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

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B. Fear is built on Un-Godly Knowledge or Bad Experience.

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,

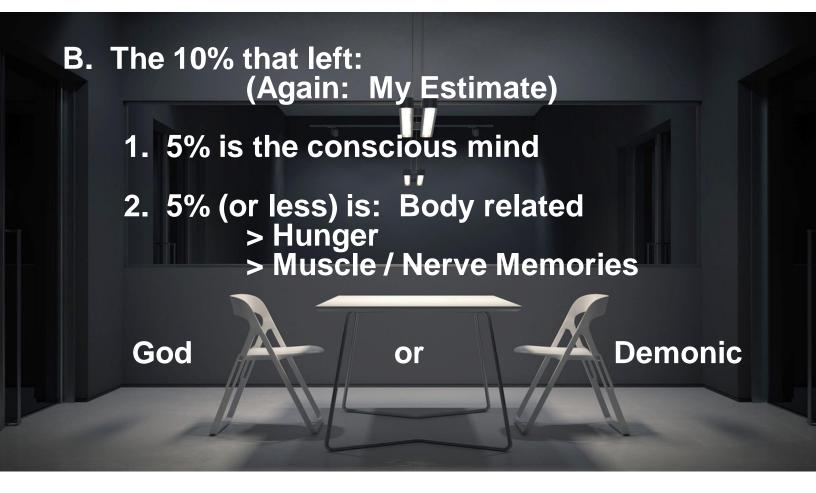
 [5] [Inasmuch as we] refute <u>arguments</u> and <u>theories</u> and <u>reasonings</u> and <u>every proud and lofty thing that sets itself</u> <u>up against the [true] knowledge of God;</u> and we lead every <u>thought and purpose away captive into the obedience of</u> <u>Christ (the Messiah, the Anointed One)</u>,

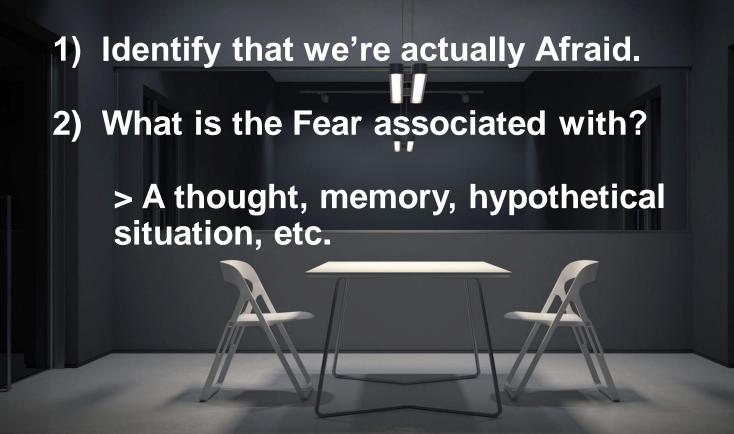
The Thoughts that continually run through our head.

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

(My estimate)

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

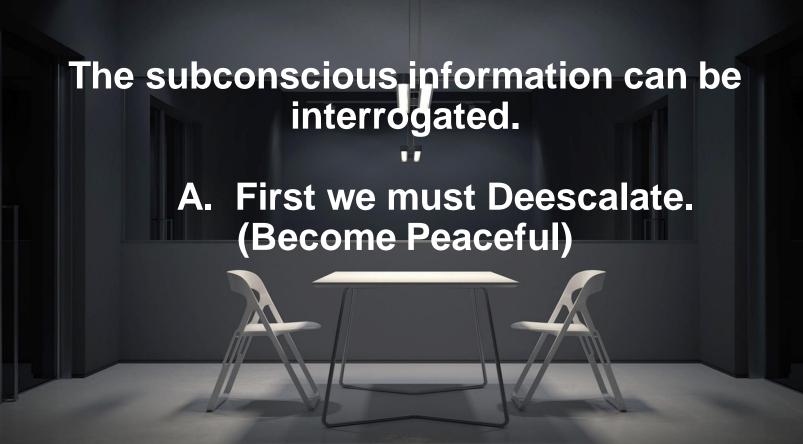




3) What do I believe that is causing me Fear?

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



B. Go Objective - Gome 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.

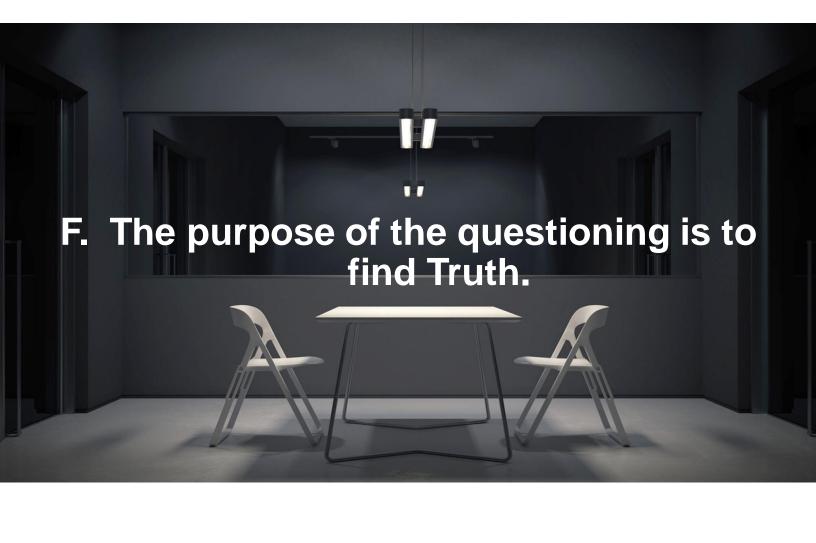
- Why am I Angry?
- Why am I Hurt?
- Who Hurt Me?
- Why am I Feeling this way?

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

D. Don't place blame.

> What's Wrong with me. > I'm such a









I. Follow the responses with deeper questions.



