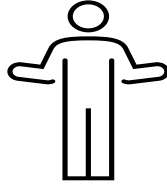


I.D.E.A.S. “IS IT JUST ME?”



Let's face it, determining the source of our thoughts can be confusing. Is this thought coming from the Holy Spirit or simply me talking to myself? The Scriptures teach that the source of our thoughts falls under three main categories:

1. God the Holy Spirit
2. Our hearts (deepest desires, intentions, and motives)
3. Satan (demonically influenced tempting)

Practical Steps for Discernment

Identify the thought and emotion	Write it down and check for frequency Search me, God and know my heart; test me and know my anxious thoughts (Psalm 139:23)
Does it align with God's Word?	Does this thought agree with or contradict the clear teaching of the Bible? Examine the Scripture like the Bereans (Acts 17:11)
Examine the Fruit	Is this thought moving me toward love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control? (Galatians 5:22)
Affirming Evidence	Look for confirmation from the Scripture, through wise counsel, and circumstances (open doors/closed doors)
Step Out in Faith	Decide to walk in obedience and go in the direction God is prompting you (Amos 3:3)

I.D.E.A.S. “IS IT JUST ME?”

