

Taking Thoughts Captive

"...and we are taking every thought captive..."

2 Corinthians 10:5

1. *I am aware that I think my worth comes from my ability to perform. I am driven to achieve in order to be accepted by myself or others. When I see or believe I cannot achieve I give up on myself.*

I want a greater and deeper awareness of my unique and divine design of my personal value and meaning given to me by God. I want my attitude and actions to come from my gratitude of what God has done for me.

2. *I see that I must have the approval of others to feel good about myself.*

I want to become more convinced that because of Jesus, I am unconditionally and totally loved, loved with a love which cannot be gained and therefore cannot be lost.

3. *I am becoming aware that I don't set limits for my time and energy to others. I allow others to occupy all my time and energy.*

I want to learn to seek first the Kingdom of God, to be honest with myself, then determine if I will say yes or not to a request.

4. *I see that I fear change. I see change as painful, risky, and unknown. If I change others might not like me or abandon me.*

I see that I fear what another might do or say rather than believe God. Nothing can separate me from the love and power of Jesus Christ. I'm learning that to let go does not mean I have stopped caring. I can be myself and still be committed to interdependent relationships.

5. *I recognize I take on guilt for the actions of others. Sometimes I am manipulated by guilt.*

No one can make me guilty. I choose guilt as a result of the lies I have believed. I am not responsible for the attitudes and actions of others.

6. *I am learning to identify and admit my character defects and my wrongs.*

I want to ask the Lord to search my heart daily and when I am wrong promptly admit it. I am secure even if I make mistakes or poor decisions. When I make a wrong choice or mistake, I am not a mistake.

7. *I am aware that I suppress my feelings to myself and do not express myself to others. I am afraid of what others might think. I tend to think I can have only certain feelings.*

I want to grow to trust God with all of me including my feelings. I am learning to admit my feelings to myself, to God and to others. Then I can choose to walk in the truth, not in my feelings.

8. *I am learning that change can be good even if it does not feel good. I see that I'm afraid of what might happen if I change.*

I am learning the courage to change the things I can. It is my responsibility not another, to become dependent on God. I want to more fully know that "In Christ I live and move and have my being."

9. *It often seems something is lacking or missing in my life. I see that I have unrealistic expectations of myself and others.*

I'm learning that relationship with Jesus is real life. I'm coming to trust that Jesus will not let me down. Though I am disappointed and hurt by others, I will choose to see them as precious and loved in the sight of God. I will reconsider my expectations. I will not blame another for my feelings. Telling myself the truth is my responsibility.

10. *I am aware that I rescue others or try to fix things. I want to prevent mistakes or pain. I feel needed and valued when I do this. It feels safe.*

I want to learn to allow others to handle their life. I want to trust God to control my life. I am learning that I am emotionally safe even when I do not rescue others. I want to let go so others will trust on God.

11. *I am aware of my need to control my circumstances and my relationships.*

I want to grow to trust God and His principles in all my circumstances and relationships. I want to learn to let go. It is God's job to change people and circumstances.

12. *I am aware that I think I need to control circumstances in order to prevent something awful from happening that would be my fault.*

I am learning that no one but God can control circumstances. I want to do the part for which I'm responsible. I am learning to let go and trust God and the resources He supplies. God did not give me the power to make things come out right for everyone.

13. *I feel guilty or rejected if my thoughts, opinions or feelings differ from others in my life.*

I want to become confident that Jesus accepts me and allows me to have my own thoughts, opinions, and feelings. I want to learn to respectfully express myself in all my relationships. I am learning that I can give and take in relationships without losing myself.

14. *As I recognize that I cannot be the constant source of joy and happiness for another, I admit that others are not responsible for my joy and fulfillment.*

I want my relationship with Jesus Christ to be the foundation for my joy. I will take responsibility for my emotional and spiritual condition.