



Interrogation of Our Thoughts

How do we know if we're operating in Wisdom or Fear?

A. Wisdom is built on Godly Knowledge.

> No Negative Emotions are attached or triggered.

B. Fear is built on Un-Godly Knowledge or Bad Experience.
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**C. Fear is basically an Emotion.
(Something bad is going to happen)
(This isn't going to turn out good)
(This is going to go badly)**

> A lot of uncertainty & negative feelings.

D. All knowledge and wisdom must run through the filter of what God thinks - That's true Wisdom.

The subconscious information can be interrogated.

2 Corinthians 10:3-5 (AMP)

- [3] For though we walk (live) in the flesh, we are not carrying on our warfare according to the flesh and using mere human weapons.
- [4] For the weapons of our warfare are not physical [weapons of flesh and blood], but they are mighty before God for the overthrow and destruction of strongholds,
- [5] [Inasmuch as we] refute arguments and theories and reasonings and every proud and lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ (the Messiah, the Anointed One),

The Thoughts that continually run through our head.

A. 90% (+) of them come from the subconscious.

(My estimate)

1. It is always responding to what is in the conscious mind.

**B. The 10% that left:
(Again: My Estimate)**

- 1. 5% is the conscious mind**
- 2. 5% (or less) is: Body related**
 - > Hunger**
 - > Muscle / Nerve Memories**

God

or

Demonic

1) Identify that we're actually Afraid.

2) What is the Fear associated with?

> A thought, memory, hypothetical situation, etc.

3) What do I believe that is causing me Fear?

4) Now I must:

- a. Take it captive and make it obedient to Christ**
- b. Instruct it with truth where there is a lie**
- c. Re-program**

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**A. First we must Deescalate.
(Become Peaceful)**

B. Go Objective - Come outside the thought.

- > Our perception of the memory determines how we receive from the memory.**
- > To view the memory differently we will need a different perspective.**
- > This gives the ability to receive new information.**

C. Ask questions.

- > Start with emotionally based questions that will probe the sensation / emotion coming up.**
 - Why am I Angry?**
 - Why am I Hurt?**
 - Who Hurt Me?**
 - Why am I Feeling this way?**

****** It's how the Holy Spirit reasons with us. ******



D. Don't place blame.

- > What's 'wrong with me.
- > I'm such a _____.



E. The intention of the questioning is to create a place of Safety.



F. The purpose of the questioning is to find Truth.



G. Give yourself Permission to go into the memories.



**H. Who is the Bully in your memory?
Who is the Victim in your memory?**



**I. Follow the responses with
deeper questions.**

**J. It may take a period of time for all
the information to come out.
(Days and Weeks)**

