

## VERSES FROM SCRIPTURE

# Cognitive Defusion

Reference	Text
1 Corinthians 10:13	No test or temptation that comes your way is beyond the course of what others have had to face. All you need to remember is that God will never let you down; he'll never let you be pushed past your limit, he'll always be there to help you come through it. (MSG)
1 Corinthians 15:58	With all this going for us, my dear, dear friends, stand your ground. And don't hold back. Throw yourselves into the work of the Master, confident that nothing you do for him is a waste of time or effort. (MSG)
2 Corinthians 4:17	Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. (NIV)
2 Corinthians 10:5	We use our powerful God-tools for smashing warped philosophies, tearing down barriers erected against the truth of God, fitting every loose thought and emotion and impulse into the structure of life shaped by Christ. (MSG)
2 Corinthians 12:7-10	Because of the extravagance of those revelations, and so I wouldn't get a big head, I was given the gift of a handicap to keep me in constant touch with my limitations. Satan's angel did his best to get me down; what he in fact did was push me to my knees. No danger then of walking around high and mighty! At first I didn't think of it as a gift, and begged God to remove it. Three times I did that, and then he told me, My grace is enough; it's all you need. My strength comes into its own in your weakness. Once I heard that, I was glad to let it happen. I quit focusing on the handicap and began appreciating the gift. It was a case of Christ's strength moving in on my weakness. Now I take limitations in stride, and with good cheer, these limitations that cut me down to size - abuse, accidents, opposition, bad breaks. I just let Christ take over! And so the weaker I get, the stronger I become. (MSG)
1 John 3:13	So don't be surprised, friends, when the world hates you. This has been going on a long time. (MSG)

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2 Peter 1:5-7	For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, <i>self-control</i> ; and to <i>self-control</i> , <i>perseverance</i> ; and to <i>perseverance</i> , <i>godliness</i> ; and to godliness, mutual affection; and to mutual affection, love. (NIV)
Colossians 1:10	We pray that you'll live well for the Master, making him proud of you as you work hard in his orchard. As you learn more and more how God works, you will learn how to do your work. (MSG)
Colossians 1:11	We pray that you'll have the strength to stick it out over the long haul - not the grim strength of gritting your teeth but the glory-strength God gives. It is strength that endures the unendurable and spills over into joy. (MSG)
Colossians 2:8	Watch out for people who try to dazzle you with big words and intellectual double-talk. They want to drag you off into endless arguments that never amount to anything. They spread their ideas through the empty traditions of human beings and the empty superstitions of spirit beings. But that's not the way of Christ. (MSG)
Colossians 3:2 & 3	Don't shuffle along, eyes to the ground, absorbed with the things right in front of you. Look up, and be alert to what is going on around Christ--that's where the action is. See things from his perspective. Your old life is dead. Your new life, which is your real life - even though invisible to spectators - is with Christ in God. He is your life. (MSG)
Ecclesiastes 5:19,20	Yes, we should make the most of what God gives, both the bounty and the capacity to enjoy it, accepting what's given and delighting in the work. It's God's gift! God deals out joy in the present, the now. It's useless to brood over how long we might live. (MSG)
Ecclesiastes 9:11	I took another walk around the neighbourhood and realized that on this earth as it is - The race is not always to the swift, nor the battle to the strong, nor satisfaction to the wise, nor riches to the smart, nor grace to the learned. Sooner or later bad luck hits us all. (MSG)
Isaiah 55:8	"I don't think the way you think. The way you work isn't the way I work." GOD's Decree. (MSG)

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James 1:2-4	Consider it a sheer gift, friends, when tests and challenges come at you from all sides. You know that under pressure, your faith-life is forced into the open and shows its true colours. So don't try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way. (MSG)
Jeremiah 17:9	The heart (Strong's dictionary: 'The feelings, the will, and even the intellect') is deceitful above all things, and desperately wicked: who can know it? (KJV)
James 4:13-15	And now I have a word for you who brashly announce, " <i>Today--at the latest, tomorrow--we're off to such and such a city for the year. We're going to start a business and make a lot of money.</i> " You don't know the first thing about tomorrow. You're nothing but a wisp of fog, catching a brief bit of sun before disappearing. Instead, make it a habit to say, " <i>If the Master wills it and we're still alive, we'll do this or that.</i> " (MSG)
John 15:5	I am the Vine, you are the branches. When you're joined with me and I with you, the relation intimate and organic, the harvest is sure to be abundant. Separated, you can't produce a thing. (MSG)
John 15:18, 19	Does the world hate you? Remember that it hated me first. If you belonged to the world, it would love you like one of its own. But you do not belong to the world. I have chosen you out of the world. That is why the world hates you. (MSG)
John 16:33	I've told you all this so that trusting me, you will be unshakable and assured, deeply at peace. In this godless world you will continue to experience difficulties. But take heart! I've conquered the world. (MSG)
Matthew 12:7	If you had any idea what this Scripture meant - ' <i>I prefer a flexible heart to an inflexible ritual</i> ' - you wouldn't be nit-picking like this. (MSG)
Matthew 20:27	It's not going to be that way with you. Whoever wants to be great must become a servant. Whoever wants to be first among you must be your slave. (MSG)

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Philippians 4:6	Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the centre of your life. (MSG)
Proverbs 4:21-23	Keep my message in plain view at all times. Concentrate! Learn it by heart! Those who discover these words live, really live; body and soul, they're bursting with health. Keep vigilant watch over your heart; that's where life starts. (MSG)
Psalms 46:10	He says: " <i>Be still, and know that I am God;</i> " (NIV)
Psalms 119:11	I have hidden your word in my heart that I might not sin against you. (NIV) I've banked your promises in the vault of my heart so I won't sin myself bankrupt. (MSG)
Psalm 119:114	You're my place of quiet retreat; I wait for your Word to renew me (MSG) - having hope in God helps us to have a different relationship with our thoughts.
Psalm 143:5	I remembered the old days, went over all you've done, pondered the ways you've worked. (MSG)
Romans 5:3 & 4	There's more to come: We continue to shout our praise even when we're hemmed in with troubles, because we know how troubles can develop passionate patience in us, and how that patience in turn forges the tempered steel of virtue, keeping us alert for whatever God will do next. (MSG)
Romans 7:6	But now that we're no longer shackled to that domineering mate of sin, and out from under all those oppressive regulations and fine print, we're free to live a new life in the freedom of God. (MSG)

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Romans 8:28 (MSG)	That's why we can be so sure that every detail in our lives of love for God is worked into something good.
Romans 12:1 & 2	So here's what I want you to do, God helping you: Take your everyday, ordinary life--your sleeping, eating, going-to-work, and walking-around life--and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you. (MSG)
Romans 12:17-19	Don't hit back; discover beauty in everyone. If you've got it in you, get along with everybody. Don't insist on getting even; that's not for you to do. <i>"I'll do the judging,"</i> says God. <i>"I'll take care of it."</i> (MSG)