



# Words are Doors

## Identifying Negative Thoughts through Music

BIBLES & BLANKETS

BEAUTIFULLY BROKEN MINISTRIES 3418

## Introduction

Welcome to this spiritual exercise designed to help you explore the profound impact of words in your life. Spiritual strongholds can manifest in our lives in various ways. But the most common pathway is music. We digest the song lyrics as truth. In this exercise, we will explore the profound impact that music has on our inner landscape. This exercise will help expose the stronghold in your life by identifying all open doors you have opened through music. Romans 10:17 (KJV) says, “ So then faith cometh by hearing, and hearing by the word of God”. This verse clearly tells all us that listening to God’s true spoken word is the primary way to build and strengthen our faith. Become a conscious listener! Close all of the doors to every narrative and voice that goes against what the word of God says about you. Surrender your heart to be deeply transformed.

## Choose Your Song - “Find the door”

Select a song that resonates with you or one that you frequently listen to. Ensure the song’s lyrics convey themes or emotions that you find relatable or that evoke specific feelings.

**Duration:** 1 - 5 minutes

## Listen Mindfully: "What do you hear?"

Play the song in a quiet space where you can focus. As you listen, pay attention to the lyrics and emotions the stir within you.

List the emotions: (there may be more than one emotion, if so, that is OK!)

- 1.
- 2.

3.

### Reflect on the Lyrics:

Write down key phrases or lines from the song that stand out to you. Consider how these lyrics relate to your personal experiences or negative thoughts?

### Identify the negative thoughts: Reflect on the following questions.

1. What negative feelings or thoughts does this song bring to the surface?
2. Are there specific memories or situations in your life that this song reminds you of?
3. How do these negative emotions manifest in my life?
  - a. Anxiety
  - b. Sadness
  - c. Frustration
  - d. Loneliness
  - e. People pleasing
  - f. Attention seeking
4. **What does God say about me?**

**Biblical Foundation:** *Psalm 119:160 (NIV) "All your words are true: all your righteous laws are eternal".* *John 17:17 (NIV) "Sanctify them by the truth; your word is truth".* Identifying the exposed experience as truth or a lie can be difficult when attached to the vulnerability and emotion of the experience.

**Duration:** 10 - 15 minutes

## Come out of Agreement: "Close the Door"

For each negative thought identified, write a positive affirmation and include a scripture. If you don't know a scripture, that is ok! Search the internet. Don't overthink the process.

I am no longer in agreement with the negative thoughts from (state the song title)

I take every thought captive (scripture 2 Corinthians 10:5)

I close every demonic door to (be specific about the experience, song lyrics, etc.).

I break all agreement with cycles of (see examples)

excessive worry

hypervigilance

negative self talk

self- doubt

difficulty trusting others.

I reject every lie that says I am unworthy, unloved, and unqualified

I declare, in the name of Jesus, (pick what may apply to your life)

I am enough. Ephesians 2:10

I deserve love. Jeremiah 31:3

I will not fail. Psalms 46:5

I am not a burden. Psalms 55:22

I am valuable. Psalm 139:14, Matthew 10:29-31, Jeremiah 31:3

I belong. Isaiah 43:1, I John 3:1

I am joyful. Philippians 4:4

I am blessed. Ephesians 1:3

I am the apple of His eye. Zechariah 2:8

I will strengthen my faith by listening to the word of God. Romans 10:17

I will think on good, pure and righteous things. Philippians 4:8

### **Example:**

I am no longer in agreement with the negative thoughts and words spoken out of my mouth or the mouth of (name song artist). I take every thought captive with the truth in 2 Corinthians 10:5, "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". In the name of Jesus, I lock down, shut, block, and seal all spiritual doors with the blood of Jesus cutting off every avenue, doorway, pathway, portal, or person that would attempt to bring an assignment of the kingdom of darkness into my life, my home, my family, or my workplace. I break all agreement with cycles of excessive worry and self-doubt. I reject every lie that says I am unworthy, unloved, and unqualified. I declare, in the name of Jesus, I am enough according to Ephesians 2:10. I will strengthen my faith by listening to the word of God according to Romans 10:17. I will think on good, pure and righteous things according to Philippians 4:8.

## **Prayer**

Father, I repent to You for listening to a lying spirit that whispers accusations to me, telling me I am of no value, worthless, a failure, and rejected. I repent for allowing Rejection to rule my life, and today I come out of agreement with the voices of Rejection. I choose to accept Your unconditional love for me. By the

blood of Jesus, I cancel the power of every traumatic word, memory, or experience that opened a door to Rejection. I ask the Holy Spirit to pluck every seed planted in my heart, my mind, my emotions and my behavior that is not aligned with the word of God. I declare that I am accepted, chosen, and fully received by You. I now speak to Rejection, in Jesus' Name, Rejection, this day I remove your permission to be in my life. In Jesus Name, Amen.

**This prayer may be personalized to your life. But more importantly, be lead by what the Holy Spirit places on your heart.**

**Disclaimer: The journaling exercise provided is intended for personal reflection and self - discovery. It is not a substitute for professional medical advice, diagnosis, or treatment. If you are experiencing significant emotional distress, mental health issues, or trauma, we strongly encourage you to seek the guidance of a qualified mental health professional or therapist. Your well-being is important, and professional support can provide the necessary resources for healing and growth.**

