

# How to Take Every Thought Captive

Whether the problem I face is real or hypothetical, I want to face it with God and the truth He provides in the Bible. When I am discouraged, I want to encounter it with God's hope and not my natural pessimistic tendencies. When I don't feel capable of doing something God called me to do, I want to approach it with God's strength and not my own. These thoughts that work against what God wants me to do, I challenge their validity by comparing them to Scripture and asking God for help. It's the example that was set by Jesus in Matthew 4:1-11 ESV in the story of the temptation of Jesus.

1. Identify the thought that needs to be taken captive.
2. Find a verse that shows God's truth about it.
3. Turn the Bible verse into a prayer that is easily remembered, and pray it when you need to take that thought captive again.

What problems are facing you right now? What Bible Verses apply to these situations?

Turn the Bible verse into a prayer that is easily remembered, and pray it when you need to take that thought captive again. Write the prayer out here.

Are you not sure how to approach this? Here are some examples of common issues you may face, Bible verses which apply to this situation, and a short prayer you can have ready.

## PROBLEM

## VERSE

## PRAYER

<i>I am worried about hypothetical problems.</i>	<i>Philippians 4:8</i>	<i>Lord, help me to think on what is true.</i>
<i>I don't feel capable of the challenge ahead.</i>	<i>Joshua 1:9</i>	<i>Lord, thank You for being with me.</i>
<i>I am feeling hurt and find it hard to forgive.</i>	<i>Matthew 18:21-35</i>	<i>Lord, help me forgive as I've been forgiven.</i>
<i>I am overwhelmed by my problems.</i>	<i>Psalms 55</i>	<i>Lord, thank you for hearing me when I call.</i>
<i>I am discouraged by a lack of results.</i>	<i>isaiah 55:8-9</i>	<i>Lord, help me to trust Your ways!</i>

This approach can also be helpful when you are praying for a person/people you want to worry about. Find a Bible verse to pray over them when you are tempted to fret about them.