

Take responsibility for Your thoughts, feelings and words by bringing them into agreement with the Word of God: 2 Cor 10:5 NIV-- We demolish arguments & every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ

I. ELEVATION: choosing to elevate your thinking above your feelings

We can remain stable in the midst of upsetting circumstances when we choose to believe in God's character and His Word. Apply the following strategies:

A. Reliability of Emotions:

- Journal Question: *How trustworthy are my feelings? Have my worries and doubts proven to be more faithful and true than my heavenly Father?*
- Rom 3:4—Let God be true and every man a liar

B. Divided Heart:

- Journal Questions:
  - *How much of my life do I spend being tossed and driven by the wind and waves of my emotions?*
  - *How much time am I willing to invest in my freedom, growth, and emotional wellbeing? Per day? Per week? What will I sacrifice to make this time available?*
- Jer 12:5 MSG—If you can't keep your wits during times of calm, what's going to happen when trouble breaks loose?
- Jm 1:8-- A double-minded man (is) unstable in all his ways

C. Appropriation,

- It is impossible for God to lie. (Heb 6:18) Therefore, we can count on Him to fulfill His word whenever we ask Him to make it true in our situation: 1 Jn 5:14-15-- Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.
- Wherever we're fearful or doubtful, we can ask the Father to make these verses our experience instead:
  - Ps 86:11 NIV—Give me an undivided heart that I may fear Your name
  - Eph 2:14 NIV— For He Himself is our peace, who has made the two one and has destroyed the barrier, the dividing wall of hostility

D. Journal your emotions without editing. Use a concordance or search engine to discover what God has to say instead. Rehearse the truth until it's stronger than what you feel.

**I FEEL**

Ex: Abandoned

**GOD SAYS**

He will never leave me  
(Josh. 1:5)

**I WILL SAY**

I am not alone.

## II. ARTICULATION: verbally expressing agreement with God's Word

Reinforce the truths that you are seeking to know in your inmost being with the words that you speak: 2 Cor 4:13 NIV-- It is written: "I believed; therefore I have spoken." With that same spirit of faith we also believe and therefore speak."

### A. Praise the Lord

In vulnerable moments, be ready with a character trait of God that directly applies to your place of need. The options are infinite, but here are a couple to begin with:

- The Lord is good: Ps 31:19-- Oh, how great *is* Your goodness, which You have laid up for those who fear You, *which* You have prepared for those who trust in You in the presence of the sons of men!
- God is Sovereign: Eph 1:11 NLT-- he makes everything work out according to his plan.
- Your Personal List:

### B. Give Thanks

- The Bible tells us to give thanks "in" all things and "for" all things:
  - 1 Thes 5:18 NLT-- Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.
  - Eph 5:20 NIV--Always give thanks to God the Father for everything. Give thanks to him in the name of our Lord Jesus Christ.
- "Nothing turns us into bitter, selfish, dissatisfied people more quickly than an ungrateful heart. And nothing will do more to restore contentment and the joy of our salvation than a true spirit of thankfulness." (Billy Graham)
- Journal about your situation, praying for revelation on what you can be thankful for with your whole heart. Get busy thanking Him and watch your spirits rise above your circumstances!

### C. Renounce and Announce:

- Ask HS to identify facts or feelings you believe that aren't consistent with God's truth.
- Renounce these as lies, refusing to empower or agree with them any longer.
- Pray for God to lead you to corresponding truths during your listening and Bible study times. Announce these truths every time you are tempted to return to that lie.

#### **RENOUNCE LIES**

I am self-sufficient  
(1 Pt 5:5, Hosea 5:5, Is 30:1-17)

#### **ANNOUNCE THE TRUTH (reference)**

God is completely sufficient  
(Phil 4:13, Ps 44:3)