

TAKE YOUR THOUGHTS CAPTIVE 101

<https://www.youtube.com/watch?v=y9c-ABbBYs0>

Your thoughts and feelings do not have to control your life. Your brain and your mind **are not** the same thing. You can renew it with Gods help and His Truth.

01. Take your thoughts captive (2 Corinthians 10:5)

Be mindful of your thoughts and feelings, then decide how you respond.

- Don't trust your thoughts.
- Get curious about your thoughts and feelings rather than immediately reacting to them.
- Check with the facts.

For example: Your thoughts might say “Your boyfriend broke up with you. Love is the worst. You’ll never find love again.”

The first part is true, your boyfriend may have broke up with you but that doesn't mean love is the worst or you'll never find love again. The Devil steps in by filling our mind with lies (John 8:44).

“Would have... Could have... Should have...” Thoughts are fear driven, irrational thoughts.

How can you know whether a thought is true, healing, aligned with the voice of THE LORD?

By using God's Word, (Your weapon: The Sword of The Spirit) and prayer to the Holy Spirit (James 1:5, 1 Corinthians 2:10, John 16:13).

Set time aside to journal your thoughts and compare them to God's Word.

'For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.'

2 Corinthians 10:3-5

Changing your thoughts is not an overnight solution. It takes time to have Jesus' mind. Keep disciplining your mind. You are being conformed in the image of Jesus, and He will finish the good work in you (Romans 8:29, Philippians 1:6)

Neuroscience research shows us that 80% of the automatic thoughts that we have are not true.

We need to be really careful before we start reacting as if everything is true.

02. Gather the data first. Is it True?

Make sure your thoughts are rooted in truth, and let your response reflect God's Word with wisdom, grace, and love.

James 3:13 (NKJV): "Who is wise and understanding among you? Let him show by good conduct that his works are done in the meekness of wisdom."

If your thoughts are not true, you need to change from thinking about it to thinking about something that is true: God's Word.

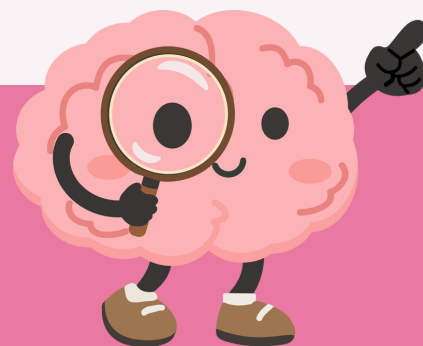
Is it appropriate or helpful or compassionate to myself or somebody else for me to think about it right now?

Philippians 4:8 (NKJV): "Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things."

You were created in God's image. You have a brain that's uniquely different in all of creation.

Is your brain operating in fear or God's word?

2 Timothy 1:7 (NKJV): "For God has not given us a spirit of fear, but of power and of love and of a sound mind."



03. Reject the False Narrative

When you think different thoughts, your brain makes structural changes. Your genes activate differently and you make new connections between neurons.

When you decide to take your thoughts captive and not conform anymore to the pattern of “This is just how I am,” and the worldview that you've been given and pressed into, you're going to allow the mind of Christ to operate and transform your thinking.

So, if you tell yourself, "I'm stuck. I'm afraid. I'm worrying. Nothing's ever going to work out for me."

...Then your reticular activating system is going to start to try to show you evidence that this thought is true.

Reticular activating system: nerves in the base of your brain. It acts as a gatekeeper and filters millions of sensory messages from your body and decides what you notice and what you ignore.

How? You can reject the narrative and start reciting true things to yourself with morning time of meditation and prayer and scripture.

In Conclusion...

When you get untrue/negative thoughts, say, "God didn't give me a spirit of fear, but of power and love and a sound mind." And God allows me to have the mind of Christ.

I am going to pray and remind myself of all the **true** stuff in The Holy Bible.

