



## **Steps to manage your thought life - course notes for booked session**

### Step1

Ask God to put on your armour - pray for it

Assume the armour

### Step 2

Silence enemy - Say out loud: All demons, workers of Satan, false gods, fallen angels, demonic soul copies, dead human souls/spirits, astral

projecting spirits/souls and familiar spirits, principalities, powers, nephilims, half human and non-human entities, hybrids and rulers be quiet in the name of Jesus I bind you, I take authority over you and command you not to operate in any way, I bind your ears, eyes, mouths, hands, feet and all other parts of you in the Name of Jesus.” Ask Jesus to send angels to put all of the above in cages, locked up and bound. Ask for angels to stand between the cages saying: “In the name of Jesus I loose the angels to lock you up and stand between the cages and break up all forms of communication between you.”

### Step 3

Identify thought, emotion and or “I am” – though that came in OR what made your thoughts move over to the negative.

### Step 4

Give all troubling thoughts to Jesus. Hand it over.

### Step 5

Ask Jesus to wash any wounds in your spirit with his blood.

### Step 6

Ask Holy Spirit what is His truth about it.... go with what comes into your spirit.

### Step 7

Phill 4:8 Choose a word, write it down and then write down an example of how you experienced that word in the previous week, month and year of your life.

### Step 8

Ask Jesus to take your hand and Holy Spirit to cover you and fill you with truth wisdom and peace for the rest of the day.

### Step 9

Prepare your spirit with your spiritual onramps for intimate, personal quality time with the Lord

### Step 10

Spend some significant, deeply intimate, personal quality time with the Lord