

# TAKE THOUGHTS CAPTIVE

**"We take captive every thought to make it obedient to Christ."**

**2nd Corinthians 10:5**

**1.** Recognize/Isolate the thought. Write it out..

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**2.** Have Self Compassion. Put your hand on your heart, and speak out loud how hard It must be to feel that thought. Write compassionate words to yourself here. (Talk to yourself as you would a dear friend.)

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**3.** Speak Out Loud the Lie & that it IS a lie.

**4.** Find the TRUTH/ Replacement thought. Write it here!

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*joy in his grace*