

April 2026 Newsletter

Take Captive Our Thoughts

Have you ever felt like there is too many thoughts floating around in your head? Do you find it overwhelming or debilitating? The thoughts we have can be replays of our past week, tasks that need to be done, worries about the future or the state of our world. They can also be the negative thoughts we have about ourselves. Mix them all together and you have a storm that can produce anxiety that can lead to depression. Not all of our thoughts are bad, but we can overload ourselves and create an environment of stress and hopelessness.



How do we take our thoughts captive? How do we capture something that is imaginative or formless? The first thing that someone can do is write them down. This does two things. It gives the thoughts legitimacy, and it gives us something to aim at. Free floating thoughts can be annoying, uncontrolled, or elusive. Our body reacts to the mind, and if the mind is overworked, tired, or afraid, our body will overproduce stress. The stress hormone, cortisol, acts as an agent to store up energy, manage stress, regulate our metabolism and blood pressure in the body. An overproduction can cause us to gain weight, have chronic fatigue, weaken our immune system, and increase anxiety, depression, and irritability. Does this seem familiar? If we write our thoughts down we are acknowledging that they are there. We are giving them a placeholder so that we can create a plan of action.



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Encouragement Now Ministries has served clients in over 60 countries including Egypt, China, Iraq, Ukraine, Ethiopia, Bahrain, Saudi Arabia, South Africa, Canada, Turkey, Jordan, Spain, Morocco, Brazil, Pakistan, India & UAE.

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The Bible talks about taking our thoughts captive. In 2 Corinthians 10, Paul warns us not to live by the standards of this world. We are to fight not against the world, but we are to destroy arguments and pretensions (unfounded claims) that sets itself up against the knowledge of God. We are to take captive our thoughts and make them obedient to God. In other words, do our thoughts line up with God's thoughts? Are we living a life that is in direct conflict with the life God has called us to live? Are we living according to the standards of this world? Fear of the unknown (or missing out) will always be there. We will always worry, but we cannot live in a state of fear that will rob us of our joy that comes from the Lord. Write down your thoughts. List them out. Be mindful of them, so that you can judge whether or not they are real or good. Pray over your list, and allow God to work in your thoughts. If they are false thoughts then correct them with the truth. Your thoughts may say, "God does not know me". That is a lie. His Word says, "You have searched me, Lord, and you know me." Psalms 139

If you are struggling with your thoughts, please do not do this alone. Reach out to your Pastor, church, family, friends, or Encouragement Now Ministries. It is time to take your thoughts captive and live in the peace that comes only from God.

2 Corinthians 10:1-6

1. By the humility and gentleness of Christ, I appeal to you—I, Paul, who am “timid” when face to face with you, but “bold” toward you when away! **2.** I beg you that when I come I may not have to be as bold as I expect to be toward some people who think that we live by the standards of this world. **3.** For though we live in the world, we do not wage war as the world does. **4.** The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. **5.** We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. **6.** And we will be ready to punish every act of disobedience, once your obedience is complete.



ENCOURAGEMENT NOW PODCAST



Kevin, Laura, And Joseph

We Need Your Help!

We are looking for corporate, church, and individual partnerships for our ministry. Mental health is one of the most sought after and talked about subject our society is focused on, but they are missing the Biblical truths that God's Word has to offer. Churches are finding themselves unable to handle some of the challenges they are presented with, and they need a safe place to send their members. We are that place, but we need your help. Encouragement Now Ministries (ENM) is donation funded. Monthly partnerships are the backbone of our ministry. This allows us to train up counselors, minister to the needs of churches and individuals, and grow our ministry. We are a 501(c)(3) organization that can be that place. Talk to your company about donating to ENM, and consider a monthly partnership. Every dollar is connected to a soul.