

How to Mature: FTA Every Day. (September 3, 2026)

“Be angry and do not sin.” (Ephesians 4:26)

If you are struggling to relate with Jesus and you need a good way to start, try an FTA.

FTA stands for Feelings, Thoughts, and Actions. It is a process to help us recognize what is happening inside our hearts and minds. But it leads to a question that can be asked of God in prayer and will result in some practical and wise direction for our lives. It goes like this...

Step 1: Acknowledge a prominent feeling you are experiencing.

- Try to be as specific as possible. Surface feelings, such as anger, will often mask deeper feelings, such as sadness. Try to articulate the underlying feeling.
- Don't judge your feelings. They are merely indicators of something that is happening inside you. Judging your feelings doesn't fix them, it only represses them.
- Make sure your feeling is actually a feeling. Use a feeling wheel if necessary, but make sure you are capturing a feeling and not an experience, thought, or judgment.

Step 2: Connect that feeling to the thought that is creating it.

- Articulate that thought as clearly as possible. If you cannot write your thought out in one or two simple sentences, you probably haven't captured it yet.
- Don't judge your thoughts or yourself for having those thoughts. Telling yourself that you shouldn't think that way will not make the thought go away.
- Honesty, transparency, and forthrightness are required to capture genuine thoughts. Fixing thoughts before bringing them to God will only create greater confusion.

Step 3: Take action in prayer by bringing that thought captive to God.

- Ask God what you are to do about that thought...and wait for His reply.
- Do whatever you know God is leading you to do as a result of that prayer.
- Share what you heard from God with the people involved in your thought. This will provide accountability that will help you obey what God has told you. Failure to act on what God told you last time may prevent Him from answering you next time.

God is very involved with the events and activities of the world. He is aware of the global concerns. God also cares about you. In your relationship with God, be sure to pray and intercede on behalf of the needs to the world. And also speak with Him about what is happening in you. By bringing ourselves to God, we can relate with Him and be transformed into the very nature of Jesus Himself.