Taking Captive My Automatic Negative Thoughts (ANTs)

INSTRUCTIONS: In the left column write the ANT (Automatic Negative Thoughts) you hear that keeps you from moving forward and in the right column write a bible verse that counters the negative thought.

SCRIPTURE MEDITATION:

2 Corinthians 10:5 - We destroy arguments and and take every thought captive to obey Christ,	d every lofty opinion raised against the knowledge of God,
Left Column	Right Column
"I can't do this."	"I can do all things through Christ who strengthens me"
ANT (Automatic Negative Thought)	Divine Thought