

## Taking Negative Thoughts Captive

Taking negative thoughts captive means choosing trust over fear. It's not hoping that the truth isn't true, and just whistling in the dark. It is Bible-based, God-blessed thinking that relies on the promises of God to His children. So, when negative thoughts enter your mind and start to make you feel helpless and hopeless, claim these promises of scripture to renew and strengthen your hope:

- ❖ When you think, "I'm afraid," God reassures you, **I have not given you a spirit of fear** [II Timothy 1:7].
- ❖ When you realize, "I'm always worried," Jesus urges, **Cast all your cares on me, because I care for you** [I Peter 5:7].
- ❖ When you despair, "I don't know what to think," God says, **Count on me to give you wisdom through Christ** [I Corinthians 1:30].
- ❖ When you wonder, "What if it's impossible?" Jesus says, **What is impossible with men is possible with God** [Luke 18:27].
- ❖ When you can't figure out, "What now?" God says, **I will direct your steps** [Proverbs 3:5,6].
- ❖ When you acknowledge, "We're both exhausted," Jesus says, **I will give you rest** [Matthew 11:28].
- ❖ When you are tempted to think, "I am so alone in this," God promises, **I will never abandon you** [Hebrews 13:5].
- ❖ When you worry, "We're running out of patience, money, stamina, options,...and hope," God promises, **I will meet all your needs.** [Philippians 4:19].
- ❖ When you despair, "It's not worth it," God assures you, **It will be worth it** [Romans 8:28].
- ❖ When you are worry, "What if I can't find the courage to do this?" the Bible promises, **You can do all things through Christ who strengthens you** [Philippians 4:13].
- ❖ When you wonder, "How will I survive this?" God says, **My grace is sufficient for you** [II Corinthians 12:9].



*Pause and consider....* Which of these promises speak to you?  
How can you keep them top-of-mind in the weeks ahead?

