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34: TAKE EVERY THOUGHT CAPTIVE

We Take Captive Every Thought – Past, Present and Future

(2 Corinthians 10:5 – we take captive every thought to make it obedient to Christ)

Articles

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As I have worked with my clients to help them achieve mental and emotional healing, freedom and wholeness, I have discovered that there are three distinctive areas where we need to take thoughts captive. The first category is **past memories** where trauma, pain and bothersome emotions become embedded in our souls. The second category is **current thinking** where people struggle with decisions, addictive choices and daily challenges of life. The third category is **future imaginations** where the mind projects unhelpful thoughts into the future, thus producing fear, worry and anxiety.

We have the opportunity to invite Jesus into all three of these types of thinking and Jesus will reveal His truth that will set us free. As we learn to ask Jesus to come into each of these rooms of the mind, we can develop the ability to listen to what Jesus wants us to hear and know. The fruit of receiving His truth in our minds is peace and mental health.

Past Thoughts

All of our experiences, starting at conception and running all the way up to the present, are stored sequentially in our brains. Just as a computer stores data, our brains record words, pictures and feelings in what I call “rooms of the mind”. These memories can be good, healthy and happy experiences or they can be bad memories that hold hurt and pain.

Unfortunately, these bad memories just sit there in the soul and can affect one’s life negatively if they are not transformed by the renewing of your mind (Romans 12:2). The good news is that Jesus came to earth to heal broken hearts and to set the captives free. He does not want us to live in pain and suffering. Even today, our living God, Jesus Christ, will respond to the call of our free will when we invite him into past memories. He will send the Holy Spirit to guide us into all truth and it is His truth that will set us free. The battleground is the mind. Lies, false messages and unhealthy mental agreements can become embedded in past memories. They can affect how we think about ourselves and what words we select to make up our stories. Inviting Jesus into the memory to reveal His truth is called inner healing. When you choose to invite Jesus into that room of your mind, where the memory is stored, and ask Him to reveal His truth related to the specific words in that memory, His truth transforms the memory and alters the perception of the event. The feelings change as you receive His truth and it frees you to develop a new story. It is amazing how free you feel when Jesus comes into past memories and reveals His truth. For many it is a life changing experience.



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Prayer: “Dear Jesus Christ of Nazareth, I invite you into this specific memory where I am feeling this hurtful feeling. Please reveal to me my unhelpful thoughts in this memory. Now Lord, please reveal the Truth that you want me to hear and know about my thoughts. Lord, what is your truth that will set me free?”

Current/Present Thoughts

While past thoughts can be a problem, very often what we are thinking in the present moment is a major contributor to our emotional state. How we are interpreting life right now affects how we feel. If you are saying to yourself that you are a loser or will never measure up, these thoughts have a power to affect you negatively. They are words that often belong to your “Old Story”. As well, anyone who is caught in an addiction is making current decisions such as, “Should I take this drink or should I eat this food or should I go to the casino?” Inviting Jesus into these thoughts and asking for His truth will help you because He loves you and his advice will always be beneficial. The challenge is twofold. 1) Will you use your free will to invite Jesus into your current thought/decision, and 2) will you choose with your free will to obey the truth that you hear? Jesus is a partner who is always there to help.

Psalm 32:8, “I will instruct you and teach you in the way you should go; I will counsel you and watch over you.”

Prayer: Dear Jesus Christ of Nazareth, I invite you into this specific place in my mind where I am thinking the following thought

I ask you now to reveal to me what is the truth you want me to receive related to this specific thought? (His truth will come as words, a picture or a feeling.)

Future Imaginations

One thing we do with our minds is ruminate on the past and then project our thoughts into the future. While some of these future imaginations may include helpful planning and visioning, often the thoughts only result in worry, fear and anxiety.

Gerald G Jampolsky M.D. writes these words in his book “Love is Letting Go of Fear.”

“We often believe that the fears of the past can successfully predict the fears of the future. The results of this type of thinking are that we spend most of our time worrying about both the past and the future, creating a vicious circle of fear, which leaves little room for love and joy in the present.”



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Fear is a future imagination where God is not present. Think about it for a minute. Have you ever specifically invited Jesus into your fearful thought? I believe this is one area where Satan has free reign. He can endlessly create stress and tension inside us as we struggle on our own to control the future with our thoughts. Often the worrisome thing never happens and all that time spent in worry and fear was actually wasted.

Scripture tells in **1 John 4:18**, *"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment."*

Satan is helping us punish ourselves as long as we do not invite Jesus into the thinking to reveal truth. So, why wait any longer? Use the following prayer to take your fearful thoughts captive.

**Dear Jesus Christ of Nazareth, I choose with my free will to invite you into this specific fearful thought in my mind
Lord, what is the truth you want me to hear and receive related to these words that I hold in my mind?
What is the meaning and/or perspective that Jesus wants you to have?**

Conclusion: Jesus' truth will set you free in past thoughts, present thinking and in future imaginations. He does not want you to live with lies, false beliefs, sin, fear and confusion. He has said in **Galatians 5:1**, *"It is for freedom that Christ has set us free. Stand firm, then, (In His truth) and do not let yourselves be burdened again by a yoke of slavery."*

May you be blessed as you listen to Jesus' Truth and as you allow his truth to inform your New Story.
