

Nail To The Cross

Identify what thoughts and feelings are coming against you and what it is trying to steal from you. (You may be able to do this on your own, or you may need help from someone whom you trust.) Take the thoughts and feelings captive using these 3 simple steps:

1. I nail _____ to the cross.

The thoughts could come as a feeling (anger, depression, hopelessness, rejection, self-Protection, etc). They could also come as words or thoughts you're hearing like, "He doesn't really care about me," or "She's never going to change." You can even say, "She's never going to change,' I nail you to the cross." Or ... "Depression, I nail you to the cross!"

2. I break all agreements I've made with _____ known or unknown and I repent of joining with _____

3. I ask You, Father, to send _____ away from me, and Father, what do You want to give me in place of ?