

TAKING THOUGHTS CAPTIVE

Lord, help me to see more clearly the thoughts I think, that is, the words I speak to myself, that are unhelpful, unkind, or untrue. Help me to uproot self-criticism and negativity and plant my inner narrative firmly upon Your Truths about me.



Pause to check in around your inner narrative at least 2 times today. Use the spaces below to write down any thoughts that it is time to “take captive.”

Thoughts to take captive:

We take every thought captive and make it obedient to Christ.
2 Cor 10:5

NOTES OR REFLECTIONS

PRAYER

Oh Jesus, I am becoming more aware of the hurtful way I speak to myself. I hear me uttering judgments, negativity, and demeaning words to myself and I come to You seeking forgiveness and help.

I am learning to see myself as Your beloved daughter or Your beloved son, and as such I sense that my self-criticism is offensive to You. For offending You Lord, I am sorry and I ask Your forgiveness.

Lord, I desire peace in my interior life, peace in my relationship with myself. Please show me the way. Thank you for guiding me to speak words to myself that are kind and supportive. Thank you for helping me to grow in self-acceptance and self-compassion. Thank you for raising my awareness to the thoughts I think and the beliefs I hold about myself that are not of You. Help me to rebuke them in the power of Your name.

I yearn for an interior existence that is settled, not stirred up; at peace, no longer rife with conflict. Father grant me this grace! Give me the grace to lift my eyes from myself, and to see You looking upon me with great love and kindness. Teach me to let in, to truly receive, the life-giving riches You offer to me as Your beloved one, that You may be glorified in all I think, say and do. In Jesus' name I pray, Amen.



Healing our Relationship With Self

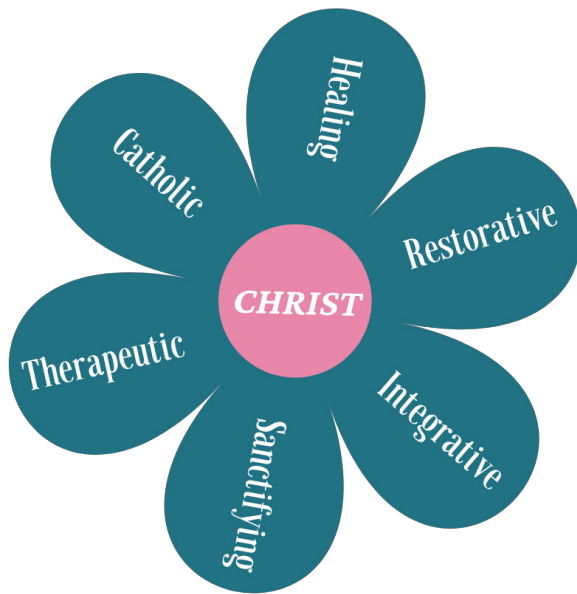


A 4-session video course that will guide you towards interior peace through the healing of self-criticism, self-shaming and other adverse patterns in your relationship with yourself.



"The root of man's joy lies in the harmony he has with himself. Only one who is at peace with himself, can be at peace in the world."

- Pope Benedict XVI



The CHRIST Program

Therapeutic skills for living a
Christ-centered life in the midst
of anxiety, trauma, and uncertainty



- six instructional videos
- full color workbook
- versions for men & women
- optional sessions with an inner healing coach

All battles are first won or lost in the mind.

- St. Joan of Arc