#11 "GUIDING AND GUARDING YOUR MOUTH" - PART 3

__________ your ____________.

2 Corinthians 10:3-5 (TPT)  For although we live in the natural realm, we don’t wage a military campaign employing human weapons, using manipulation to achieve our aims. Instead, our spiritual weapons are energized with divine power to effectively dismantle the defenses behind which people hide. We can demolish every deceptive fantasy that opposes God and break through every arrogant attitude that is raised up in defiance of the true knowledge of God. We capture, like prisoners of war, every thought and insist that it bow in obedience to the Anointed One.

2 Corinthians 10:5 (KJV)  Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.

John 8:32 (NIV)  Then you will know the truth, and the truth will set you free.

How do we stop destructive self-talk?

1. Daily confess biblical ________________.
   • Joshua 1:8
     ‣ I am ________________.
     Ephesians 1:3
     ‣ I am ________________.
     Ephesians 1:4
     Ephesians 1:11
   • 1 Corinthians 10:13
     ‣ I am ________________.
     Philippians 4:11-13
   • Ephesians 1:4-5
     ‣ I am ________________.
     2 Corinthians 12:9-10
     1 Corinthians 10:13
     ‣ I am ________________.
     Philippians 4:11-13

2. Saturate your mind with ________________.
   • Romans 12:1-2  •  Colossians 3:16

3. Apply ________________ to your thoughts and self-talk.
   • Philippians 4:8-9

4. Be careful in ________________.
   • Psalm 1:1-3

5. Seek _____________ and _____________ from spiritually healthy and mature believers.
   • Hebrews 10:24-25  •  Proverbs 28:26