



The Well

an ordinary place
where extraordinary
things happen

STSA.CHURCH/THEWELL

TAKING EVERY THOUGHT
CPTIVE

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CAPTIVE

Part 1: The Power of Our Thoughts

Life's greatest battles are won or lost in our mind.

OUR LIVES ARE ALWAYS MOVING IN THE DIRECTION OF OUR STRONGEST THOUGHTS.

“For as a man thinks in his heart, so is he.” Proverbs 23:7

“Beloved, do not believe every spirit, but test the spirits, whether they are of God; because many false prophets have gone out into the world.” 1 John 4:1

“For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.” 2 Corinthians 10:3-5

THE WEAPONS OF OUR WARFARE

WEAPON #1: IDENTIFY THE BIGGEST STRONGHOLD HOLDING YOU BACK

You can't defeat what you don't define.
You can't heal what you don't reveal

WEAPON #2: DECLARE THE TRUTH AND WALK IN THAT NEW PATH.

“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

[The devil] “...does not stand in the truth, because there is no truth in him. When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it.”

John 8:44

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Part 2: Defeating Your Negative Thoughts

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COGNITIVE BIAS: ‘A SYSTEMATIC ERROR IN THINKING, AFFECTING HOW WE PROCESS INFORMATION, PERCEIVE OTHERS, AND MAKE DECISIONS. IT CAN LEAD TO IRRATIONAL THOUGHTS OR JUDGMENTS AND IS OFTEN BASED ON OUR PERCEPTIONS, MEMORIES, OR INDIVIDUAL AND SOCIETAL BELIEFS.’

IT'S NOT THE FACTS, IT'S THE FILTERS THAT SHAPE OUR PERCEPTION.

“But I fear, lest somehow, as the serpent deceived Eve by his craftiness, so your minds may be corrupted from the simplicity that is in Christ.” 2 Corinthians 11:3

**You can't control your circumstances,
but you can control your filter.**

“But I want you to know, brethren, that the things which happened to me have actually turned out for the furtherance of the gospel, so that it has become evident to the whole palace guard, and to all the rest, that my chains are in Christ; and most of the brethren in the Lord, having become confident by my chains, are much more bold to speak the word without fear.” Philippians 1:12-14

“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

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Part 3: Stop Comparing

Life's greatest battles are won or lost in our mind.

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“For we dare not class ourselves or compare ourselves with those who commend themselves. But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise.” 2 Corinthians 10:12

COMPARISON IS THE DEATH OF CONTENTMENT.

“Now it had happened as they were coming home, when David was returning from the slaughter of the Philistine, that the women had come out of all the cities of Israel, singing and dancing, to meet King Saul, with tambourines, with joy, and with musical instruments. So the women sang as they danced, and said: “Saul has slain his thousands, and David his ten thousands.” Then Saul was very angry, and the saying displeased him; and he said, “They have ascribed to David ten thousands, and to me they have ascribed only thousands. Now what more can he have but the kingdom?” So Saul eyed David from that day forward.” 1 Samuel 18:6-9

**Comparison causes us to resent God's goodness in the lives of others,
and ignore it in our own.**

**The more I know who I am,
the more I know who I don't have to be.**

“For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.” Ephesians 2:10

"I would rather be what God chose to make me than the most glorious creature that I could think of; for to have been thought about, born in God's thought, and then made by God, is the dearest, grandest, and most precious thing in all thinking."

George MacDonald


“YOU’RE FINE BECAUSE YOU’RE MINE.”






-GOD

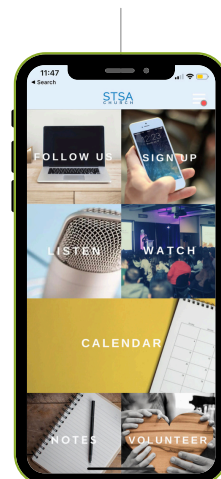
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David: "My heart is severely pained within me, and the terrors of death have fallen upon me. Fearfulness and trembling have come upon me, and horror has overwhelmed me." Psalm 55:4-5

Elijah: "went a day's journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, "It is enough! Now, Lord, take my life, for I am no better than my fathers!" 1 Kings 19:4

Paul: "For we do not want you to be ignorant, brethren, of our trouble which came to us in Asia: that we were burdened beyond measure, above strength, so that we despaired even of life." 2 Corinthians 1:8

**Anxiety is not a sin.
It's a symptom and a signal.**

THE STORY OF JEHOSEPHAT

see 2 Chronicles 20

1. PAUSE AND PRAY

"And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah. So Judah gathered together to ask help from the Lord; and from all the cities of Judah they came to seek the Lord." -2 Chronicles 20:3-4

"It's been found that 12 minutes of daily focused prayer over an eight-week period can change the brain to such an extent that it can be measured on a brain scan."

-Caroline Leaf, *Switch on Your Brain*

"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy –MEDITATE on these things." -Philippians 4:8

2.PRAY AND PAUSE

“O our God, will You not judge them? For we have no power against this great multitude that is coming against us; nor do we know what to do, but our eyes are upon You.” Now all Judah, with their little ones, their wives, and their children, stood before the Lord.” -2 Chronicles 20:12-13

“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!” Psalm 46:10


3.RISE AND PRAISE






“He appointed those who should sing to the Lord, and who should praise the beauty of holiness, as they went out before the army and were saying: “Praise the Lord, for His mercy endures forever.” -2 Chronicles 20:21

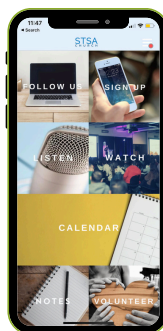
“...casting all your care (anxieties) on him, because he cares for you.”
1 Peter 5:7

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Welcome

Whether you're just visiting or looking to stay, it's great to have you with us!

COFFEE'S ON US

Enjoy a hot cup of coffee and snacks.

WE'D LOVE TO MEET YOU

Stop by the Connection Table so we can get to know each other and pick up your welcome gift.

FILL YOUR BUCKET

The Well and Sunday school runs for one hour with an inspiring message.



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