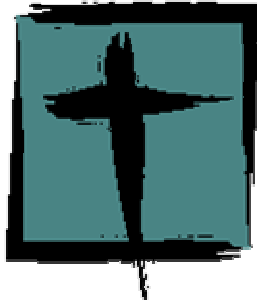




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Winds of Hope is a ministry of Major David McCann, and is associated with Destiny Christian Church.



Our vision is leadership— Raising, Resourcing and Restoring Leaders.

This will be accomplished through:

- Simple Church Clusters (St-Arbucks, and others)
- Genuine Relationships
- Coaching / Mentoring / Modeling / Discipleship
- Emotional Intelligence
- Leadership (SPN) Networks
- Understanding of Temperament, and Personality

Visit my website for more information on Ministry, Coaching, and the Birkman® Method.

www.ventsdespoir.ca

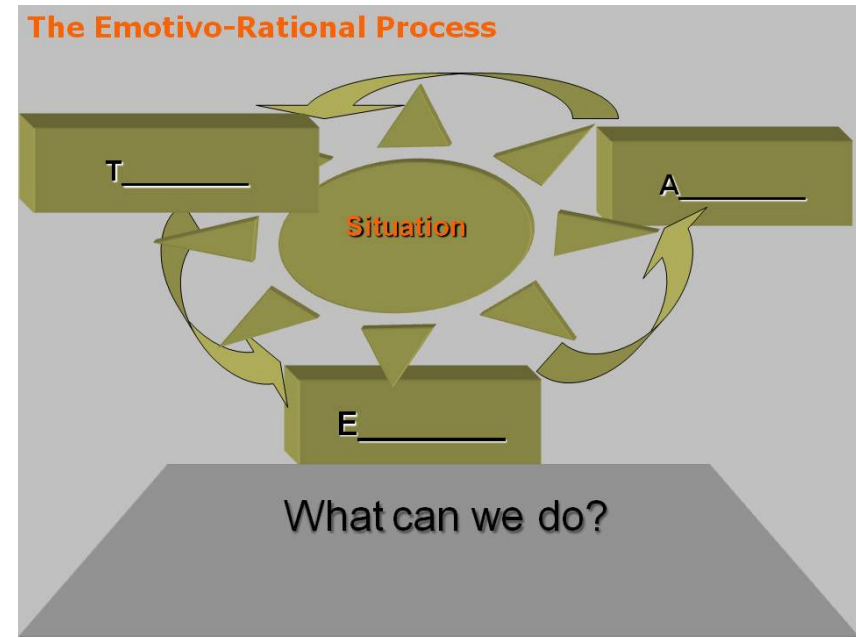
E-mail: david@ventsdespoir.ca

Christian Thinking

Destiny Christian Church
Winds of Hope Ministries
Major David McCann
June 14, 2009

Introduction

Physiology



Thinking / Being / Doing

Philosophers

René Descartes – 1600's

"I think, therefore I am!"

Marcus Aurelius – 160 AD

"I think in order to determine the way that I am."

Proverbs 23:7 – 1000 BC

"For as he thinks within himself, so he is."

Matthew 12:34

For out of the overflow of the heart the mouth speaks.

Be transformed by the renewing of your mind Rom. 12:2

For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved. Rom.10:10

Optimism / Pessimism

Learned Optimism

Our choice

We have the ability and responsibility to choose the thoughts that we allow into our mind.

Planting and Weeding

Monitoring Self-talk

- Feelings not caused by events (past or present), but our interpretation of those events.
- Feelings are caused by what we tell ourselves about our circumstances.
- We can tell ourselves truths or lies.

The coach is also listening for... The voice of the Saboteur, who is there to object to change, point out the client's shortcomings, and bring up all the reasons why this idea, whatever it is, won't work.

Whitworth, Co-Active Coaching, pg.11

Complete the Bible verse...

Faith comes by h-----.

Laws governing relationship between belief and behaviour...

What I hear (self-talk) most often will determine my behaviour.

A soothing tongue is a tree of life,

But perversion in it crushes the spirit. (Prov.15:4)

Healing Old Wounds

The "things" we've been told.

"You should be..."

"You'll never be..."

The "things" we tell ourselves.

"If I just work harder..."

"I have to be perfect..."

"I have to please everyone..."

"I'm such a failure..."

Listen for and reject "**Always**" / "**Never**"

Stitching Up Old Wounds

Step 1:

Live in the present, bury the past.

Deliberately commit to God's destiny for your life.

Step 2

Learn to monitor and quickly adjust self-talk.

Reprogram your mind with the Word.

Step 3

Recognize, Celebrate, and Practice your uniqueness.

What voices are you listening to?

Ps. 34:13-14 (apply to self, and others)

Keep your tongue from evil

And your lips from speaking deceit.

Depart from evil and do good;

Seek peace and pursue it.