

Clubhouse Notes

Taking Thoughts Captive Series (The How)
Thursday, December 24, 2020

"For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;"

2 Corinthians 10:3-5

God's Word tells us to take our thoughts captive. But if you don't know *how* it's highly unlikely you'll do it. It's of high importance to learn the HOW. The process of taking thoughts captive is easier than you think.

Yesterday you learned WHY you must take thoughts captive. But HOW do you take thoughts captive?

Captive: imprisoned or confined

In simple terms, you need a *process* that will allow you to *capture* your thoughts.

This requires you to:

Step 1: Think about what you're thinking about.

Step 2: Capture It - this is simple - write your thoughts down.

Step 3: Investigate it - carry out a systematic or formal inquiry to discover and examine the facts of (an incident, allegation, etc.) so as to *establish* the truth. There are different ways to do this. A simple method is to differentiate the thought from fact. Know the difference between Fact/Meaning (i.e. thought).

Step 4: Reinforce or Change it - after you've investigated the thought and determined if it is true or not you have 2 choices. **You get to choose how you proceed.** Will you reinforce the thought or change it?

If you want to walk in continuous victory create a **daily** mindset practice.

Mindset work consists of 2 parts.

There is the **Clean Up** part of mindset and there's the **Creative** part of mindset.

Clean Up is the process I've outlined above (which most people don't do)

Creative is when you identify and think on new thoughts to replace your *unhelpful* thinking (this is what most people do - e.g. affirmations)

You have to do both.

You have to clean out the closet first before you can make it a new closet.

VISION COACH KIM'S

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What's Next?

Thank you for dropping in my Clubhouse Room and for downloading my notes for further study. If you'd like to go deeper in this work I have a free teaching on how your thoughts are creating the results you're getting in your business.

[Click here to access the teaching.](#)

Blessings!
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kimsclubhouse.com