

Choose to elevate the truth above your thoughts and feelings by bringing them into agreement with the Word of God: 2 Cor 10:5 NIV – We demolish arguments & every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ

How To: Remain stable in the midst of upsetting circumstances when you commit to standing on God's Word. Try the following strategies:

A. Ask yourself which you'd prefer:

- The rollercoaster of emotions or the solid rock of God's word:
 - Jer 12:5 TM – If you can't keep your wits during times of calm, what's going to happen when trouble breaks loose?
 - Jm 1:8 – A double-minded man (is) unstable in all his ways
- Trusting in your circumstances and feelings or your faithful God:
 - Rom 3:4 – Let God be true and every man a liar

B. Pray, asking God to make these verses your experience:

- Ps 4:6-8 TM – Build your case before God and wait for his verdict...I have God's more-than-enough, more joy in one ordinary day than they get in all their shopping sprees. At day's end I'm ready for sound sleep, for you, God, have put my life back together.
- Ps 30:11-12 AMP – You have turned my mourning into dancing for me; You have put off my sackcloth and girded me with gladness to the end that my tongue and my heart and everything glorious within me may sing praise to You

C. Journal using the columns: I FEEL, and GOD SAYS.

- On the left, list all the feelings you are dealing with. On the right, match each feeling with a corresponding truth from God's word.
- Continue to process what God says until your feelings "catch up."

I FEEL

Ex: Abandoned

GOD SAYS

He will never leave me (Josh 1:5)