehemiah 11; Isaiah 43:18–19; John 16:33; 1 Corinthians 11:23–25; 2 Corinthians 4:15; 1 Thessalonians 5:16–18; 1 Timothy 4:1–5; Revelation 4

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1 Timothy 4:1–5 (NASB 2020)

**1** But the Spirit explicitly says that in later times some will fall away from the faith, paying attention to deceitful spirits and teachings of demons, **2** by means of the hypocrisy of liars seared in their own conscience as with a branding iron, **3** who forbid marriage *and* *advocate* abstaining from foods which God has created to be gratefully shared in by those who believe and know the truth. **4** For everything created by God is good, and nothing is to be rejected if it is received with gratitude; **5** for it is sanctified by means of the word of God and prayer.

Isaiah 43:18–19 (NASB 2020)

18 "Do not call to mind the former things,

Or consider things of the past.

19 "Behold, I am going to do something new,

Now it will spring up;

Will you not be aware of it?

I will even make a roadway in the wilderness,

Rivers in the desert.

How we react to these demonic lies determines our character.

- We have these **cognitive distortions**.
- Filtering: An exclusive focus on a single negative aspect of a situation,
- Catastrophizing: An expectation that disaster has struck,
- Blaming: Holding other people responsible for our outcomes.
- **Cognitive reframing**

- Focusing on the positive things happening in your if.

John 16:33 (NASB 2020)

**33** These things I have spoken to you so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.”

Cognitive reframing

Spiritual reframing

Thankfulness

1 Thessalonians 5:16–18 (NASB 2020)

16 Rejoice always, 17 pray without ceasing, 18 in everything give thanks; for this is the will of God for you in Christ Jesus.

2 Corinthians 4:15 (NASB 2020)

15 For all things are for your sakes, so that grace, having spread to more and more people, will cause thanksgiving to overflow to the glory of God.

1 Timothy 4:4–5 (NASB 2020)

**4** For everything created by God is good, and nothing is to be rejected if it is received with gratitude; **5** for it is sanctified by means of the word of God and prayer.

Whatever you receive with thanksgiving is sanctified.

• Revelation 4:9 (NASB 2020)

- **9** And when the living creatures give glory, honor, and thanks to Him who sits on the throne, to Him who lives forever and ever,

1 Corinthians 11:23–25 (NASB 2020)

*The Lord's Supper*

**23** For I received from the Lord that which I also delivered to you, that the Lord Jesus, on the night when He was betrayed, took bread; **24** and when He had given thanks, He broke it and said, “This is My body, which is for

you; do this in remembrance of Me." **25** In the same way *He* also took the cup after supper, saying, "This cup is the new covenant in My blood; do this, as often as you drink *it*, in remembrance of Me."