

Steps to taking our thoughts captive

Step 1: Make a list of all of the categories of sinful thoughts that come in your mind.

Step 2: Eliminate, if possible, any sort of outside influences that might trigger one of these categories you listed.

Step 3: Make a list of all the scriptures that are related to each one of the categories that you listed in Step 1.

Step 4: Memorize and meditate on all the scriptures you listed. Holy Spirit ammunition!

Step 5: Learn to filter your thought life and then act immediately in praying God's word

1. Recognize the role of the Holy Spirit: The Holy Spirit can help you recognize and understand your thoughts. Ask for His guidance and wisdom.

2. Notice your self-talk: Proverbs 23:7 says, "As a man thinks in his heart, so is he." Pay attention to your internal dialogue and ask yourself: "What am I thinking about? Is it aligning with God's Word?"

3. Identify your thought patterns: Do you notice any recurring themes, such as: Fearful thoughts? Anxious thoughts? Critical self-talk? Negative self-comparisons? Exasperations and Frustrations.

4. Examine your heart: Psalm 139:23-24 says, "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

5. Pray for discernment: Philippians 1:9-10 says, "And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best ..."

Step 6: Replace that thought with a godly thought – Gratitude, Worship, Prayer walks, etc.

List of the categories of sinful thoughts that come in your mind

- a. **Anger/Resentment:** Thoughts of hatred, bitterness, or revenge towards oneself or others.
- b. **Fear/Anxiety:** Persistent worries, phobias, or irrational fears that can hinder daily life.
- c. **Pride/Arrogance:** Thoughts of superiority, self-importance, or a sense of entitlement.
- d. **Envy/Jealousy:** Desires for others' possessions, relationships, or achievements, often accompanied by feelings of inadequacy.
- e. **Lust/Desire:** Obsessive or impure thoughts about others OR a fixation on another person or thing that can consume our thoughts, emotions, and actions.
- f. **Greed/Materialism:** Excessive desires for wealth, power, or material possessions.
- g. **Gluttony/Overindulgence:** Thoughts of excessive consumption, addiction, or self-gratification.
- h. **Sloth/Laziness:** Procrastination, apathy, or a lack of motivation, leading to stagnation and unproductivity.
- i. **Deception/Dishonesty:** Thoughts of lying, cheating, or manipulating others for personal gain.
- j. **Bitterness/Unforgiveness:** Refusal to let go of past hurts, leading to resentment and emotional turmoil.
- k. **Self-Pity/Victimization:** Thoughts of helplessness, hopelessness, or a perceived lack of control over one's life.
- l. **Comparison/Competition:** Constantly measuring oneself against others, often leading to feelings of inadequacy or superiority.
- m. **Doubt/Unbelief:** Persistent skepticism, cynicism, or a lack of faith in oneself, others, or of God.
- n. **Pessimism/Negativity:** Chronic negative thinking, hopelessness, or a focus on the worst-case scenarios.
- o. **Self-Criticism/Shame:** Excessive self-blame, guilt, or shame, often leading to low self-esteem and self-worth.