



Take Every Thought Captive

WORKSHEET

Topic: Identifying and Challenging Negative Thoughts
Based on: 2 Corinthians 10:5

What was the trigger?

Write down the situation that led to a difficult emotion or thought.
Example: "I didn't get a reply to my message."

What Did You Think?

What automatic thought ran through your mind?.
Example: "They're ignoring me. I must have said something wrong."

How did you feel?

List emotions and rate intensity 0–100%..

Example:

😞 Rejected (85%)

😞 Anxious (70%)

What does God say?

Find a scripture that speaks to this thought or feeling.

Example: Isaiah 41:10 – “Do not fear, for I am with you...”

Challenge the thought/s:

- What evidence supports this thought?
- What evidence goes against it?
- What would I say to a friend who felt this way?

A Truth Based Reframe:

Replace the thought with a biblically grounded truth.

Example:

“Even if I don’t hear back, my value isn’t in others’ responses. God is present, and I am loved.”

A Prayer:

Write a short prayer surrendering this thought to God.

Example:

“Lord, help me to take this thought captive and replace it with your truth. I trust that you are with me, even in silence.”