

## **The Power of Self Talk**

**Dr. John Carmichael**

**[Psa 103:1-5 NASB95] 1 [A Psalm] of David. Bless the LORD, O my soul, And all that is within me, [bless] His holy name. 2 Bless the LORD, O my soul, And forget none of His benefits; 3 Who pardons all your iniquities, Who heals all your diseases; 4 Who redeems your life from the pit, Who crowns you with lovingkindness and compassion; 5 Who satisfies your years with good things, [So that] your youth is renewed like the eagle**

- **We have an internal dialogue with ourselves. It is effective. We believe what we allow ourselves to say to ourselves.**

**What does self-talk do for us?**

**Here are three ways self-talk helps us.**

### **I. Self-talk Prepares You to Receive**

- a. [Mat 9:21 NASB95] 21 for she was saying to herself, "If I only touch His garment, I will get well."
- b. [Joe 3:10 NASB95] 10 Beat your plowshares into swords And your pruning hooks into spears; Let the weak say, "I am a mighty man."
- c. [Gen 17:5 NASB95] 5 "No longer shall your name be called Abram, But your name shall be Abraham; For I have made you the father of a multitude of nations.
- d. Rick Renner: Even though God has done great things in you and has planned a powerful future for you, it is up to you to activate His blessings in your life!
  - i. [Phm 1:6 NASB95] 6 [and I pray] that the fellowship of your faith may become effective through the knowledge of every good thing which is in you for Christ's sake.

### **II. Self-talk Helps You Fight Discouragement**

- a. [1Sa 30:6 NASB95] 6 Moreover David was greatly distressed because the people spoke of stoning him, for all the people were embittered, each one because of his sons and his daughters. But David strengthened himself in the LORD his God.
- b. [2Ti 1:6-7 NASB95] 6 For this reason I remind you to kindle afresh the gift of God which is in you through the laying on of my hands. 7 For God has not given us a spirit of timidity, but of power and love and discipline.

### **III. Self-talk Reminds You To Pursue God**

- a. [Psa 143:3-6 NASB95] 3 For the enemy has persecuted my soul; He has crushed my life to the ground; He has made me dwell in dark places, like those who have long been dead. 4 Therefore my spirit is overwhelmed within me; My heart is appalled within me. 5 I remember the days of old; I meditate on all Your doings; I muse on the work of Your hands. 6 I stretch out my hands to You; My soul [longs] for You, as a parched land. Selah.
- b. [Psa 42:5 NASB95] 5 Why are you in despair, O my soul? And [why] have you become disturbed within me? Hope in God, for I shall again praise Him [For] the help of His presence.

- **God wants us to use self-talk to position us to receive miracles, fight discouragement, and draw us to Him.**