

## Taking Every Thought and Emotion Captive

Satan is the father of lies. The truth is that he can't take us away from who we are in Christ, but he can distract us, discourage us so that we aren't living out our reality of being free and living by the power of the Holy Spirit. We stay stuck because our thinking and emotions are stuck. Oftentimes we don't even recognize what thought and emotional patterns we are stuck in. There is power in identifying what we are feeling and what we are thinking. If we can name the thought and the emotion behind it and process "the why" of what we are thinking or feeling it, then we can begin to take it captive.

When we identify what the trigger is to the thought/feeling/action, we can bring that to the Lord and grow in awareness of the things that trip us up. You may not even know why you are feeling, thinking, or acting in a certain way; but there is always some reason that ties with our thoughts and emotions.

When you are caught up in emotion and negative thoughts, you are ripe for the flesh to take over and Satan to whisper his lies in your ear. When we are feeling swept up in our emotions, it is good to take some time and go to the Lord and ask Him to meet you in that and reveal what is going on under the surface and process the why.

You can peel back layers by asking the why question... Why did you lash out at the kids? Because I was angry... Why were you angry? Because they didn't listen to me. Why did you let it get to you? Because I was already feeling a bit moody. Why were you feeling moody? Because I saw something on Facebook that bothered me. Why did that bother you? Because my friends excluded me from a party, and I didn't even know about it until I saw them all having fun and I felt left out. What emotions did that stir up? Insignificance, sadness, and self-pity, hurt...You could keep asking questions until you feel like you get at the root of it.

I believe that the Lord wants us to take our thoughts and emotions captive and make them obedient to Christ, but we can't do that fully until we know what we are thinking, feeling, and choosing and the things that are driving those thoughts, emotions, and actions.

We can confess and renounce lies from the enemy and sin to remind ourselves of where we are positionally in Christ and remind ourselves of the truth with the scripture to back up the truth. This practice is LIFE TRANSFORMATIONAL! It is taking every thought captive and making it obedient to Christ.

2 Corinthians 10:4-5 says, *"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 every thought captive to make it obedient to Christ."*

Whatever thoughts or emotions that we don't take captive will take us captive. Our mind tends to like to stay in the same ruts of thought/emotional patterns because that is how our brains are wired.

Our brains tend to take the path of least resistance and that is thinking the same thoughts that lead to behaviors that are linked to our thoughts and emotions. The amazing thing is that we don't have to stay in ruts that are not good for us.

God allows us to put a "road closed" sign on those ruts and form new thought patterns that honor Him and speak truth rather than lies. He can help us work through emotions so that our inner being is a beautiful place.

When our eyes are fixed on Him, he can meet us amid pain and suffering, or fear or whatever the emotional response is. He fills us with His Holy Spirit. In our weakness, we can feel His love and presence. Our internal landscape can be a place of peace and beauty because we are grounded in Him. There is nothing quite like experiencing the Lord in our weakness as we see Him clearly in our need.

2 Corinthians 12:9-10 says, *"My grace is sufficient for you, for my power is made perfect in weakness. Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why for Christ's sake, I delight in weaknesses, in insults, in hardships and persecutions, in difficulties. For when I am weak, then I am strong."*

## **TAKING OUR THOUGHTS CAPTIVE**

We need to confess our sin to the Lord. Oftentimes lies are behind our sin. We believe lies that don't make sense and we probably wouldn't even say them out loud. But these lies drive our behavior. The practice of renouncing and announcing is powerful.

It is calling out sin (especially repetitive sin) and lies from the enemy that trap us. It is putting a stake in the ground and saying NO MORE. I am renouncing it. I am giving it up. I am laying it at your feet Jesus, and I am deciding to not be tripped up by the same thing over and over. I'm going to choose to believe and announce truth and God's word over the lies of the enemy.

It is so crazy. Satan is our tempter and our accuser. He tempts us to sin and then shames us and tells us how much a failure we are for giving into the temptation. His goal is to keep our eyes off the Lord. He wants our eyes on ourselves and our misplaced desires and affections that rob, steal, and destroy us.

One practice that has helped me greatly in renouncing and announcing is to use notecards that have a hole punch in the upper left corner and to bind them together with a binder ring. I like to use color cards and have the colors represent different areas of my life that I am renouncing and announcing.

For example, I may struggle with health concerns, money/debt, and forgiveness. I might do the health concerns all in pink, the money/debt in green and forgiveness in blue. I could put the lies and the specific sins/behaviors all related to the category in that same color. That way, if I were

struggling with fear about money, I would know at a glance which cards related to that area of my life.

Below, I have some examples of lies and sin. Each one has scriptures that you could choose for the cards. Look up the verses and decide which one or ones you want on your card.

**WRITE OUT THE SCRIPTURE ON THE CARD, NOT JUST THE REFERENCE.** That way you have the word of God at your fingertips. Feel free to use these scriptures or other ones that apply to the lie and truth or area of sin. I've just included a few per category to get you started. This is great because you can begin to memorize these scriptures.

I use these cards daily... maybe not all of them every day, but I find pockets within my day to read a few cards proactively. I also use them before times that might be tempting or in the face of temptation. I use them when feelings come to the surface. They are a weapon because they speak truth and disarm lies using scripture.

The Word of God is a weapon. It is a double-edged sword that divides to joint and marrow. It is both a surgical scalpel that He uses on my heart to cut away my wrongly placed affections, and also a dagger that He wields against the enemy.

We underestimate the power of the word of God in our lives. When we have the word of God and the power of the Holy Spirit in our lives, we can live in victory. We don't have to live in defeat.

Hebrews 4:12 says, *"For the word of God is alive and active. Sharper than any double-edged sword. It penetrates even to dividing soul and spirit, joint and marrow, it judges the thoughts and attitudes of the heart."*

## Common Lies to renounce and announce with scripture to back up

Oftentimes these lies are behind our sins. They are the root of why we behave, think, and feel as we do. Renouncing them is like pulling the entire root of the dandelion out, not just the stem and flowers that we can see above the surface. As any gardener knows, without getting the root out, it will just keep growing and when it is allowed to remain there, it multiplies when the seeds blow. Lies beget more lies. Sin begets more sin.

Lies can be about our idols, about our sin, about God, about who we are in Christ or about other people. Prayerfully go through this list and ask the Lord to show you any of these lies that are influential in your life currently.

### Lies

Renounce the Lie: I'm a failure and will never be able to change- will always struggle in this area.

Announce the Truth: Change is possible in and through the Lord Jesus Christ when I submit to Him and ask Him to bind my flesh. He is all powerful and wants to help me overcome in a partnership with me.

Scripture: Romans 12:1-2, 2 Corinthians 3:18, Acts 3:19, 2 Corinthians 5:17, Joel 2:13, 1 Corinthians 1:2, Galatians 2:20, 1 John 1:9, 2 Corinthians 10:4-5

Renounce the Lie: I will always be stuck. It's too hard and I can't do it.

Announce the Lie: I am more than a conqueror in Christ. He's a mighty warrior who saves me on my behalf.

Scripture: Zephaniah 3:17, Romans 8:37-38

Renounce the Lie: My idol (fill in the blank) will make me happy/meet my needs.

Announce the Truth: God is the only one who can truly satisfy me.

Scripture: Psalm 107:9, Psalm 63:5

Renounce the Lie: I'll change tomorrow (or Monday or next month or after\_\_\_\_\_).

Announce the Truth: Today is the day. There is no reason to delay obedience. Delayed obedience is disobedience.

Scripture: Zephaniah 2:2-3, Matthew 4:17, Matthew 3:8, Isaiah 30:15, Acts 3:19

Renounce the Lie: Following my heart will benefit me or please me.

Announce the Truth: If I'm walking with the Lord and following Him (rather than my deceptive heart) I will be rooted and blessed.

Scripture: Jeremiah 17:7-10

Renounce the Lie: My sin is not a big deal. There is grace, so it is okay for me to love my sin and treat it like a security blanket. It doesn't really matter if I \_\_\_\_.

Announce the Truth: Loving God above my idols is the way to life.

Scripture: Deuteronomy 4:24, Romans 6:1-7

Renounce the Lie: My idol (fill in the blank) is beautiful and worthwhile.

Announce the Truth: My idols are a filthy menstrual rag and I need to say, "Away with you".

Scripture: Isaiah 30:15-22

Renounce the Lie: There is pleasure outside of God's good boundaries.

Announce the Truth: There is danger and regret outside of God's good boundaries.

Scripture: Psalm 23, John 10:10

Renounce the Lie: I must be perfect and if I mess up, I may as well give in to temptation since I already messed up.

Announce the Truth: God desires me to walk in step with His Holy Spirit and in His power. I won't do it perfectly, but I need to take that next right step now.

Scripture: Ecclesiastes 7:18, Galatians 5:1, 25 (really all of Galatians 5)

Renounce the Lie: It's all about me... my feelings....my desires....my fleshly cravings....my perspective.... me, me, me (self-focus and pride).

Announce the Truth: He's the point of everything. My mission is to point myself and others to Him. All honor and glory belong to Him alone.

Scripture: Psalm 24, James 4:6

Renounce the Lie: My thorn in the flesh should come out. I shouldn't struggle in this area in my life, have problems or areas of weakness.

Announce the Truth: There is purpose in the thorn if God has allowed it. I need to depend on the Lord and how I can grow, learn, lean on Him and best love and serve Him. God can use this in my life for good and in the lives of other people.

Scripture: 2 Corinthians 12:7-10

Renounce the Lie: I must do this on my own and in my own strength.

Announce the Truth: The Lord is my rock, fortress, and deliverer. He loves me and is in the process of rebuilding me. It's all about the relationship with Him.

Scripture: Jeremiah 31:3-4, Psalm 144:1-2

Renounce the Lie: I'm alone.

Announce the Truth: God is with me always and especially when I am brokenhearted.

Scripture: Psalm 34:18, Isaiah 43:1-2

Renounce the Lie: God doesn't love me or care about my life.

Announce the Truth: God loves me more than I will ever know.

Scripture: Ephesians 3:18-19, Psalm 5:11-12, Psalm 36:5-7

Renounce the Lie: I am not valuable or worth much.

Announce the Truth: I am precious in the sight of the Lord.

Scripture: Isaiah 43:4, Matthew 6:26, John 3:16, Zephaniah 3:17

Renounce the Lie: I'm too deep into\_\_\_\_. There is no hope.

Announce the Truth: Knowing the Lord and His word gives me hope because of who He is and that He cares about me and helps me.

Scripture: Romans 15:13, Romans 12:12, Isaiah 40:31

Renounce the Lie: God's word is not true.

Announce the Truth: God's word is truth and Satan wants me to doubt and not believe God's word.

Scripture: John 17:17, John 14:6, Psalm 119:142, 160, 2 Timothy 2:15, 2 Timothy 3:16

Renounce the Lie: With enough effort I can follow the law or overcome temptation with my own strength.

Announce the Truth: The Lord is my strength and shield. He is my help when I face temptation.

Scripture: Psalm 73:26, Isaiah 41:10, Ephesians 6:10, 1 Corinthians 10:13

Renounce the Lie: The world is too wicked to find hope, peace, or joy.

Announce the Truth: God has overcome the world, and I can have peace in that. When God is Lord of my life, His Holy Spirit fills me with hope, peace, and joy.

Scripture: John 16:33, Galatians 5:22-26

Renounce the Lie: The Bible is outdated, and the church is no longer relevant.

Announce the Truth: The Bible and the church are both relevant and can change my life.

Scripture: Hebrews 4:12, Hebrews 10:25, Ephesians 4:11-13

Renounce the Lie: I can sin and it won't affect me.

Announce the Truth: Sin pulls me away from the Lord and hardens my heart.

Scripture: Isaiah 59:2, Romans 3:23, Romans 6:23, Ephesians 2:1, Ephesians 4:18

Renounce the Lie: My sins are too big to forgive.

Announce the Truth: Jesus' death was sufficient to cover all sins.

Scripture: 1 John 1:9, Romans 5:8, Romans 6:23, John 3:16, Acts 10:43

Renounce the Lie: I can't forgive \_\_\_\_ for what they did to me.

Announce the Truth: God calls me to forgive in response to what He did for me and through the Lord's strength I can forgive others because I have been forgiven.

Scripture: Ephesians 4:32, Mark 11:25, Matthew 6:15, Proverbs 10:12, Daniel 9:9, Philippians 4:13

Renounce the Lie: My past defines me.

Announce the Truth: My identity is in Christ and He redefines my life and gives my past struggles as a springboard for meeting him and growing. He can use my greatest struggles as a place of deep intimacy and a way to minister to others. I am loved, chosen, forgiven, redeemed, a new creation in Christ.

Scripture: Ephesians 2:19, 2 Corinthians 9:8, 2 Corinthians 5:21

Renounce the Lie: I am a slave to sin.

Announce the Truth: The Holy Spirit, who raised Jesus from the dead, lives in me and I am called to be a slave of righteousness. I can enter into the battle against the enemy, the world and the flesh.

Scripture: Romans 6:18, John 8:36, Ephesians 1:13-14, Romans 6:10-20, Romans 8:1-16

Renounce the Lie: There is no purpose for my life.

Announce the Truth: God has a purpose for my life which is to know Him and make Him known. When I seek Him, He will show me what it looks like to live on mission for Him.

Scripture: 1 Peter 2:9, Jeremiah 29:11, Jeremiah 32:19, Ephesians 2:10, Matthew 28: 18-20

Renounce the Lie: I will never find peace. (or love, joy, patience, goodness, kindness, faithfulness, gentleness, or self-control)

Announce the Truth: Walking in the Spirit produces the fruit of the Spirit in me.

Scripture: Galatians 5:22-26

Renounce the Lie: I won't be healed or find freedom.

Announce the Truth: Where the Holy Spirit is, there is freedom.

Scripture: Galatians 5:1, Romans 6:7,18, Galatians 5:13, 2 Corinthians 3:17, John 8:32,36, Psalm 118:5, Isaiah 61:1, Romans 8:2, 1 Corinthians 6:12



## **Common Idols/Sins/Struggles to confess and renounce- especially chronic sin.**

Take some time with the Lord and ask him to reveal where He wants to do a work in your life. Read through the list and pray through it. Confess and renounce anything that the Lord pricks your soul with. Ask Him to bring freedom. This list is not meant to be overwhelming or something that makes you feel overwhelmed by your sin. We all struggle if we have walked on the Earth for any length of time. The list is meant for you to surrender your life to the Lord.

Ask the Lord which things have the greatest hold on you right now. These are the areas that can be targeted with the notecards. I'd suggest starting with one area or maybe a few areas. As you see growth and victory, go back to the list prayerfully and ask the Lord to show you other areas you need to lay down.

Some of these may be something you are currently struggling with, while others it may be not an issue. Again, go to the Lord with the list. Ask him what things he wants you to work on in your life so that you can experience HIS FREEDOM and wholeness.

Some things, like stealing, pornography or sexual immorality would be sin for everyone. Other things, such as social media, eating snacks and dessert, and shopping are not inherently wrong, but could be a tripping point for someone else.

Some of these things are good things, such as work or exercise; but good things can become "god things" if they become more important than your relationship with the Lord.

Seek the Lord to see what he wants to free you from. Anything that has a strong hold on you is a stronghold and the Lord wants us to go to Him as our stronghold.

*"Where the spirit of the Lord is, there is freedom" 2 Corinthians 3:17*

*"The Lord is a refuge for the oppressed, a stronghold in times of trouble" Psalm 9:9*

As I mentioned already, Satan is a TEMPTER and then when we give into temptation, he becomes our ACCUSER. He says "Come on, you know you want to lash out at that person. It will make you feel better to give them a piece of your mind" and then when you do that, He says, "Why did you do that, you are a terrible person for lashing out." Or another example could be that you are feeling overwhelmed and frustrated and you just want a glass of wine to numb the feelings that are too big. The tempter says, "Wine will make it better" and then after you have had too much to drink and for an emotional reason, he says "see you'll never get it right... you'll always succumb to temptation." STOP THE CYCLE. Fight the temptation with the truth of God and in that, you are going to Him and He gives you strength.

**You could find specific behaviors tied to sin and renounce them and announce truth that goes deeper on an area where you are stuck or need extra attention.**

- For example, the sin of overeating /using food for things other than fuel for your body. These are examples of things you can renounce/announce within that category. Think through whatever trips you up and what you want to think/do instead of the thing that causes you to fall prey to that sin.
  - **Renounce** overindulgence (excessive amounts of food, more than my body is calling for) **Announce** that my body needs less food. Proverbs 25:16, Proverbs 23:20, Philippians 3:18-20
  - **Renounce** eating too fast. **Announce** that I will slow down and savor my food. I'll put my fork down and taste with my tongue. Psalm 23
  - **Renounce** eating highly processed foods that are nutritionally void. **Announce** that I will eat high-octane fuel to give my body energy so I will feel well. Nutritious food is a gift from the Lord, and I want to be a good steward of my good body. I Corinthians 6:12, 1 Corinthians 3:10,16
  - **Renounce** getting tripped up by the same thing repeatedly. **Announce** the Lord is doing a new thing in and through me. I get wisdom from the Lord, so I don't live like a fool who is living in her folly. 2 Corinthians 5:17, Proverbs 26:11
  - **Renounce** doing this in my own strength and not going to God in the temptations. **Announce** that I'm going to invite the Lord into every crack and crevice of my everyday life. Revelation 3:20, Deuteronomy 1:30
  - **Renounce** impatience. **Announce** that I will wait patiently for the Lord (for hunger, for body change, etc...) Psalm 27:13-14
  - **Renounce** eating and drinking when I have emotions rather than when I am physically hungry (soul hunger). **Announce** that I will go to the Lord when my soul is struggling instead of going to food, alcohol to meet a need that it was never meant to meet. Matthew 11:28-30
  - **Renounce** snacking in the evenings. **Announce** that having an empty stomach at bedtime is a gift. It gives my body a chance to rest and digest. It is good to tell my flesh no. Psalm 35:8
  - **Renounce** excessive alcohol for the wrong reasons. **Announce** that alcohol can be very destructive if we use outside of God's good boundaries. I will approach the Lord in this and seek where His good boundaries are for me. Ephesians 5:15-20
  - **Renounce** all or nothing thinking, perfectionism or warped thinking. **Announce** that I'm going to make the next right choice and if I have done something that I feel wasn't right, I need to confess and repent right away. 2 Corinthians 10:4-5

- **Renounce** eating when I'm not hungry. **Announce** that God gave us hunger and fullness cues for our good health, and I need to listen to them. Proverbs 25:28, Proverbs 27:7

Proverbs 28:13 *"whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy."*

The first step to renouncing is confession to the Lord. It is humbly coming to Him and confessing your sin and then saying I want to repent of my sin. I am renouncing it. I'm going a new way. I'm going to follow your will for my life and put my selfishness and sin at your feet. I'm going to walk with you Lord in this area. You may also benefit from confessing to another person for accountability and support.

## SINS

Renounce any area of idolatry/false gods (something you go to instead of God to check out or cope).

Announce that I want my affections to be first and foremost on the Lord and I desire to walk in obedience.

Scripture: look for scriptures based on whatever that area of idolatry may be.

Renounce fear. (This would be a great one to expound on specifically list out renouncing types of fears).

Announce that with God I don't need to fear (evil, being alone, money issues/lack of financial security, rejection, feeling emotions, conflict, future, succeeding or failure, losing control, discomfort, vulnerability, health issues or death, people's opinions of me, the unknown, deep communication, making someone upset, not being chosen,/belonging, being hurt, etc..).

Scripture: Look for scriptures based on what your fears are. Some may be Psalm 23:4, Joshua 1:9, Psalm 34:4-8, Psalm 46:1-3, Psalm 56:3-4

Renounce overeating/gluttony – see above example.

Renounce substances (drugs/ alcohol/ smoking/ vaping/ etc..).

Announce that my best life is when I am alive to God and not going to harmful things because they will rob, steal and destroy my life.

Scripture: John 10:10, John 2:16, I Corinthians 10:13, James 4:7, Philippians 4:13, Matthew 26:4, Ephesians 5:15-20

Renounce anger/lashing out.

Announce my anger is usually not righteous anger and usually involves selfishness.

Scripture: Psalm 37:8, Psalm 86:15, Proverbs 14:29, Proverbs 15:1, Ecclesiastes 7:9, Ephesians 4:26-31, Ephesians 6:4, Colossians 3:8, 15, James 1:19-10

Renounce guilt over past sins/struggles that haven't been dealt with (abortion, relational conflict, eating disorders, divorce, sexual sins, self-harm, additions, etc..).

Announce that if I confess my sin that God is faithful to forgive me and if God can forgive me, then I should be able to forgive myself.

Scripture: 1 Peter 5:7, 2 Corinthians 5:17-18, Psalm 103:10-11, Romans 8:1, Philippians 3:13

Renounce pride/self-focus.

Announce that God is the point, and I am not. The test of who is on the throne of my life is whether I make it about me or Him... in relationships, in my priorities, in my conflicts, in my sin, in my finances, in every aspect of life.

Scripture: Proverbs 16:18, Isaiah 2:12, James 4:6, 10, Philippians 2:3, Proverbs 13:10

Renounce stealing.

Announce that God provides all I need and prohibits taking what doesn't belong to me.

Scripture: Ephesians 4:28, 1 Timothy 6:10, Exodus 20:15

Renounce lying.

Announce that honesty and truth matter to God and should matter to me because lies come from the devil.

Scripture: Proverbs 12:22, John 8:44, Ephesians 4:25

Renounce excessive focus on hobbies/sports that leaves God out of the equation.

Announce that Jesus Christ is my Lord and that \_\_\_\_\_ pales in comparison to knowing God.

Scripture: 1 Timothy 4:3-5, Colossians 3:17

Renounce rebellion against authority (government, parents, teachers, bosses, church leaders, God).

Announce that God is my ultimate authority, but He has given us authority here on earth that He calls me to obey unless it contradicts God's authority.

Scripture: Romans 13:1-14, Hebrews 13:17, Titus 3:1, Acts 5:29

Renounce impatience.

Announce that God desires His Spirit to fill us so that we experience the fruit of His Spirit which includes patience.

Scripture: Proverbs 15:18, 1 Corinthians 13:4, James 5:8, Romans 12:12, Psalm 40:1, Proverbs 14:29, Galatians 6:9, Galatians 5:22-26

Renounce bigotry or prejudice.

Announce that God loves everyone and calls us to love everyone. He lovingly made each person and all are valuable in His sight.

Scripture: 1 Corinthians 12:13, 1 Timothy 5:21, Ephesians 4:32, Galatians 3:28, James 2:1

Renounce complaining.

Announce that God is good and uses all things for His good. He is at work drawing me to himself and developing my character through this difficult situation. I will choose to speak thankfulness and speak in ways that glorify Him in all things.

Scripture: Ephesians 4:29, Philippians 2:14-16, Psalm 106:25, Philippians 4:8, 11-12, Proverbs 10:19, 1 Thessalonians 5:18

Renounce having a critical spirit.

Announce that I will go to the Lord and seek Him HUMBLY in what to do about whatever situation is causing me to have a critical spirit. I will evaluate truth and consider if I am harboring bitterness, hatred, a judgmental fault-finding spirit. I will handle the situation in a way that brings God glory and not elevating myself by putting other people down.

Scripture: Matthew 22:37-39, Luke 6:37, Matthew 7:2, 1 Peter 3:9, Ephesians 4:29-32

Renounce gossip /Slander.

Announce that I am going to speak life into people. If I'm concerned about them or what they are doing, I will go to them to try to bring them God's wisdom in a loving way. I guard my words when speaking about other people. I will work on whatever issue in me is causing me to leak out gossip and slander.

Scripture: 1 Timothy 5:13, Proverbs 11:13, Proverbs 20:19, Proverbs 10:18, Proverbs 16:28, 1 Peter 2:1

Renounce swearing.

Announce that I want every word proceeding from my mouth to honor God.

Scripture: James 3:10, James 5:12, James 1:26, Ephesians 5:4, Colossians 3:8, Psalm 19:4, Exodus 20:7, Ephesians 4:29, Philippians 4:8, Proverbs 4:24

Renounce hatred.

Announce love.

Scripture: Romans 12:14, Romans 5:44, 1 John 4:8, 1 Corinthians 13:1-13, 1 John 3:18, Leviticus 19:17, John 14:15, Matthew 5: 43-48

Renounce unforgiveness/bitterness.

Announce I will forgive rooted out of my relationship for the Lord and all that He has done for me. I will seek the Lord for how He wants me to proceed in the relationship as I let go of the offense.

Scripture: Ephesians 4:26-32, Hebrews 12:14-15, Matthew 6:14-15, Proverbs 10:12

Renounce sexual immorality/ impurity/ lust/ pornography.

Announce that God created sex for within the boundaries of marriage. I will keep all things sexual within those boundaries. Anything outside of those boundaries is extremely harmful and has severe consequences. The Lord says to flee sexual immorality so I will run away from the temptation and not try to stay and fight it.

Scripture: 1 Corinthians 6:18-20, Hebrews 13:4, 1 Thessalonians 4:3-5, Ephesians 5:3, Galatians 5:19-21, 1 Corinthians 10:13, Colossians 3:5, Mark 7:20-23, Ephesians 4:19

Renounce legalism/judgmental attitude without empathy.

Announce that there is grace for myself and others. My goal should be grace filled conversations with a humble attitude that lead people to repentance. My goal should be to honor the Lord. When I enter into these conversations, I need to do so looking intently on what work God has to do on my own heart.

Scripture: Matthew 7:1-2, James 2:13, Ephesians 2:8-10, Galatians 2:16, Matthew 23:23-29, 2 Timothy 2:15, Habakkuk 2:4, 2 Corinthians 12:9

Renounce self-pity/sinking in depression.

Announce that God has given me much to be thankful for and I will go to the Lord and ask for wisdom. I will choose to have a thankful heart and do the things that lift my spirit to the Lord even though I don't want to.

Scripture: Psalm 51:12, 1 Peter 1:13, 1 Peter 5:7, 1 Thessalonians 5:18, Romans 12:1-2, Matthew 11:28-30, James 5:13, James 1:1-18, John 16:33, Colossians 1:13-14, James 4:7, Proverbs 3:5, Job 40, Psalm 28:7, Psalm 43:5

Renounce giving up.

Announce that I will persevere and be faithful to what God has called me.

Scripture: 2 Chronicles 15:7, Galatians 6:9, Genesis 50:20, Isaiah 41:10, Jeremiah 29:11, Matthew 19:26, Romans 8:28, Joshua 1:9, Hebrews 12:1-3, Philippians 4:13, Psalm 37:24, Philippians 3:7-14

Renounce the distractions of the world (social media, tv, news, internet, video games, etc..).

Announce that I will seek you first God and if you call me to fast from something that has a hold on me, that I will obey.

Scripture: Colossians 3:2, 1 Corinthians 7:35, Titus 3:3-5, Romans 12:1-2, 1 Peter 5:8, James 4:8, 1 John 5:21, John 15:5, 2 Timothy 2:15, Matthew 6:33

Renounce sloth/laziness/procrastination.

Announce that God has a purpose and a plan for my life, and I want to live on mission for Him.

Scriptures: Colossians 3:17, Colossians 3:23, Genesis 2:15, Luke 16:10, Proverbs 10:4-5, Proverbs 12:11, 24, Proverbs 14:23, Proverbs 19:15, Proverbs 26:15, Ephesians 5:15-17. Matthew 25:24-29

Renounce envy/ jealousy/comparison/discontentment.

Announce that envy and discontent cause rot within me.

Scriptures: Proverbs 23:17, 1Peter 2:1, Proverbs 14:30, James 3:16, Galatians 5:19-20, Titus 3:3, 1 Corinthians 3:3, 1 Corinthians 13:4

Renounce working excessively.

Announce that I will do my best at work and work within limits that God lays on my heart and trust the Lord to provide.

Scripture: Hebrews 13:5, Psalm 127:1-2, Matthew 6:24, Proverbs 23:4, Exodus 20:10

Renounce people's opinion of you / approval of others.

Announce that I will play to an audience of one.

Scripture: Galatians 1:10, John 12:43, Proverbs 29:25, Colossians 3:23, Proverbs 16:7, Matthew 6:1-8, Colossians 3:22, Psalm 19:14, 1 Thessalonians 4:1, Ephesians 5:8-10

Renounce vanity of body and appearance.

Announce that I will be thankful for the body that God gave me and steward it well. I will not allow excessive pride and vanity to overtake my life. I want my relationship with God to be so intimate that His Holy Spirit overflows from my life and glorifies God and not myself.

Scripture: Psalm 139:14, 1 Peter 3:3-4, Proverbs 31:30, 1 Samuel 16:7, 1 Corinthians 6:19-20, Genesis 1:27, Romans 12:1-2, 1 Corinthians 3:16, 2 Corinthians 5:17, 2 Corinthians 4:16

Renounce cults/ other religious activity not focused on Christ.

Announce that Jesus is the only way to God the father.

Scripture: Deuteronomy 18:10-12, Matthew 7:15-16, Matthew 24:5, John 14:6, Acts 4:12, Ephesians 5:11, 1 Timothy 4:1-4, 1 John 4:1-3



Renounce the occult / astrology/ fortune telling/ palm reading/ evil movies and TV content/Ouija boards and other occult games.

Announce that the devil and his demons are real and deceiving the world. I am following Jesus and not Satan or his demons.

Scripture: Leviticus 19:31, Galatians 5:19-21, Deuteronomy 18:9-14, 2 Thessalonians 2:9, Ephesians 5:11

Renounce not taking a Sabbath.

Announce that the Lord asks me to take a Sabbath as a means of trusting Him and to give me rest.

Scripture: Exodus 20:8-11, Genesis 2:2-3, Hebrews 4:9, Hebrews 10:25, Mark 2:27

Renounce greed/ not being generous/ materialism.

Announce that giving is so much better than receiving and that the things of this world will fade away. Greed prevents me from resting in God's faithfulness.

Scripture: Hebrews 13:5, Luke 12:15, 1 John 2:16, 2 Corinthians 9:7, Ecclesiastes 5:10, Matthew 6:24, Proverbs 11:28, Proverbs 14:31, Proverbs 22:9, Proverbs 28:22, 25, 1 Timothy 6:6-10, 17

Renounce letting emotions take me over and acting out of emotions in ways that are harmful to myself or others.

Announce that I am going to process my emotions and bring them to the Lord and let Him use them to get closer to Him and grow in character and bring Him glory. I'm going to let my emotions lead me to my heavenly father.

Scripture: Psalm 34:18, Isaiah 41:10, 2 Corinthians 10:4-5, 1 Corinthians 10:13, Proverbs 16:32, Galatians 5:16-24, Proverbs 25:28, Proverbs 3:5-6, Proverbs 29:11, Colossians 3:15, Proverbs 4:23, 2 Timothy 1:7, Colossians 3:2, 1 Peter 5:7, Philippians 4:6-7

Renounce self- harm

Announce that I am a child of the Lord and am loved. God cares about my pain, and I need to seek help from Him and trusted people. Harming myself will not lead to wholeness, but Jesus can help me process my pain.

Scriptures: Psalm 42, Psalm 46, Psalm 62, Hebrews 10:19-25, James 5:13-16

# TAKING OUR EMOTIONS CAPTIVE

## “Emotional Movement Practice”

Emotions are meant to lead us to the Lord. He gave us emotions because either life needs to be celebrated or something is not right within us. When something is not right, it is like an alarm going off alerting us to something that we need to deal with and bring to Him. This could be that someone hurt us or sinned against us, or our own sin. Sometimes it is just a circumstance that is not related to sin.

Some emotions are hard to process, and other ones are delightful. About half the words that are listed below are what I'd call positive emotions and half are difficult emotions. Do this emotional movement practice with the positive words too, not just in the struggles. God wants to hear about both our joys and our sorrows. When your emotions are positive, praise the Lord and be thankful. Recognize growth and celebrate God's blessings and victories.

Conversely, as you pray through anything that is troubling your heart, you begin to move through it. He longs to connect with us and wants to hear about where our hearts are at. The Lord says that He is close to the brokenhearted. Depending on your emotional state, it may be something that you have to work through once or repeatedly.

Be present with the Lord without judgement. We, as Christians, sometimes won't admit we are feeling a certain way. We read the list, and we think I shouldn't feel that way... While that may be true, we need to be honest if we really are feeling that way. This is not the time for judgement. This is the time for brutal honesty. It may feel scary, but you are in the arms of your heavenly Father and He loves you more than you could EVER know. Cry out to Him... move your body... engage your soul and ask Him to fill every crack and crevice.

This “Emotional Movement Practice” is something the Lord gave to me this year as a gift. I grew up in a home that in many ways was emotionally underdeveloped. The last few years, some emotionally charged circumstances were taking me out at the knees and I read a lot of God's word and other books related to emotional health and this was a huge piece of my own personal growth in dealing with difficult emotions rather than getting stuck in the cycle of “checking out” or coping.

For me, it has been a life changing practice because it brings emotional awareness, it keeps emotions from becoming stuck in me. In it, I'm bringing my very real issues and feelings to the Lord for His healing balm. If I deal with my emotions with the Lord, it changes the trajectory of my life because I am coming at these “low places” and allowing the Lord to lift me up and see things from His perspective. There is no better “high place” than that. I also ask Him for wisdom in why I feel this way and what I need to do in response to these feelings.

I have a notecard on my renounce/announce cards with the emotions listed, so that I can reference it easily if I need to work through my emotions. The first key to dealing with emotions is to recognize what they are. So often we don't even know exactly what we are feeling or why, we just are thinking,

feeling, or choosing in ways that are rooted in the flesh or going down a path that we know involves hurt.

Sometimes I just know I feel bad, but I may not understand the actual emotion unless I read the list. Then a lightbulb flips on in my brain. For me, this happened last summer, and it brought so much clarity to the nuances of the emotions that were overwhelming me.

Once I knew the emotion, I could then combat the lie with the truth. My word was “insignificant”. As soon as I read the word, I knew it was the thing I couldn’t put my finger on for months. Once I knew that, I had a starting place to speak truth over that. The truth is that I am significant to the Lord and He loves me and died on the cross for me. He chose me before the foundations of the world. I also remembered that I am significant in other relationships as well and even in this relationship, even though I didn’t feel it. Sometimes our emotions are deceptive.

It allowed me to tell the person that was how their actions made me feel. The more I work through the emotions and speak truth over them, the freer I become. The more emotionally intelligent I become. The more God brings healing to me and my relationships.

### “EMOTIONAL MOVEMENT PRACTICE”

1. **Read through the list slowly (see below list).**
2. **Write down any of the words down that you feel a tug towards.** Don’t start working through them yet, just write down the words that you are going to work through. Depending on your state there may be a couple or a bunch. No judgement. Just write the words down.
3. **Emotional Movement Practice:** After you have written your words down, decide how you want to move your body as you work through the emotions. Incorporating body, mind and soul allows you to recognize you are a whole person and our emotions affect our physiology and our biology as well as our minds.

-I’ve done gentle stretching, deep breathing, and walking, but you can do anything that involves body and mind and soul.

-I like to have quiet music playing. Music adds such an amazing element to the experience. Usually, I have ambient music or soft instrumentals, so the words of songs don’t distract from my experience. I love to do it with instrumental hymns or worship songs.

-I like to have candles or soft lighting to set the mood and help me be present if I’m doing stretching or deep breathing.

In the music and whatever movement I have chosen, I begin to **camp on each word that I wrote down in step 2** and pray through it with my heavenly Father. I allow myself to **feel the emotion** and **think through why I felt that way and what triggered the feeling**. I **pray** for whatever that situation may be and that the Lord would align my heart with His and see this through His eyes. If it involves another person, I pray for them as well.

4. **Speak truth over any lies or hurt.** I remember scriptures that speak to the lie/truth. Example: If I’m feeling insignificant, I tell the Lord about that feeling and ask him to show me why I’m feeling that way and then I remind myself that I am loved by God and chosen by

Him. I may rehearse the scripture Ephesians 1:3-5 *“Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight. In love, he predestined us for adoption to sonship through Jesus Christ in accordance with his pleasure and will.”* Each time may look different, but the important thing is replacing the lies with the truth that comes from the Lord. You may need to ask God to show you the truth. It may lead to further study if you don’t know the truth or know scriptures related to the lie or hurt.

5. **Ask Lord for any Action Steps:** I also ask the Lord if this is something that I can work through and let love cover, or if it is something that I need to prayerfully consider how I need to act on it. It may mean having a conversation with someone addressing the issue (speaking truth in love), or it may mean another step that the Lord prompts you to take.

**Write any truths or action steps down on the paper.**

6. **Go to the next word:** Keep working through the list bringing your heart to the Lord with each emotion. Depending on how much time you have and how much comes up through this exercise, work through as much as the Lord calls you to and come back to it to make sure you work through each emotion and give it weight.
7. **Ending:** As you end your time... spend some time in gratefulness for what the Lord is doing in and through you. If the Lord has asked you to take action steps, make a plan to obey Him.

The Psalms are such an excellent example of David bringing his heart to the Lord and being real and honest about his feelings. Usually at the end of the Psalm, his heart has made a turn by remembering who God is and who he is in God. God is worthy of praise no matter what we are going through.

See next page for the list of emotions.

## LIST OF EMOTIONS

Joy

Excited

Energetic

Cheerful

Creative

Hopeful

Daring

Fascinating

Stimulating

Amused

Playful

Optimistic

Sensuous

Peaceful

Content

Thoughtful

Intimate

Loving

Trusting

Nurturing

Relaxed

Pensive

Responsive

Serene

Secure

Thankful

Mad

Hurt

Hostile

Angry

Selfish

Hateful

Critical

Distant

Sarcastic

Frustrated

Jealous

Irritated

Skeptical

Powerful

Aware

Proud

Appreciated

Respected

Important

Faithful

Surprised

Successful

Worthwhile

Valuable

Discerning

Confident

Sad

GUILTY

Ashamed

Depressed

Lonely

Bored

Tired

Remorseful

Stupid

Inferior

Isolated

Apathetic

Sleepy

Scared

Confused

Rejected

Helpless

Submissive

Insecure

Anxious

Bewildered

Discouraged

Insignificant

Inadequate

Embarrassed

Overwhelmed