



Session 3

Tool #2: Taking Thoughts Captive

Classic illustration: Anxiety

Anxiety is driven by imagination.

Deception is like illusion. We focus only on the truth that confirms the devil's false narrative. He blinds us from seeing truth that would change the narrative and what we believe.

Emotions can be driven by beliefs

When we are stuck in great big negative emotions, we feel all alone there. Isolated from God and isolated from our people. It helps to connect with God and others who can help us win the battle for our minds.

- Strategy #1: Replace wrong thoughts.
- Strategy #2: Resist the devil. Not every thought that enters your head is yours.

James 4:7 teaches the two most basic principles of spiritual warfare: permission and authority.

- submit – submitting to God removes the devil's permission to a place in our lives.
- resist – resisting the devil is actively using our authority in Christ to make the enemy flee.

How warfare works

When we sin, we enter into an **agreement** with the devil that gives him permission to a place in our lives.

3-step process for finding freedom

Karl Payne (*Spiritual Warfare: Christians, Demonization, and Deliverance*) explains how we find freedom from these agreements with a simple three-step process.

1. **C**onfess
2. **C**ancel
3. **C**ommand





Common Agreements

The most common agreements we make can be remembered with the acrostic SOUL-L.

- **S**in
- **O**ccult
- **U**nforgiveness
- **L**ies we believe
- **L**ineage

Exercise

Is there sin (SOUL-L) in my life that needs to be cut off? Use the CCC process to reclaim the ground and recommit your life to Christ.

