

WHEN YOUR MIND IS FILLED WITH PAINFUL THOUGHTS:

- 1) **IDENTIFY** the thought:
 - a. Where did it come from?
 - b. Does it agree with what God says?
- 2) **BIND** the thought
 - a. Use Jesus' name
 - b. Tie truth around it
- 3) **CHANGE** what you are thinking about:
 - a. I have the power to change my thoughts
 - b. Changing my thoughts will change my life.

TRUTH FROM THE BIBLE TO TIE AROUND YOUR THOUGHTS:

Philippians 4:8 - *I can think about good things. ("...what is **true**, what is **noble**, **right** and **pure**, what is **lovely** and **worthy of respect**. If anything is **excellent** or **worthy of praise**, think about these kinds of things.)*

Philippians 4:13 - *Through Jesus, I have the strength to do anything!*

Romans 8:15-16 - *I am a child of God, loved and adopted by Him.*

Isaiah 43:1 - *God knows my name.*

Isaiah 52:12 - *God goes before me.*

Romans 8:9 – *With God's Spirit inside me, sin cannot control me.*

Romans 8:37-39 – *Nothing can separate me from God's love!*

Ephesians 2:10 – *God created me for good things!*