



Finally Free 5 Steps to Freedom – Step 3

The Power of Truth Journaling

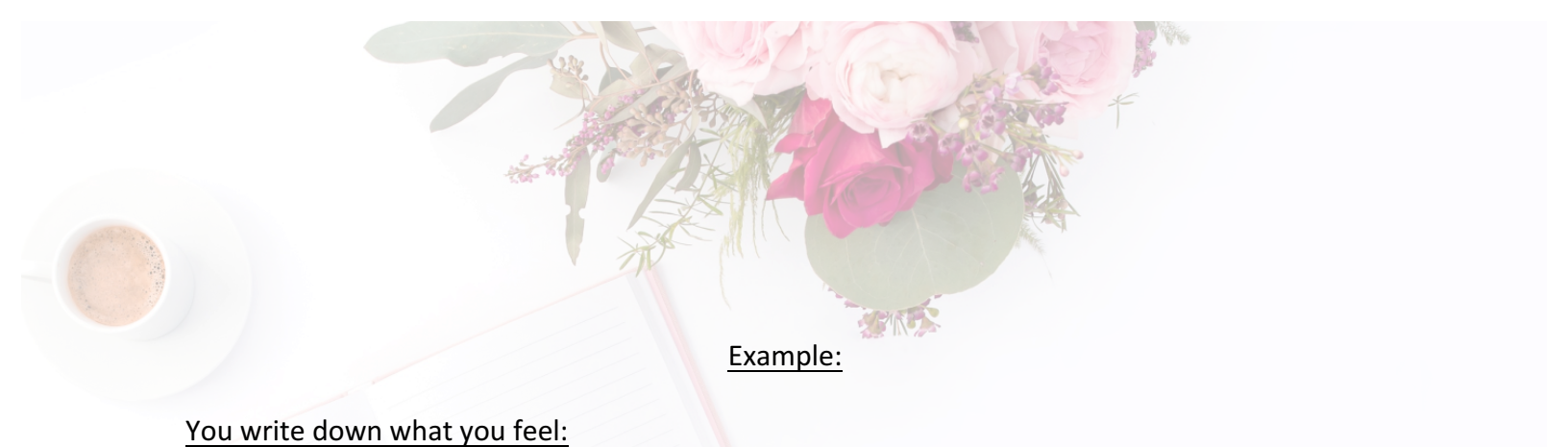
In a world of deception, we are commanded in God’s Word to take every thought captive. You might be asking me, “How does that help me with emotional eating?”

Every single day we are being bombarded by lies, for that reason is it crucial that we make truth a daily habit. These lies don’t just come from the enemy, but they come from the world, and from our thoughts as well. And often those thoughts begin to take root in our hearts and can lead us to overeat.

The Bible says in 2 Corinthians 10:5 “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive EVERY THOUGHT and MAKE it obedient to Christ.” This verse gives us the key to how we can live a life of truth in a world that is anything but. I believe that every action starts with a thought. And so every action can be stopped by taking that starting thought captive.

We are walking through a world that sets itself up against the knowledge of God, just like that verse says. We know that there is power in God’s truth and we want to take every thought captive, but how do we implement that desire in our daily lives? Here are the steps to truth journaling:

Joyce Meyer said it well when she said, “Think about what you are thinking about.” So we **start with writing down your thoughts**. After you’ve written them down, **then breakdown those thoughts** one sentence at a time and **line them up with the Word of God**.



Example:

You write down what you feel:

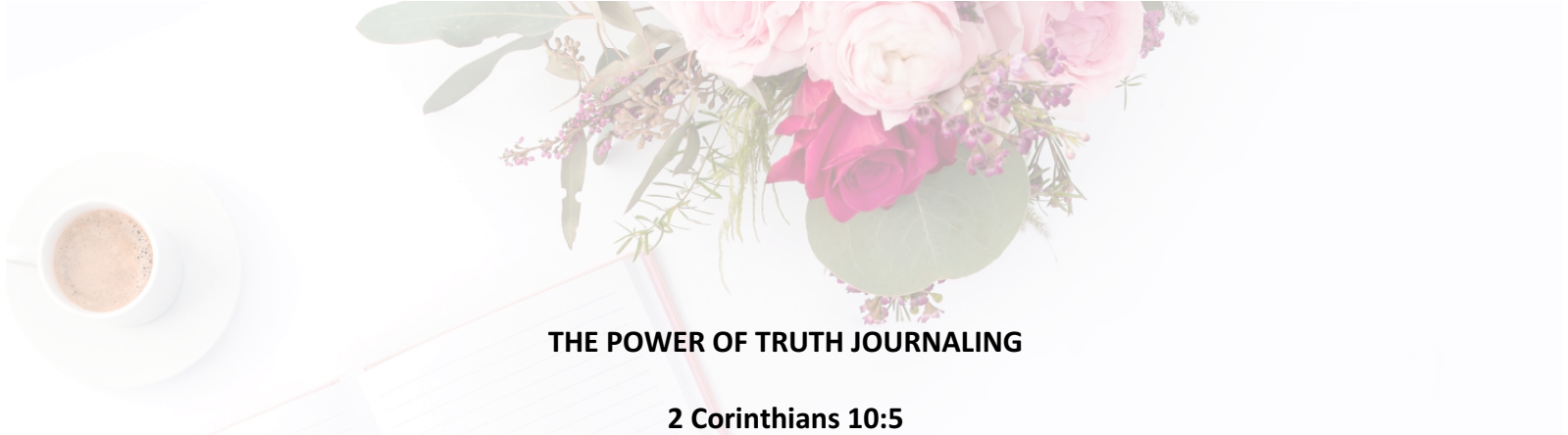
"I am so disappointed that I haven't seen any results on the scale. I am doing everything I can do to lose weight but I'm not losing weight. I should just give this whole thing up. It's not worth it to work hard if I'm not going to see results. I'm just going to eat this whole bag of chips."

Then break it down sentence by sentence:

1. I am disappointed that I haven't seen results. → This is true, I do feel disappointed.
2. I am doing everything I can to lose weight. → The truth is that I could do more to keep an eye on my eating and make sure I don't binge. It is also true that results are seen by more than the scale. My success is that I have been obedient throughout this week to honor God by moving my body and thinking about what I eat.
3. I should just give this whole thing up, it's not worth it if I don't see results. → The truth is I am exercising and eating right for more than just losing weight. I want to honor God with my body, and this journey is worth it even if I don't lose weight. I am learning to be obedient.
4. I'm just going to eat this whole bag of chips. → The truth is that right now I feel disappointed. But chips will not solve that problem. Psalm 42:11 says, "Why are you downcast, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God." So I won't put my hope in chips to make me feel better. My hope is in God and I will praise Him.

Not only does this system help us not indulge in foods that aren't beneficial to our bodies, but it brings us closer to the Lord. It keeps us focused on Jesus and the truth.

Use the sheet on the next page to begin your own truth journaling.



THE POWER OF TRUTH JOURNALING

2 Corinthians 10:5

“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.”

PRAYER: Lord, it is my desire that you transform me by the renewing of my mind. Help me to take my every thought captive and make it obedient to You. Amen.

Written thoughts:

Break your thoughts down sentence by sentence:

Your thoughts sentence by sentence:

The Truth of God’s Word

Written by Ashley Varner. For personal use only.