

Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord,
my strength and my Redeemer.

Psalm 19:14

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

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. Try the following strategies:

- A. Ask yourself: *Which have I been able to trust more in my experience, my feelings or my heavenly Father?*
- Rom 3:4—Let God be true and every man a liar
- B. Beware: Your emotions will often be in conflict with biblical truth and are not reliable for decision-making:
- 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. Pray: Ask God to make these verses your experience. Remember that your emotions will eventually catch up with truth as you "think again":
- 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 using two columns: I FEEL and GOD SAYS
- On the left, make a list of your emotions (without editing).
 - On the right, match each feeling with a corresponding truth from God's word.

I FEEL

Ex: Guilty, accused

GOD SAYS

I'm holy & blameless before Him

(Col 1:22)

There is no condemnation in Christ

(Rom 8:1)

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. Turn the truths you are rehearsing into faith statements to speak into your situation:

GOD SAYS

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

I WILL SAY

I am not alone.
God is with me now.
He will be with me when...

B. Target Truths--In vulnerable moments, be ready with scripture-based truths that apply to your place of need. Recalibrate your emotions and expectations by verbalizing these truths: Is 49:2 NIV-- He made my mouth like a sharpened sword, in the shadow of his hand he hid me; he made me into a polished arrow and concealed me in his quiver.

Examples include:

- I belong to God (1 Cor 10:31)
- Nothing can separate me from the love of God (Rom 8:39)
- The battle is the Lord's (1 Sam 17:47)
- God's strength is made perfect in my weakness (2 Cor 12:9)
- Your Personal Arrow List:

C. Announce/Renounce: Ask God to uncover wrong expectations, misinformation, deceit and lies you've believed. Renounce them and search out corresponding truths from Scripture to announce instead.

RENOUNCE LIES

I am not safe to fail

ANNOUNCE THE TRUTH (Reference)

If I confess my sin, God forgives & cleanses me of ALL unrighteousness (1 Jn 1:9)

I have a fresh start. His mercies are new every morning. (Lam 3:22, Micah 1:8-9)

God's not finished with me. I'm a work in progress. (2 Cor 1:10, Heb 10:14)