

**Reading:** Numbers 13: 25-33

**Topic:** The Thinking Process

**INTRODUCTION:** The mind is such a powerful thing and out of it comes our \_\_\_\_\_ which in turn controls our \_\_\_\_\_ and behavior.

## I. THREE BASIC KINDS OF THINKERS:

### A. The Pessimist:

1. The pessimist has a thought process that \_\_\_\_\_ everything through the lens of \_\_\_\_\_ thinking. Jn. 11:14-16
2. Even if everything is completely going well in a situation, the pessimist will be able to \_\_\_\_\_ some negative thing to say and point it out to everyone else who will \_\_\_\_\_. Num. 13:25-29
3. Unfortunately the pessimist has the ability to \_\_\_\_\_ a number of other people who are not strong \_\_\_\_\_ for themselves. Num. 13:32,33; 14:1,2

### B. The Optimist:

1. The optimist has a thought process that \_\_\_\_\_ everything through the lens of \_\_\_\_\_ thinking. Phil. 4:13
2. Even if everything is completely going wrong in a situation, the optimist will be able to \_\_\_\_\_ some positive thing to say and point it out to anyone else who will \_\_\_\_\_. Num. 13:30
3. The optimist may be able to \_\_\_\_\_ a few other people who are reasonable individuals who are able to \_\_\_\_\_ for themselves but unfortunately they are in the minority.

### C. The Realist:

1. The realist has a thought process that understands that in real \_\_\_\_\_, both good and bad things are going to come and go in the \_\_\_\_\_ of every individual. Ecc. 9:11
2. The realist is not a pessimist, but would be described as an \_\_\_\_\_ optimist without unrealistic expectations, enjoying the \_\_\_\_\_ times when they come and accepting the \_\_\_\_\_ times as they also occasionally come.

## II. HOW ONE GETS THEIR THINKING PROCESS:

### A. The Pessimist:

1. The pessimist develops a \_\_\_\_\_ thinking process due to several factors:
  - a. The environment that one \_\_\_\_\_ up in – a negative talking parent or parents will sow the \_\_\_\_\_ of negative thinking into the mind of a child. (like father, like son; like mother, like daughter)
  - b. The friends or \_\_\_\_\_ that one hangs out with will have a great \_\_\_\_\_ on the thinking patterns that one develops. (Negative talking friends will influence one's thoughts.)
  - c. The circumstances of life can also turn an individual into a \_\_\_\_\_ thinker, as too many bad experiences happen one after another.

### B. The Optimist:

1. The optimist develops a \_\_\_\_\_ thinking process due to several factors:
  - a. The environment that one \_\_\_\_\_ up in – a positive talking parent or parents will sow the \_\_\_\_\_ of positive thinking into the mind of a child.

- b. The friends or \_\_\_\_\_ that one hangs out with will have a great \_\_\_\_\_ on the thinking patterns that one develops. (Positive talking friends will influence one's thoughts.)
- c. The circumstances of life if they are going well can turn an individual into a \_\_\_\_\_ thinker and produce even more optimism and \_\_\_\_\_.

**C. The Realist:**

- 1. The realist develops a \_\_\_\_\_ thinking process due to several factors:
  - a. Both the environment that one \_\_\_\_\_ up in and the real-life experiences that one passes through both \_\_\_\_\_ and \_\_\_\_\_ helps one to develop a realistic approach to life.
  - b. The realist will come to accept that life is not \_\_\_\_\_ and it has both nice times and difficult times, but one can learn to \_\_\_\_\_ the difficult times and \_\_\_\_\_ the good times. Ph. 4:11-13
  - c. The realist is usually the most \_\_\_\_\_ type of individual.

**III. CHANGING ONE'S THINKING PROCESS:**

**A. Yes It Is Possible:**

- 1. People often ask the question, "Is it possible to change one's \_\_\_\_\_ process?" The answer to that question is, YES, it is \_\_\_\_\_ possible. I Tim. 1:12,13
- 2. The key to change is \_\_\_\_\_ and that sentiment must become \_\_\_\_\_ enough to bring a move towards changing several patterns and habits that control our thinking process.
- 3. The ultimate \_\_\_\_\_ is to change the \_\_\_\_\_ thinker into a \_\_\_\_\_ thinker or into a realistic thinker who has a positive attitude.

**B. Steps To Changing:**

- 1. Prayer is the best thing to \_\_\_\_\_ with as one confesses that they need to \_\_\_\_\_ their thinking process, because negative thinking is not pleasing to God.
- 2. Discipline is the second step to changing one's pattern of thoughts:
  - a. Avoid spending a lot of \_\_\_\_\_ around negative people. I Cor. 15:33
  - b. Fill your mind with as much \_\_\_\_\_ and positive things that you can – positive music, positive reading materials, positive media, etc.
  - c. As you fill your mind with the \_\_\_\_\_ things, use your thinking time to dwell on them, not on what you used to be always thinking about. Ph. 4:8
  - d. Speak positively, even when you don't \_\_\_\_\_ it, speak it anyway. Rom. 10:9

**CONCLUSION:** The thinking process of an individual will eventually determine their \_\_\_\_\_ and success or failure in life's endeavors, whether it be their spiritual \_\_\_\_\_, their work, their education, their marriage, etc. so it is vital that one develops their thinking process from negative to positive.