

Take Your Mind Back

Winning the War in Your Mind – Part 2

October 3, 2021

*“Do not be conformed to this age, but be transformed by the **renewing of your mind**, so that you may **discern** what is the good, pleasing, and perfect will of God.” Romans 12:2 (CSB)*

Most of life’s battles are won or lost in our minds.

Your life is always moving in the direction of your strongest thoughts.

*“⁸Finally brothers and sisters, **whatever is true**, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable — if there is any moral excellence and if there is anything praiseworthy — **dwell on these things**. ⁹Do what you have learned and received and heard from me, and seen in me, and the God of peace will be with you.” Philippians 4:8-9 (CSB)*

1. Train your Mind with Truth

Identify the lie, reject it, replace it with truth.

Write it. Think it. Confess it. Until you believe it.

Struggling to know God’s will: My life belongs to God. Daily I seek Him and daily He directs my steps. I know His voice and He leads me to His perfect will.

Lack Confidence: My confidence is in Christ and Christ alone. Because His spirit lives within me I can do everything He calls me to do.

Fighting lustful thoughts: I’m not a slave to lustful thoughts. Because God has purified my mind, I will honor Him with my eyes and thoughts. My God is faithful. Even if I’m tempted, He will always give me a way out.

Find comfort in food: When I’m stressed, I turn to God, not food. I come to Jesus because He is what I need. In Him I find strength and comfort.

Battling Worry: Because of Christ, I will not be anxious about anything. I cast my cares on God because He cares for me. I have the peace of God dwelling in my heart and ruling my mind.

If you want to change your life you have to change your thinking.

I lose control of my mind when I’ve decided my defeat.

2. Chew on God’s word

*“This book of instruction must not depart from your mouth; you are to **meditate on it day and night** so that you may carefully observe everything written in it. For then you will prosper and succeed in whatever you do.” Joshua 1:8 (CSB)*

“Instead, his delight is in the Lord’s instruction, and he meditates on it day and night.” Psalms 1:2 (CSB)

Ruminate

Reading God’s word isn’t a chore, it’s a delight!

1. Look intently
2. Ask God
3. Seek a Theologian

It’s time to take your mind back!