

TAKE YOUR ANXIOUS THOUGHTS CAPTIVE

Write down your anxious or negative thought.

Name what you are feeling.

What triggered or the caused this thought?

What is the lie and what is the truth?

What is a truth of God you can reflect and mediate on?

BOOKS AND SCRIPTURE REFERENCE

Romans 8:37

Isaiah 54:17

Proverbs 13:12

Psalms 29:11

Proverbs 12:25

John 10:10

Deuteronomy 28:11

Jeremiah 29:13

Jeremiah 29:11

Psalms 103: 8 -12

Psalms 142:3

Acts 10:38

Books

Lamentations contain a few expressions of hope and a reminder that expressing anguish in a broken world is a legitimate part of the Christian life.

Jeremiah also known as the weeping prophet, writes about rejection and having a heart for God. The book also speaks to God's restorative power, forgiveness, and hope for the future and a new life.

Ecclesiastes talks about a hopeless world and how everything in this world is useless. It doesn't tell us about God attempting to straighten things out, but rather how God is sovereign over all things.

Philippians recounts Paul's letter to the church in Philippi which is receiving a lot of opposition. He appeals to them to be confident and proclaim the Gospel boldly. This book teach us how to live without fear and wait on the Lord.

Cleaning Up Your Mental Mess by Dr Caroline Leaf How to overcome unhealthy thinking habits that contribute to anxiety, depression, and intrusive thoughts and replace with with positive ones.