



# Moving FROM MESSY EMOTIONS TO Mighty Faith

“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ”

2 CORINTHIANS 10:3-5

## REAP

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God” (Romans 12:2)

Ask the Holy Spirit to guide you. This should be a conversation with Christ, not an exercise in self-analysis. Don't worry if you don't get a clear-cut answer. Let Jesus heal you with His love.

**R**ecognize your thoughts and feelings.

What are you thinking and feeling? What triggered these thoughts and emotions? We have lots of emotions. Don't get stuck on one or two.

**E**xpress your thoughts and feelings to God.

“We must lay before Him what is in us, not what ought to be in us.” - C. S. Lewis

Write the story you're telling yourself. “I'm too old (inexperienced, inadequate) to try this...” “I wish I were smarter (prettier, richer, happier).” “I have no one to help me.” “This is too hard.” “I can't be happy until...” Don't censure your thoughts and feelings. God already knows them.

**A**sk the Holy Spirit to expose the lies causing your distress.

Go through your list of thoughts and emotions. Are the thoughts you listed empowering? Ask the Holy Spirit what beliefs your thoughts and feelings reveal about about God, others, yourself, and your circumstance. Sometimes taking a third person point of view helps. “What might someone who expressed these be believing about themselves and God?” How do these views compare with what God says about Himself and me? Ask God for His perspective—for truth. List biblical truths that counter destructive thoughts.

**P**ractise what God reveals.

What truth did God reveal? If a person believed the biblical truths you identified, how might she think and act? Write your new story. For example: “I am not alone. God is my helper. I can do all things through His strength.”

I CAN'T LOSE A HAIR OR HAVE A THOUGHT WITHOUT GOD NOTICING.  
HE CARES ABOUT THE DETAILS OF MY LIFE. HE IS FOR ME.  
RENEW YOUR MIND AND PRACTICE YOUR NEW STORY EVERY DAY.  
THINK AND BEHAVE AS IF GOD'S TRUTH IS TRUE FOR YOU. BECAUSE IT IS!