



Being His Creation

REAL TALK PODCAST

Episode 09: Change the Way You Think Forever!

You can take control of your mind through the Power of Christ; here is what you need to know:

In this deeply personal and practical message, Emma addresses the "missing gap" between hearing a powerful sermon and living it out in daily life. She deconstructs the biblical instruction to "take every thought captive," reframing it from a mystical "instant fix" into a manageable, step-by-step process of mental discipline. By sharing her own journey with obsessive thinking and recovery, Emma empowers viewers to "arrest" negative thoughts, interrogate their origins, and use the Sword of the Spirit to rewire their neuropathways. This is a call to patient sanctification—transforming from "glory to glory" through the renewing of the mind.

Scriptures:

2 Corinthians 10:5 – Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.

Philippians 4:8-9 – Finally, brethren, whatever things are true, noble, just, pure, lovely, of good report... meditate on these things.

Romans 12:2 – Do not be conformed to this world but be transformed by the renewing of your mind.

Psalms 119:105 – Your word is a lamp to my feet and a light to my path.

Reflection:

The "Arrest" Record: Write down one repetitive thought you've had this week. Now, "interrogate" it: Is it true, noble, just, or pure? If it fails the test, what specific scripture can you use to "sentence" it and replace it?

Mapping the Trigger: When you feel a negative emotion in your "tummy" or chest, stop and look backward. What was the *very first* thought that entered your mind before the feeling started? Trace the feeling back to its root.

The "Glory to Glory" Grace: In what area of your life are you expecting an "instant miracle" when God might be inviting you into a "process"? How can you find peace in the "bit-by-bit" transformation today?

Prayer Prompts:

For Discernment of Roots: *"Lord, please reveal to me the origin of the thoughts that trouble me. Help me to see if they are rooted in my past, my fears, or the enemy's lies, so that I may bring them to You for true healing."*

For Strength in the Process: *"Father, grant me the patience to endure the 'glory to glory' process. When I feel discouraged that transformation isn't instant, remind me that You are faithfully rewiring my mind every time I choose Your truth over my feelings."*

For Emotional Awareness: *"Holy Spirit, help me to catch the 'first thought.' Be the watchman of my mind so that I can arrest intrusive thoughts before they take root in my heart and cause me pain."*