FINDING FREEDOM

3 Critical Steps to Retake Control of Your Soul

How many times a day do you get emotionally hijacked? You know what I'm talking about. You are pleasantly going about your day when… your spouse or friend offends you, your kids don't listen, you read a disturbing post on social media, you miss a deadline at work, or you see the pile of bills you can't afford to pay. Your peace of mind gets hijacked by hurt, fear, anger, hatred, anxiety, rejection, or discouragement in the blink of an eye. Of course, there are other emotional villains, but this list will do for now!

Once our emotional control center has been overtaken, our mind kicks into high gear and runs ramped with all sorts of destructive and devaluing thoughts. On good days we are able to keep the whirlwind of thoughts and emotions in check. We talk and pray ourselves off the edge of the emotional cliff, and deal with the situations in a relatively clamly. And then other days, the hijackers win the war and, let's just say… it gets ugly!

If you desire to contend against the emotional villains who are stealing your peace, killing your joy, and destroying your relationships, here are three critical steps to help you start winning the war within you: **Reflect**, **Repent** and **Respond**. These three critical steps are a means of waging war in a manner that reconnects you with God and engages His transforming power in your life.

Personally, I have found this three-step process so impactful in my life that it has become a daily discipline. Over the years, God has carved these three disciplines so deeply into my soul that these days I don't even consciously think about each step. I just do it. Following these steps is how I do life with God in wartime and in times of peace.

I believe these three critical steps are the foundation of about every biblical transformation process I have seen. How they are done may differ, but when I look closely, they are present in one way or another. I call them the Finding Freedom Fundamentals. They undergird everything we do at Finding Freedom Ministries. Here is an overview of the three critical steps.

Reflect

If you are going to win the war against the emotional villains who have highjacked your peace, you need to stop and look within yourself to identify your enemies. Pushing the pause button on life and pondering your problem is valuable. However, prayerfully requesting and receiving God's revelation will consistently set you back on the path to peace. Jesus said He would send us the Counselor. The Holy Spirit can give you all the intel you need to begin the battle. All we need to do is turn to Him and humbly ask.

The goal of Godly reflection is to clearly identify how you opened the door and gave these hijackers access into your life. To move back to a place of peace, you'll need to discover the

ways you are responsible for the turmoil in your soul. Once you have received this revelation, it's time to launch a powerful prayer assault to defeat and destroy your assailants.

Repent

First and foremost, repentance is about turning back to God. When we recognize how our thoughts, feelings, and actions have not been aligned with God's ways, prayers of repentance bring us back into alignment. We turn the tide on the battle in our soul as we choose to humble ourselves, take responsibility for our thoughts, feelings, and actions, and ask Him to forgive us once again for doing life our way. Secondly, repentance is about renewing your mind. It involves taking a spiritual stand to disown the faithless destructive thoughts you entertained during your time in turmoil and replace them with His Truth and love.

Through repentance, you are disarming and destroying the emotional villains who have stolen your peace. As you retake control of your soul, the next step is to determine how God wants you to respond.

Respond

Instead of continuing to react out of your emotional turmoil, as your peace of mind returns, you are now in a position to respond to the situation thoughtfully. Without all the clamoring thoughts and tumultuous emotions swirling inside your head, it's easier to see how you can respond in a manner that would de-escalate a conflict, repair any relational damage, and most of all, please God.

If you find yourself in a situation where you are unsure how to respond, I suggest A.T.L. Ask the Lord! I can guarantee your odds of hearing His still, small voice are much better when you have retaken control of your soul.

After praying through a situation, part of your response is to recognize if this attack was an isolated event or a pattern of emotional hijacking that has been going on in your life. If you come to realize you have been repeatedly hijacked by anger, fear, or some other emotional villain, you may have won the battle, but there is more revelation and repentance needed to win the war. The same three steps that helped you win this battle can help you win the war. **Reflect** to receive new revelation. **Repent** to continue to renew your mind. **Respond** to fulfill His purpose and plans for your life.

If you haven't already, put this critical three step-process into practice right now! **Reflect** to identify a recent time when you were emotionally hijacked and receive the intel you need to pray through the situation. **Repent** to receive God's forgiveness and retake control of your soul. **Respond** to walk out the situation in a way that pleases God.

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