



Taking Your Thoughts Captive

Our thoughts are powerful. They influence our lives and even who we become—for better or for worse. We have thoughts that we experience and if we're not careful, they'll lead us to a destination we don't desire...down a path we don't prefer...down a trail that leads to trouble. So what do we do with all of these thoughts?

Questions

1. When you go somewhere you haven't driven before, do you prefer verbal instructions, GPS or a map and why?
2. Do you agree/disagree that our thoughts often lead us toward destinations in our lives? Why or why not?
3. Read 2 Corinthians 10:3-5. What in these verses captures your attention?
4. What are the challenging thoughts that seem to repeat themselves in your mind over and over again?
5. What do you think it means to take such thoughts captive to Christ?
6. This week, take a step toward implementing this in an area of thought you struggle with:
 - RECOGNIZE when untrue and/or negative thoughts pop-up that need to be demolished.
 - REMOVE these thoughts from your thinking.
 - REPLACE those thoughts with God thoughts.
 - REPEAT the process because thoughts come back!