

SINGLE ALLIANCE
4:8 PRINCIPLE
GETTING THE RATS OUT OF YOUR ATTIC

- I. **Emotional health is based upon our thoughts**
- A. This week we are continuing on the series the 4:8 Principle.
 - B. Every Christian can increase their emotional health by choosing thoughts that pass the 4:8 Principle. [Philippians 4:8]
 - C. Emotions were created by God to motivate us. Motion is found in the word emotion. People can be powerfully motivated to do good by positive emotions, or they can be motivated to do terrible and destructive things because of negative emotions.
 - D. A key thought I want you to take with you today is that emotions are created by thoughts.
 - 1. Think of the person you have most loved and has loved you the most. Now think of the person who you have most disliked and have most disliked you. What changed... your emotions!
 - E. Emotions are not a product of environment. They are created by what we think about our environment. No one or nothing **makes** us mad, sad, depressed, bitter, jealous, or lonely. Our emotions are first based upon our **interpretation** of our environment and secondly on what we choose to think about those interpretations.
 - 1. Ex. Man walking on a path in the forest and thinks he sees a snake and panics, but then realizes it was just a stick and calms down. His emotions are tied to his interpretation of what he saw.
 - F. Most of our interpretations are often sub-conscious and are based upon preconceived beliefs, ideas, and past experiences. Established thought patterns produces established emotional states. Someone can live in angry, sad, depressed, bitter, jealous, or lonely emotional state because of their established thought patterns in their sub-conscious.
 - G. If we want to have increased emotional health then we must change our established thought patterns or beliefs. But how? How can we tell we have wrong thoughts that are hurting us? One of the key ways is by examining our emotions or better our emotional states we live with.

- H. God's thoughts or truth produce healthy and positive emotional states such as joy and peace. The enemy's lies produce negative emotions and emotional states.
- I. If we are honest about what emotional states we live with then we can investigate the quality of our thoughts that produce them by using the 4:8 Principle on them.

II. RATS

- A. **Really Awful Thoughts** are rats that produce really awful and unhealthy emotional states that lead to really awful behaviors. Rats produce disease! Get the RATS out of your attic- mind!
- B. **6 RATS-** Really Awful Thoughts that weaken our emotional health and life.
 1. Amplifiers- using extreme words- always, never, every time. "I always screw up!" "I never make the boss happy." "I fail every time I try something new" – You have just cursed your life- Jesus cursed the fig tree and said "No man eat fruit from you ever again." [Mark 11:14] Don't curse your life! If you allow amplifying rats then you will live with a negative emotional state!
 2. Assumers- You assume you know why something happened or why someone said or did something. This affects your emotional state. We are told by Jesus not to judge- [Matthew 7:1]-assume why someone does or says something. You will live with an emotional state of paranoia.
 3. Forecasters- To think about all the bad things that might happen and even come to expect the worst. You will live in an emotional state of fear! [Jeremiah 29:11]
 4. Criticizers- Finding fault with almost everyone and every situation. This leaves you with a negative emotional state that infects people around you.
 5. Blamers- Blaming others for what goes wrong in your life and for your emotions. **You cannot change what you do not own.** You must own your own emotions, reactions, and behaviors in order to change them.
 6. Justifiers- thoughts that justify negative emotions and behaviors. What you justify will rustify! It will remain!
- C. Take the RATS through the 4:8 Principle Hotel where rats check in but they don't check out!