

**Our Thoughts Will Determine Our Actions Which Will Direct Our Lives.**

Carefully guard your thoughts because they are the source of true life. Proverbs 4:23 (CEV)

***Change Your Thinking, Change Your Life***

**Our Goal is a Christlike Mind**

1 Corinthians 2:16 ...Who has known the mind of the Lord as to instruct him?" But we have the mind of Christ.

**The Battlefield of Our Mind**

It is a battle between God's truth about you and Satan's lies to you.

*2 Corinthians 10:3-4 For though we live in the world, we do not wage war as the world does.*

*4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.*

*2 Corinthians 10:5 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.*

**Winning The War In Your Mind**

**1. Identify the number one stronghold that is holding you back.**

We change our thinking away from the lies of the enemy and we reprogram them with the truth of God.

*Romans 12:2 says, do not conform to the pattern of this world. By the renewing of your mind.*

**2. Name the truth that demolishes that stronghold.**

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

**We have Neural Pathways in our brains and the more you think a thought, good or bad, the easier it is to think it again.**

One of our problems with thinking God's thoughts and doing things God's way is our cognitive biases.

- **Cognitive Bias – Mistakes in reasoning based on personal preferences, beliefs, and past experiences.** (Mental filter or framework that impacts how you think.)

These cognitive biases effect how we see the world and often times lead to irrational decisions.

**It's not that the FACTS are different – It's the FILTER or Frame.**

- **Reframing—Creating a different way of looking at a situation, person, or relationship in a context that allows us to recognize and appreciate positive aspects of our situation.** (Changing or taking off the filter.)
- **You can't control what happens to you. But you can control how you frame it.**

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**TRAINING YOUR MIND**

**1. Set your mind on things above.**

**Colossians 3:2 Set your minds on things above, not on earthly things.** Not setting your mind on earthly things may be more understandable for us than setting your mind on things above.

**2. Allow Christ Jesus to guard your mind through prayer.**

**Philippians 4:6-7** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (More on this next week.)

**3. Follow the example of Godly role models.**

**Philippians 4:9** Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

**4. Pray for and submit to the mind of Christ.**

**1 Corinthians 2:16** ...for, “Who has known the mind of the Lord so as to instruct him?”  
But we have the mind of Christ.

Pray for it: Seek it. Listen. Learn.      Submit to it: Obey. Act upon the mind of Christ.

*“We don’t give God a piece of our mind; He gives us a piece of His!”*

**5. Monitor your thought life.**

**And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8 NLT**

*John Maxwell – “I consider the above verse to be one of the most important verses in the Bible. What occupies your mind and what you think means more than anything else in your life. Your thought life will determine how much you earn, where you live, and what you become in life.*

*Your life today is a result of your thinking yesterday.*

*Your*

*life tomorrow will be determined by what you think today.”<sup>1</sup>*

**I will set no worthless thing before my eyes; I hate the work of those who fall away; It shall not cling to me. Psalm 101:3 (NASB)**

**6. Meditate on the truths in God’s Word.**

***meditation:* to engage in mental exercise; to focus one’s (God’s) thoughts.**

**Psalms 119:15-16** I meditate on your precepts and consider your ways.

**16** I delight in your decrees; I will not neglect your word.

**Psalms 143:5** I remember the days of long ago; I meditate on all your works and consider what your hands have done.

Now remember our Bold Next Steps from Week Two...

- **What stronghold is holding you back?**
- **What truth demolishes that stronghold?**

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<sup>1</sup> John C. Maxwell, Think On These Things (Kansas City, Missouri: Beacon Hill Press of Kansas City, 1979). p 15

## **WORSHIP and READ THE DECLARATION OVER GOD'S PEOPLE.**

### **Positive Affirmations for Anyone Who's in Christ** [www.life.church/declarations](http://www.life.church/declarations)

- I am strong and mighty. I have the same power that raised Christ from the dead dwelling inside of me. I am a weapon of righteousness in a world of darkness.
- I am not my past. I am not what I did. I am who God says I am. He says I am forgiven. He says I am redeemed. He says I am free.
- I am not a hostage to unhealthy thoughts. The weapons I fight with are not the weapons of this world. I have divine power to demolish strongholds.
- I have the mind of Christ directing my thoughts. I have the Word of God guiding my steps.
- I demolish every pretension that sets itself up against the knowledge of God. I take every thought captive and make it obedient to Christ.
- Worry is not my master. I trust in God. His peace guards my heart, guards my mind, and guards my soul in Christ Jesus.
- My God has not given me a spirit of fear, but a Spirit of power, of love, and of a sound mind.
- The Lord is my helper. I will not be afraid.
- I am not a slave to my habits. I am not a prisoner to an addiction. I have been rescued from the power of darkness and brought into the kingdom of God's light.
- I am empowered. I am chosen. I am called. I am a masterpiece of God, created in Christ Jesus, to do good works which God prepared in advance for me to do.
- My God will bless me abundantly, so that in all things, at all times, having all I need, I will abound in every good work.
- My God is for me. My God is with me. No weapon formed against me will prosper.
- Nothing can separate me from God's love. Not death. Not demons. Not the present nor the past. No power on earth will ever separate me from the love of God that is in Christ Jesus my Lord.
- I am not what I have or buy. My identity is in Christ—and Christ alone.
- By God's power I can change.
- I cast my cares on God because He cares for me.
- 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.
- My confidence is in Christ—and Christ alone. Because His Spirit lives within me, I can do everything He calls me to do.