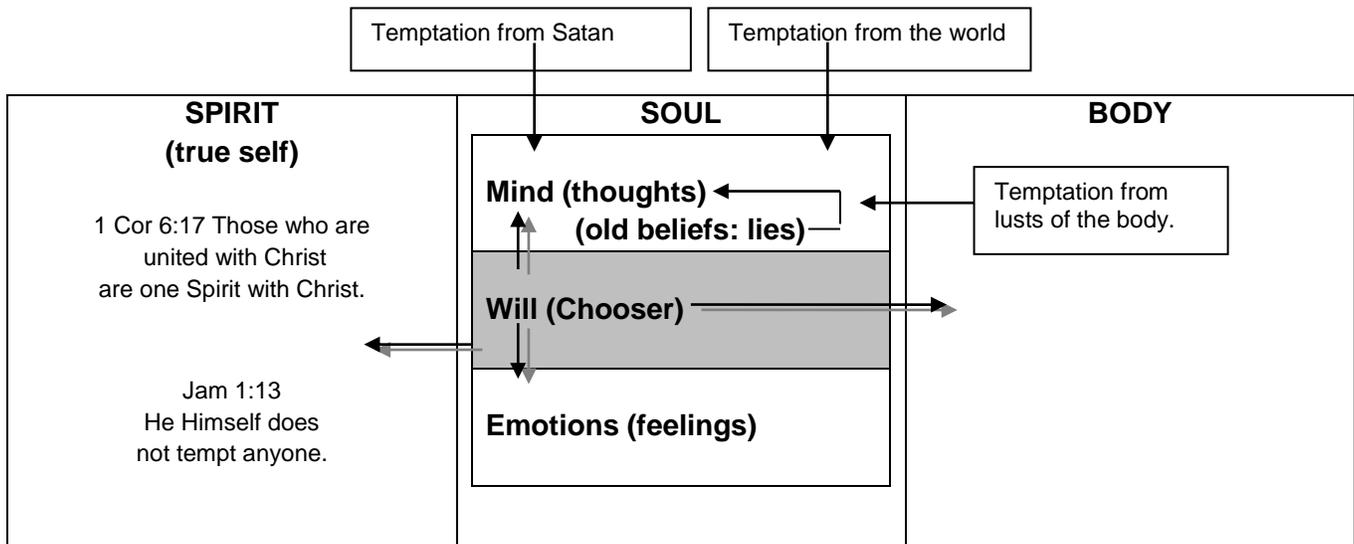


## Take Charge of Your Self-Talk

If any thought is not in harmony with what God says about you, it is a thought that has ‘raised itself up against’ God and His truth. Take that thought captive (don’t think on it) and instead make it obedient (think on) to the truth. What are your self-talk patterns? Write them down and then write down the Scriptural truth. Write them down so that next time they “rise up,” you are prepared to make your thoughts obedient to Christ.



### Thoughts (Self-Talk) and Temptation

1. All your thoughts are not your thoughts. Tempting thoughts do not originate in you. Christ, who is your life<sup>1</sup>, does not tempt you. These thoughts originate from worldly suggestions, our bodily lusts, or from Satan. Remember your body was not sanctified at salvation. Also before we were born again, Satan had access to our unregenerate spirit. Believers are “sealed<sup>2</sup>” by the righteousness of Christ. While Satan cannot access your spirit, he will try to influence your mind.
2. Unless your thoughts are in agreement with God’s word, they do not reflect the true you nor do they originate from your true self. Christ would not say you are “unworthy,” because His righteousness is your righteousness. Christ would not say you are “incompetent,” because He is your adequacy.
3. Evil thoughts and temptations come from 1) Satan, 2) the world, 3) the lusts of the body, or 4) your old belief systems (lies). Usually, the temptation is a repeating of a life-long lie about yourself or God.
4. Temptation always entices you to return to self-effort to meet your needs. It is the enemy of your soul saying, “Be your own God.”

Finally, brethren, whatever is true, whatever is honorable, whatever is right,  
whatever is pure, whatever is lovely, whatever is of good repute,  
if there is any excellence and if anything worthy of praise,  
dwell on these things. Ephesians 4:8

<sup>1</sup> Colossians 3:4

<sup>2</sup> Ephesians 1:13

## Thoughts (Self-Talk) are not Authoritative

1. Simply having a thought does not mean it is true of you. Accepting an evil thought can result in sin.
2. Having a thought does not mean that you must obey or agree<sup>3</sup> with it. Our will has four choices of whom to line up with and obey: 1) our thoughts, old beliefs, 2) our emotions, 3) our body or 4) the Spirit.
3. Whatever you set your mind on will controls you<sup>4</sup>.
4. The presence of an evil thought (temptation) does not make you sinful or guilty. Christ was tempted at all points (even in His mind), yet He was without sin. Temptation is not sin.
5. Satan tempted Eve and Christ<sup>5</sup>. His temptation to them is the same as it is to you. "Be your own God. Meet your own needs in your strength."

## Reject Wrong Thoughts

1. When your thoughts contradict God's truths, that thought is not from you. It has come from 1) Satan, 2) the world, 3) the lusts of the body, or 4) the old belief system (lies).
2. If you blame yourself for evil thoughts, then you give that thought ownership and control. Blaming yourself will immediately produce guilt, shame, and evil desires. When we accept evil thoughts as our own instead of rejecting it, we become controlled by that thought.
3. If you are not sure if a thought is yours or not, ask yourself if Jesus would say that to you or of you. If Jesus would not say it, neither did your true self. You can also evaluate the effect it has on you. Does it bring peace or fear? Does it edify or upset? Distressing thoughts are not from God or of God.
4. Reject and replace evil thoughts: In the Name of my Lord Jesus Christ, I reject and renounce<sup>6</sup> \_\_\_\_\_ thought(s). I subject my thinking to the Lord Jesus Christ, who is my life. I choose to believe the truth \_\_\_\_\_ as revealed in Scriptures. Amen
5. 2 Corinthians 10:5 We are destroying speculations, and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ.

If any thought is not in agreement with what God says about you, it is a thought that has 'raised itself up against' God and His truth. Take that thought captive (don't think on it) and instead make it obedient (think on) to the truth. What are your self-talk patterns? List your self-talk patterns and then write the Scriptural truth. The next time they "rise up," you are prepared to make your thoughts obedient to Christ.

Self-Talk / Temptation (produces fear)	Truth-Talk from God's Word (produces peace)

<sup>3</sup> Romans 6:7, 11, Romans 8:12

<sup>4</sup> Romans 6:13, 16, Romans 8:5-6, Proverbs 23:7

<sup>5</sup> Genesis 3:1-6, Luke 4:1-13

<sup>6</sup> "refuse to think on"