

# Battlefield

## Winning the War in Your Mind - Part 1

### September 26, 2021

**The mind is a battlefield.  
Most of life's battles are won or lost in our mind.**

*"<sup>3</sup>For though we live in the world, we do not wage war as the world does. <sup>4</sup>The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish **strongholds**." 2 Corinthians 10:3-4 (NIV)*

*"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**." 2 Corinthians 10:5 (NIV)*

**Our lives are always moving in the direction of our strongest thoughts.**

*"For as he thinks in his heart, so is he. ..." Proverbs 23:7 (NKJV)*

**The life we have is a reflection of the thoughts we think.**

**Think about what you think about.**

**You cannot have a positive life when you have a negative mind.**

**How to begin winning the war in your mind:**

- 1. Identify the biggest stronghold holding you back.**
- 2. Name the truth that demolishes that stronghold.**

*"And you will know the truth, and the truth will set you free." John 8:32 (NLT)*

<u>Lies</u>	<u>Truth</u>
Not enough	He is enough (2 Cor 12:9)
Can't do it	God empowers (Is 40:31)
Unlovable	Child of God (1 Jn 3:1)
Alone	Always with me (Jsh 1:9)

**You can't win this war alone.**