

How to Take Your Thoughts Captive Worksheet

"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 10:5-6)

The Word of God is the sword of the Spirit (Ephesians 6:17). In order to defeat the lies that the enemy fires into your mind, you must wield the sword. You do this by speaking the Word of God. You must actually **SPEAK** the Word, not just think it. You will be surprised how many thoughts are not your own but are demonically influenced. The enemy will often times present a thought to you in the first person, such as "I'm mad at that person" in order to get you to think this is really how you feel and cause you to sin.

Directions: *List the lie that the enemy taunts you with. Find a verse from the Bible that counteracts this lie. Speak the verse every time the lie comes into your mind. Repeat until the lie has been eradicated.*

Note: If you find that you have come into agreement with a lie, quickly ask forgiveness from Father for believing it and then speak the Word.

You are renewing your mind, and the lies will start to fade and eventually cease.

Example:

Thought/Lie: God will never forgive me for committing that sin.

Verse/Truth: "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

Thought:

Verse: