



# **Taking every thought captive: Spiritual workouts to help renew your mind in God's truth**

*Alaine Pakkala*

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# Taking every thought captive: Spiritual workouts to help renew your mind in God's truth

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Spiritual Workouts to Help Renew Your Mind in God's Truth By Alaine Pakkala Finally, a practical training guide to help you learn how to agree with God's renewing of your mind. These six spiritual workouts can be used by anyone who senses the need to be transformed by God's truth. Also included, is a revealing Bible study that uncovers distortions we believe about God, and shows us how to dislodge those distortions. It answers questions like: Does my heavenly Father really care about me? Can I really trust my heavenly Father? Does my heavenly Father expect too much from me?

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