

ETH WEEKLY DEVOTIONAL

**SEPTEMBER 2024
WEEK THREE**

**BELIEVING YOU ARE WHO GOD
SAYS YOU ARE**

How To Believe You Are Who God Says You Are

Step 2 – Take Your Thoughts Captive

Because our thoughts fire so quickly, we often feel out of control to do anything about them. It feels like it just happens without our even being a part of the process. The truth is, we have a lot more control over our thoughts than we think! It just takes some intentional effort and awareness to grab them and hold them steady, without allowing them to lead all of our feelings and actions.

Often, you start by doing this after the actual incident. Let's go back to the example on the scale. Maybe you didn't notice any lies in your thoughts. You noticed you were in a bad mood, but didn't even think twice about it until later that night when you connected the dots and realized you were having a great day until you stepped on the scale and wondered what happened.

Hindsight can really help you to see the situation more clearly and it's never too late to take a thought captive – It is always worth it to take lies captive, whenever you recognize they are there. Lies about your identity, about your worth, about the future. These lies all come from our giving things (like other peoples' opinions) more power in your life than they should have.

Be intentional about your thoughts all throughout your day, carefully weighing which thoughts should be tossed out as fleeting thoughts and which should be considered more seriously.

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 10:5

PRAYER

Lord, Your word is true and so I put my confidence in you. Help me to always stand on your word trusting you to define who I am and to give me everything I need to be complete in you. In Jesus name, Amen.