

HOLD  
YOUR  
THOUGHTS  
CAPTIVE



7

DAY

# MIND-SHIFT CHALLENGE



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YOUR  
THOUGHTS  
CAPTIVE



# JOIN 7- DAYS MIND-SHIFT *Challenge*

**Over the next seven days you will focus on the positive thoughts even in the midst of the negative thoughts. Its what happens in the mind (inner) that impacts everything you see outward.**

**In these next 7-days expect to hold your thoughts captive. Become aware of the thoughts that are faith-based (positive) thoughts and fear-based (negative) thoughts.**

Once you catch these thoughts you can move forward with a stronger mind-set to take your thoughts captive.

**Now it's time for Day 1...**



DAY 1

# HOLD YOUR THOUGHTS CAPTIVE

the Goal for day one is to just become aware of your thoughts. When you see a negative thought, feeling, or emotion creeping in, address it. Address it by acknowledging it, but now is the real work, redirect it to something positive. See the beauty in it, see the beauty in where you are at the moment, in your life.

Get back to a peaceful, joyful state. Holding your thoughts captive means you must have an awareness of your thoughts and an awareness that Jesus Christ is with You! Assisting you on this day. No matter how many times you must redirect your thoughts from negative to positive, keep doing it!

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

2 Corinthians 10:5

DAY 2

# SEEK AND YOU SHALL FIND

Today's focus is to acknowledge, that whatever you seek you will surely find. If you seek drama, you will find more of it. If you look for a problem in your relationship, job, family, or walk with God.. you will definitely find it.

However, if you choose to seek good, you will find good. If you look for a good report today, you will find it. If you look for a good kind act, you will find it. If you look for a God-moment, you will find it.

Today you want to seek only what you truly want to see. You can't be a genie with wishes, but you can set your heart on seeking good, God's purpose, God's love, and more of God. What you seek you will find, so seek something worth finding.

"Ask and it will be given to you; seek and you will find;  
knock and the door will be opened to you."

MATTHEW 7:7

Ask God  
for something  
that makes God,  
Look like God!

Dr. Myles Munroe

159  
ümit-  
vâr.

Gerçekleşmesini istediği şeye dair beklenti duyan. Umutlu. Dilimize Farsçadan geçmiştir. Umit kelimesiyle, sahiplik mânâsı veren -vâr kelimesinden oluşmuştur.

“...görünmeye çalışarak, içimden bir taş sükuneti taşıyan bir taş sükuneti taşıdım.”  
Halide Edib Adıvar  
Handan

DAY 3

# AS A MAN THINKS

As you stick to positive thinking remember that as a man thinks in his heart, so is he.

**"As (insert name) thinks in her heart, so is she".**

Today remember that many issues in our lives, flow from the heart. **If you can get your heart together you can get your mind together.**

As you think about yourself and life today, remember to think of the beautiful things, the testimonies, the breakthrough, and the blessings that you are living in.

"For as he thinks in his heart, so is he."

PROVERBS 23:7



DAY 4

# FIX YOUR THOUGHTS

It's hard to stay positive when all hell is breaking loose in your life, but today I challenge you to **FIX YOUR THOUGHTS!**

In scripture we are told what to focus on, these things protect our spirit, bring life to the body, and strengthen us inwardly and outwardly.

No matter how hard it gets today, challenge yourself to fix your thoughts on what is pure, lovely, a good report, or a blessing. Meditate on these things and you will surely see a shift in your mind today!

"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.."

PHILIPPIANS 4:8



DAY 5

# KEEP BOUNCING BACK

Today's Challenge is to keep bouncing back from the negative chatter. Remember, this is what your mind has been on day-after-day. So instead of getting down on yourself for the negative thoughts and feelings, keep bouncing back with the positive.

Remember to put old things behind you. When old situations, memories, or feelings pop up, address them, feel them, appreciate them, but then send them off with the Word of God. Forgetting the old things and embracing the new things.

"Do not remember the former things, Nor consider the things of old. Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness And rivers in the desert."

ISAIAH 43:18-19



DAY 6

# SLEEP NOT DEAD

Today's Challenge is to remember that things we think are dead, are only sleeping with God. When we think our joy is dead, our hope is dead, our future is dead, and our dreams... God sees a chance to resurrect them!

Remember anything you've felt like has been dead, a dream of marriage, a dream of travel, buying a home, experiencing more of Jesus. Whatever this desire is, today believe that God is resurrecting it.

Your dream wasn't dead, it was only sleeping!

"When He came in, He said to them, "Why make this commotion and weep? The child is not dead but sleeping. When He came in, He said to them, "Why make this commotion and weep? The child is not dead, but sleeping."

MARK 5:39,41

A couple embracing in profile against a light background with diagonal shadows. The man is on the left, and the woman is on the right. They are both looking towards the right. The woman has long blonde hair, and the man has dark curly hair. They are both wearing light-colored clothing. The background is a light, neutral color with soft, diagonal shadows that create a sense of depth and atmosphere.

DAY 7

# EXPERIENCE THE FRUIT

In scripture, we learn about the fruit of the spirit like joy, patience, kindness, gentleness, and a lot more. However, many days we don't experience these fruit, even while having the Holy Spirit.

The truth is that we can experience these amazing gifts, but we must get our minds in order. Our mental chatter keeps us from experiencing what God says is ours.

To experience the fruit, focus on things that bring you to love. Focus on things that bring you peace. Focus on the goodness in your life. The more awareness you have of your thoughts, the more you will be able to experience more fruit of the Spirit in Your Life.

" But the fruit of the Spirit is love, joy, peace, long-suffering, kindness, goodness, faithfulness, 23 [g]gentleness, self-control. Against such, there is no law."

GALATIANS 5:22-23

# MINDSET

## Questionnaire

HOW DO YOU FEEL ABOUT YOUR LIFE? WHAT EMOTIONS COME UP FOR YOU?

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IS THERE A CERTAIN DREAM OR IDEA THAT FEELS UNATTAINABLE TO YOU AND WHY?

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WHAT ARE SOME BENEFITS IF YOUR DREAM OR IDEA COMES TRUE?

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DOES YOUR CURRENT BANK ACCOUNT EFFECT HOW YOU FEEL ABOUT YOURSELF?

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HOW CAN YOU TURN OVER THE WEIGHT OF LIFE AND FINANCES TO GOD?

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### *Journal Activity!*

HOW DIFFERENT WOULD YOUR DAY-TO-DAY LIFE BE IF YOU HAD MORE JOY AND PEACE?  
HOW DIFFERENT WOULD YOU FEEL IF YOU THOUGHT GOOD HOLY THOUGHTS ABOUT YOU DAILY?

# THANK YOU!

REPEAT THIS CHALLENGE WEEK-BY-WEEK and see an improvement in awareness by holding your thoughts captive. Within 14 days of consistently trying, you will see a better mood and peace in the midst of any storm.

We are Praying for you that you will begin to Experience more of the Fruit of the Spirit.



## **Arise Daughter 31 Day Devotional**

Standing Bold, Firm & Confident in God

If you've ever felt lost, stuck, or in a season of renewing this devotional is for you! It was created to assist God's

Daughters in the aspect of rediscovery. When we discover who we are in God, things have to change! Rediscover your purpose and faith in God Today!



## **Ministry for Her**

The Playbook to Build A Thriving Ministry

You tell yourself you're too busy to build your ministry. You

don't have the tools or resources. You'll build your dream

ministry or business someday. But what if you don't have to

wait until you have more money or time? You can use this

playbook now and start making real changes that lead to big

results in your life and ministry.

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