

Learn to Talk to Yourself

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Summary

This video discusses the importance of self-talk, which is the practice of talking to oneself and interpreting life experiences. It emphasizes that self-talk is a constant process, and it is crucial for guiding and guarding one's heart and mind from negative thoughts and beliefs. The default human tendency is to believe lies and untruths, and intentional self-talk is necessary to counter this by reminding oneself of gospel truths. It provides four key truths (the 'four Gs') to help with self-talk: God is great, God is glorious, God is good, and God is gracious. The video encourages youth leaders to help their students develop the skill of self-talk through practices like intentional silence and reminding themselves of these gospel truths.

Main Points

#1 - The Nature of Self-Talk

This point introduces the concept of self-talk, explaining that it is a constant process where individuals interpret situations and experiences by telling themselves truths they believe about those experiences. It highlights that different people can interpret the same experience differently based on their backgrounds and circumstances. Self-talk is particularly important for the current generation, who are constantly exposed to information and have little silence or time for reflection.

#2 - The Need for Self-Talk

This point discusses the vital role of self-talk in guarding one's heart and mind from negative thoughts and beliefs. It acknowledges that the human default is to believe lies and untruths, and emotions can often mislead individuals into believing things that are not true. Intentional self-talk is necessary to

remind oneself of truth and guard against lies that can lead to hopelessness and distance from Christ.

#3 - A New Kind of Self-Talk

This point contrasts the self-talk promoted in Christianity with the self-help and self-improvement approaches prevalent in the world. It explains that while worldly self-talk focuses on improving oneself through one's abilities, Christian self-talk appeals to God's abilities and the truths He has declared about individuals. This point introduces four key truths (the 'four Gs') to guide self-talk: God is great, God is glorious, God is good, and God is gracious.

Next Steps

- Start getting students to practice moments of silence throughout their week, starting with one minute a week and gradually increasing the duration, to create space for self-talk and reflection.
- Set up a text thread with students and schedule times for everyone to shut off devices, find a quiet place, and practice intentional silence and self-talk for a designated period.
- Encourage students to use the 'four Gs' (God is great, God is glorious, God is good, and God is gracious) as truths to speak to themselves during self-talk, countering negative thoughts and beliefs.
- Remind students that Christian self-talk appeals to God's abilities and the truths He has declared, rather than focusing on self-improvement through their own abilities.