



Change Your Life by Changing Your Thinking: Practical Steps for Renewing Your Mind

Do you ever wonder how to change bad habits, doubt-filled thinking, or defeatist thoughts? Do you ever think: I can't do this.... I'll never be . . . I'm not good enough . . . There is no way . . . ? Our thought life determines our whole life. The enemy wants us to feel defeated, rejected, and defenseless. But Jesus offers a truth that sets us free and, when seized in a mind, has the power to transform us to a whole way of living.

In *Take Every Thought Captive: Exchange Lies of the Enemy for the Mind of Christ* (Baker Books, April 2023), author and speaker Kelly Balarie encourages readers to seize the power of God's Word through practical, tactical, and biblical application so they can live victoriously in God's light—to not only *profess* truth, but *possess* it in their mind, heart, and actions.

Take Every Thought Captive helps readers

- transform their minds and release the worries, burdens, and lies from the enemy
- pray through times of mental and emotional strife
- become warriors and fight for God's plan and purpose
- use God's Word proactively instead of living defensively and defeated

"The mind of Christ can change everything if you let it. Never doubt the supernatural arming power of an armed-up God. He, Himself, in all His glory, might, strength, and power—working from the inside out of you—is enough to take any beast, wall, or stronghold down. Take courage! The size of your God far outweighs any issues in your mind," writes Balarie.

Take Every Thought Captive: Exchange Lies of the Enemy for the Mind of Christ

by Kelly Balarie

Trade Paper ISBN: 978-0-8010-9498-9

\$17.99; 256 pp

Ebook ISBN: 978-1-4934-3949-2

Release date: April 2023

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About the Author



Kelly Balarie is the author of *Fear Fighting*, *Battle Ready*, and *Rest Now*. When speaking at women's conferences around the nation, Kelly delights in joining hands with women as they go through life's ups and downs. To see marriages restored, hope recovered, and prayers of faith lifted up to a God on the move are some of her greatest joys. Beyond this, Kelly has led spiritual growth Bible study groups and has been seen on *TODAY*, *The 700 Club*, Crosswalk.com, iBelieve.com, and (in)courage. Her work has also been featured by *Relevant* and *Today's Christian Woman*. She lives with her husband and two kiddos on the East Coast.

Past PRAISE for *Battle Ready*

"The best time to be strengthened against the Enemy's tactics of doubt, disappointment, and devastation is before he makes his first move toward us. We all desperately need the biblical guidance and preparation found in *Battle Ready*!"

Lysa TerKeurst, *New York Times* bestselling author and president of Proverbs 31 Ministries

"The most difficult fights we will face in this life will not be on the outside; they will be within our own hearts and minds. As someone who has struggled with depression and anxiety throughout my life, I know this firsthand. *Battle Ready* will help encourage, empower, and equip you to live in true victory."

Holley Gerth, bestselling author of *Fiercehearted*

"Do you ever wonder why you struggle at times with doubt and insecurity, even though you are a follower of Christ? When trials and troubles come your way, does your faith seem to falter rather than flourish? *Battle Ready* will equip and empower you, teaching you where to park your mind during such difficult times. Its practical advice and pen-to-paper reflection sections, coupled with the truths of Scripture sprinkled throughout, will enable you to avoid defeat and discouragement and walk confidently in faith instead. Highly recommended."

Karen Ehman, national speaker, *New York Times* bestselling author of *Keep It Shut* and *Listen, Love, Repeat*, wife, and mother of three

"*Battle Ready* is a field manual for the mind. If you desire to think more like Christ, its truths, stories, personal applications, and discoveries will undoubtedly lead you to renewed places of peace, hope, and life."

Elisa Morgan, speaker and author of *The Beauty of Broken*

Sample Interview Questions for Kelly Balarie

Take Every Thought Captive

Exchange Lies of the Enemy for the Mind of Christ

- Thanks for joining us! What urgent need encouraged you write your new book *Take Every Thought Captive*?
 - Before we can experience transformation at a thought level, you write, we have to "become a blank slate". What does this mean? How can this mindset lead us to a renewal of the mind?
 - Why is God's Word so incredibly powerful in changing our ways of thinking?
 - Why is it necessary that we take every thought captive? What are the consequences of not doing so?
 - What is the ONE most destructive thing that opposes a person who is working on changing their thought life? What are a few of the five ways to overcome this issue?
 - How can we discern which thoughts are from the enemy and which thoughts are from God?
 - In part 3, you help readers break down different lies from the enemy. What is one common lie we believe, and can you help us break it down? What resource are you providing to help us identify these lies?
 - You write that in our minds "experience transcends knowledge". Explain how we can harness this as we walk through the process of seeing our mind transformed.
 - Many of us are quick to react to situations outside of our control. What are 3 practical, Godly ways we can respond instead of reacting in fear?
 - Your life has radically been changed by changing your thoughts. What is your personal testimony of taking thoughts captive? How has it changed your life?
 - There is a biblical way to discern the will of God. What is it and how will knowing it change people's lives?
 - You write about the spiritual warfare you had while writing this book. How did you navigate that? How were you able to overcome it?
 - What encouragement do you have for the person saying "my mind is a mess", "I don't like myself" or "I am struggling in my faith"?
 - What can readers expect to take away from *Take Every Thought Captive*?
 - Where can our audience go for free mind renewal tools and to purchase a copy of *Take Every Thought Captive*?
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To request an interview or a copy of the book, please contact:
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