

Hello Everybody,

Evangelist Tonya Waller here and I am so grateful to the Lord Jesus Christ for saving us and loving us. In these trying times we all need encouragement and support spiritually.



With Covid 19, Family and Financial issues, Racial tensions, and many other circumstances we are facing.

Negative thoughts and attitudes are on the rise. And if you focus on these thoughts long enough you will speak them out loud.

The bible says we should take every thought into captivity.

For though we walk in the flesh, we do not war after the flesh: [2Co 10:3 KJV]

(For the weapons of our warfare [are] not carnal, but mighty through God to the pulling down of strong holds;) [2Co 10:4 KJV]

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; [2Co 10:5 KJV]

In theory bring every thought into the captivity of Christ is easy but in practicality it is not so easy.

I have put together a list of 15 scriptures that will help you combat negative thoughts. Our greatest weapon in our spiritual walk is the word and we must learn how to use the word to gain victory over our struggles.

There are two disciplines we must master

- ♥ **Memorizing** – committing the word to memory and learning it by heart helps you have a base of knowledge of the word and gives the Holy Spirit a way to interact with you. The Holy Spirit does not say anything away from the word.
- ♥ **Meditation** – First thing I want to say is that Christian Meditation is nothing like Eastern Religions Meditation. In my careful study of comparing **Christian Meditation** to **Eastern Religions Meditation** such as, Transdental Meditation, Yoga, etc. I have learned the difference and I would like to share it with you.

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Christian meditation is active with reading, learning, Memorizing, and saying it out loud. **Eastern Meditation** is passive with blanking one's mind.

The bible speaks on meditation in Joshua 1:8

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. [Jos 1:8 KJV]

This scripture involves active reading, learning, memorization, and the word being declared. Joshua was told to do this so it could become part of him and we should follow the example. There are many scriptures like it in the bible.

Eastern Meditation is passive and Satanic at the source. The teaching is to blank out your mind, attempt to clear your mind of all thoughts. This opens a door for demonic entrance and influence.

Fact is God commanded us to bring into captivity every thought to the obedience of Christ.

15 Verses To Cancel Out Negative Thoughts

1. A merry heart doeth good [like] a medicine: but a broken spirit drieth the bones. [Pro 17:22 KJV]
(When you have a broken spirit you are full with sorrow, sadness, and depression.)
2. There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love. [1Jo 4:18 KJV]
3. For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. [2Ti 1:7 KJV]
4. Judge not, that ye be not judged. [Mat 7:1 KJV]
5. But without faith [it is] impossible to please [him]: for he that cometh to God must believe that he is, and [that] he is a rewarder of them that diligently seek him. [Heb 11:6 KJV]
6. Anxiety weighs down the heart, but a kind word cheers it up. [Pro 12:25 NIV]

7. Do not be deceived: God cannot be mocked. A man reaps what he sows.
[Gal 6:7 NIV]
Whoever sows to please their flesh, from the flesh will reap destruction;
whoever sows to please the Spirit, from the Spirit will reap eternal life.
[Gal 6:8 NIV]
8. How God anointed Jesus of Nazareth with the Holy Ghost and with power:
who went about doing good, and healing all that were oppressed of the
devil; for God was with him. [Act 10:38 KJV]
9. The thief cometh not, but for to steal, and to kill, and to destroy: I am come
that they might have life, and that they might have [it] more abundantly.
[Jhn 10:10 KJV]
10. The LORD [is] nigh unto them that are of a broken heart; and saveth such
as be of a contrite spirit. [Psa 34:18 KJV]
11. Draw nigh to God, and he will draw nigh to you. Cleanse [your] hands,
[ye] sinners; and purify [your] hearts, [ye] double minded. [Jas 4:8 KJV]
12. Fear thou not; for I [am] with thee: be not dismayed; for I [am] thy God: I
will strengthen thee; yea, I will help thee; yea, I will uphold thee with the
right hand of my righteousness. [Isa 41:10 KJV]
13. Come unto me, all [ye] that labour and are heavy laden, and I will give
you rest. [Mat 11:28 KJV]

14. There hath no temptation taken you but such as is common to man: but God [is] faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear [it]. [1Co 10:13 KJV]
15. Thou wilt keep [him] in perfect peace, [whose] mind [is] stayed [on thee]: because he trusteth in thee. [Isa 26:3 KJV]

Hey Beloved !
DiD You Get Some Benefit?

I hope you did, because every week I will be giving you biblical tools for you to stay encouraged and strong in the Lord Jesus Christ.

Wanna Share This Because You Want To Help and Encourage others?



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**If You Have Any Questions Contact Me On
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