

HOW TO CHALLENGE NEGATIVE THOUGHTS



When negative thoughts are allowed to take root, they grow and produce negative consequences. Often the result is depressed feelings, guilt, condemnation, worthlessness, a dysfunctional self-view, anger, bitterness, resentment, un-forgiveness, and jealousy—to name a few. These are attempts by the devil to keep us from enjoying God’s best for our lives. Allowing these thoughts to fester will result in unruly emotions, paralyzing fear, and poor behavioral choices with real consequences. Taking the negative thoughts captive instead of being held captive by them breaks the chains of bondage. Challenging these unproductive thoughts and measuring them against God’s Word begins the process of changing them. This leads to constructive thoughts, healthy feelings and emotions, and acceptable behavior with favorable outcomes.

Condemnation and conviction are very different. Condemning thoughts are lies from the enemy that are designed to defeat us. When God convicts us (chastises us), the sole purpose is to correct us and make us better—like a parent would discipline their child. Knowing these differences is critical to the life of a Christian believer.

The enemy’s only purpose and plan is to kill, steal and destroy (John 10:10). Jesus is the truth, the way and the life. He came to give us an abundant life. Therefore, the key to victorious living is to identify and reject the enemy’s lies, and replace them with God’s truth. God’s truth is accessed when we study, know, believe and confess His Word— in confident faith. We are children of God, so our identity is rooted in Him. We were made in His image and likeness. Therefore, we are more than conquerors. We are victorious!

What is the source of this thought? (God or satan)

Am I being CONVICTED (by God) or CONDEMNED (by satan)?

If it’s condemnation, what does God’s Word say about this thought?

Is there any evidence to prove this thought?
What?

Is there any evidence contrary to this thought?
What?

Am I attempting to interpret this situation without all the evidence?

If I look at the situation through the eyes of God and line it up with His Word, how is it different?

If it’s conviction, what do I need to do to make things better?

Is it possible that God is allowing me to endure this experience in order to refine me and make me better?

Could this situation actually be more of a blessing than a hindrance?

Can I learn and grow from this experience?

Am I willing to trust God’s Word and promises more than the enemy’s lies?