

The Power of Self Talk
Series: The Heart of a Giant Killer
June 7, 2026
Pastor Lane Olson
New Song Community Church

Truth in a nutshell: If we are not spending time with God, if we are not reading our bible, if we are not praying then we become vulnerable in our thought life. The enemy can float negative thoughts through our mind. If we don't guard our minds, we can allow those negative thoughts to find a regular place in our mind, and we can allow negative thoughts of fear and failure to steer us in the wrong direction.

A. The cause of David's problem: how he thinks about himself.

Text: I Samuel 27:1 (NLT)

1. Ignoring the promise of God and allowing fear to dominate his thinking.
2. What you say about yourself has a lot to do with your strength, and how much you are able to accomplish in life.
 - i. Does it line up with what God is saying about me in His word.
3. We can't be more true to our feelings than our convictions.

Psalms 42:5-6a (NLT)

4. Who are we listening to?
5. Speak the promise of God over your life.

Philippians 4:13 (NLT)

- i. Your strength will be increased or decreased over your life by the words that you speak.

I Samuel 27:1 (NLT)

Proverbs 16:25 (NLT)

6. David's mistake: Not inquiring of the Lord, or other Godly counsel.

I Samuel 27:2-4 (NLT)

B. The consequences of David's problem.

Your self talk has opened the door to all kinds of problems.

1. He is living with the enemy.

I Samuel 27:5-7 (NLT)

2. He is living a lie.

I Samuel 27:8-11 (NLT)

i. God uses imperfect people.

3. He was drafted into the Philistine army to fight against Israel.

I Samuel 28:1 (NLT)

4. All of their families were taken hostage and their homes were burned.

I Samuel 30:1-6 (NLT)

C. How you strengthen yourself in the Lord.

1. Remember His promises.

I Samuel 23:16-17 (NLT)

2. Prayer for guidance...that changes everything!

I Samuel 30:6-8 (NLT)

3. Don't let the mess you are in stop you from prayer ...that's the enemy

Next Steps: Today I am:

1. Committing my life to Christ.
 2. Asking God to guard my negative thoughts.
 3. Committing to think on the promises of God.
 4. God is saying to me _____
-