

# BATTLEFIELD OF THE MIND

## What's Been On Your Mind Lately?

### I. Mental Strongholds

- A. **2 Corinthians 10:4-5** – *For the weapons of our warfare are not physical [weapons of the flesh and blood], but they are mighty before God for the overthrow and destruction of strongholds,*

*[Inasmuch as we] refute arguments and theories and reasonings and every proud and lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ (the Messiah, the Anointed One) . . .*

1. Satan relentlessly seeks to build strongholds in our minds.

He is a liar and he only lies or twists the truth, which is lying. He deceives. We are deceived when we believe things that are not true.

2. We have weapons with which to defeat him.
3. It is a spiritual war we are fighting, and our weapons are spiritual. This war cannot be fought in a normal way.
4. We can't hit Satan, shoot him, strangle him, tie him up with a rope, or put him in jail; but we can defeat him.

- B. What is a stronghold?

1. An area that is dominated by an enemy
2. If Satan dominates your attitude toward yourself, God, food, or money, etc., he is in control in that area.

C. Our Weapons

1. **John 8:31-32** and **Hebrews 4:12** – God’s Word believed, meditated upon, heard, spoken out loud, and read is a weapon.

2. **Luke 4:1-13**

a. Jesus was following the Holy Spirit when Satan attacked.

b. Satan attacked Him when He was tired and weak.

c. Satan tried to make Him question who He was.

d. Satan showed Him what the world had to offer. He wanted Jesus to think about what He did not have right now and what He could have with a little compromise.

1) **Matthew 4:8**

2) **I John 2:15-17**

3) **I John 3:17**

e. Satan offered Jesus power, authority, and things in exchange for one little compromise.

f. Satan once again attacks Jesus’ identity: “If you are God’s child, then let’s see you get yourself out of this mess!”

**Romans 8:36-39**

g. **IMMEDIATELY** following **EACH** lie of Satan, Jesus used His spiritual weapon of the Word of God.

D. The Weapon of Praise and Worship

1. **Romans 4:18-22**

a. Praise is thanking God for what He has done – talking about His goodness, mercy, and power; singing to Him or about Him.

It can be expressed in enthusiastic body language, clapping, twirling, jumping, up-lifted hands, head bowed, etc.

- b. Some people would experience freedom if they would be more enthusiastic and expressive.

2. **II Chronicles 20:17-22** – As the people worshiped God, the enemy became confused and was self-slaughtered.

Praise is more involved with thanking God for Who He is. Worship is adoration; it goes deeper than praise. Worship would usually be more quiet and reverent, while praise is more jubilant and a bit noisy.

3. David repeatedly said: “**I WILL** praise God. **I WILL** worship.” You can begin by decision, and your feelings will start to change gradually.

#### E. The Weapon of Prayer

1. **James 4:2** – You have not because you ask not.
2. **Luke 22:40-46** – Jesus prayed during His suffering, temptation, and agony of mind.

## II. A Deceived Mind Produces A Deceived Life.

- A. **Genesis 3:1-6** – Eve was deceived by the lies of Satan. He attacked her mind.

1. Eve should have checked her heart.

- B. **Matthew 24:4** – See that no one deceives you and leads you astray.

- C. **I Corinthians 3:18** – Let no person deceive himself by thinking he knows it all.

1. Worldly wisdom and philosophy are worth nothing if they disagree with God’s Word.

- D. **James 1:22** – Reasoning causes us to deceive ourselves.
- E. The worldly person wants to understand everything mentally.
  - 1. An atheist or agnostic won't believe because they can't see God or figure Him out. They want control of their lives.
  - 2. Not believing in God is often just an excuse for one not being willing to change their lifestyle.
- F. **Romans 10:10-11** – With the heart (not the head) a person believes and is justified and made right with God.

### III. **The Renewing Of The Mind Is A Vital Necessity.**

- A. **Romans 12:2** – Our mind must be renewed if we want to experience God's good plan.
- B. **Ephesians 4:23** – Mind and attitude must be renewed daily.
- C. **Proverbs 23:7** – As a man thinks, so is he.
  - 1. Where the mind goes, the man follows.
- D. **Colossians 3:2** – Set your mind and keep it set on what is above (high things), not on low earthly things.
- E. It is a process, so don't give up!

### IV. **Be Positive – Think On Good Things.**

- A. Believe the best, not the worst.
- B. **Matthew 8:13** – It shall be done for you as you believe.
- C. A negative mind produces a negative life.
- D. A positive mind produces a positive life!





# Think About What You Are Thinking About

## I. Be Careful What you Think.

A. **Mark 4:24** – *And he said to them, Be careful what you are hearing. The measure [of thought and study] you give [to the truth you hear] will be the measure [of virtue and knowledge] that comes back to you – and more [besides] will be given to you who hear.*

B. **Joshua 1:8** – A prosperous life comes from thinking God's way!

C. **Psalm 1:1-2** – Blessed (**HAPPY, FORTUNATE, PROSPEROUS** and **ENVIABLE**) is the man who delights in and meditates on God's Word.

1. Is your mind filled with your problems or God's promises?

D. Is your life a mess?

1. If it is, then your mind is also a mess.

2. Do you allow Satan to use your mind as a garbage dump?

## II. When Is Your Mind Normal?

A. Our minds can be in many different conditions.

1. Confused

2. Peaceful

3. Worried

4. Passive

5. Busy
6. Decisive
7. Double-minded
8. Critical
9. Suspicious
10. Positive
11. Negative

B. What is normal? What should be the condition of our minds?

1. Peaceful, quiet, clear, calm, and well-balanced; enlightened by the Holy Spirit; a made-up mind (determined); a ready mind
  - a. **Colossians 3:1-2** – A mind set on things above
  - b. **Philippians 1:27** – Single mind
  - c. **Galatians 6:10** – A mind filled with ways to be a blessing
2. A mind that meditates on God's ways, Word, and works
3. **I Corinthians 2:16** – The mind of Christ
4. **Romans 8:6** – The mind of the Spirit

C. **Romans 8:6** – The dilemma of two minds

1. The mind of the flesh
2. The mind of the Spirit
3. **Romans 13:14** – Stop thinking wrong.

D. Our minds are not born again.

1. **Ephesians 4:22-23** – They must be renewed daily.
2. They must be controlled by us or they will be controlled by the devil.

**Romans 6:11** – Sin is not dead; we are dead to sin.

3. **Philippians 4:8** – Think on these things:
  - a. Whatever is true
  - b. Whatever is worthy of reverence and is honorable and seemly
  - c. Whatever is just
  - d. Whatever is pure
  - e. Whatever is lovely and loveable
  - f. Whatever is kind and winsome and gracious
  - g. If there is virtue and excellence
  - h. If there is anything worthy of praise

### III. Various Conditions Of The Mind

A. Wandering Mind

1. One that can't stay focused

**I Peter 1:13** – *So brace up your minds; be sober (circumspect, morally alert); set your hope wholly and unchangeably on the grace (divine favor) that is coming to you when Jesus Christ (the Messiah) is revealed.*

2. Jumps around from thing to thing – easily distracted

3. **Ecclesiastes 5:1** – We must train ourselves to give our minds to what we are doing.
  - a. We have a manifold increase in our power and ability when we give our mind to what we are currently doing.
  - b. For example: If I focus on what I am writing, my hand-writing improves; otherwise, I begin to scribble.
4. If I keep my mind on what I am doing, I don't make as many mistakes.

B. An anxious, worried mind

1. **Philippians 4:6** – *Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God.*
2. **Matthew 6:34** – *So do not worry or be anxious about tomorrow, for tomorrow will have worries and anxieties of its own. Sufficient for each day is its own trouble.*
3. Anxiety causes us to lose focus on current activity.

C. A wondering mind

1. **Mark 11:22-23** – We reason and wonder how things will turn out when we should be exercising our faith for a good outcome.

D. A doubtful, unbelieving mind

1. A wondering mind quietly turns into a doubtful, unbelieving mind.

**Matthew 16:7-8** – *And they reasoned among themselves about it, saying, It is because we did not bring any bread.*

*But Jesus, aware of this, asked, Why are you discussing among yourselves the fact that you have no bread? O you [men, how little trust you have in Me, how] little faith!*

E. A confused mind

1. **James 1:5-8** – Double mind
2. Our minds should be set and clear.
3. **I Corinthians 2:14-15** – The spiritual man discerns; he does not reason. Reasoning leads to confusion.
4. Obey – do not reason!

**James 1:22** – We deceive ourselves with reasoning.

F. A judgmental, critical, and suspicious mind

1. **Matthew 7:1** – Be cautious of hasty judgments and opinions.
  - a. Unless they edify, keep them to yourself.
  - b. How often do you give your opinion when nobody asks for it?
2. Criticism, judgment, and pride are bed partners.

**Romans 12:3**

3. **Galatians 6:1** – We are supposed to judge sin and try to bring the sinner to repentance and restoration, but do so in an attitude of humility and gentleness.

**II Corinthians 7:8-10**

4. Criticism and judgment turn to gossip and destruction.
5. Godly judgment confronts privately and deeply desires repentance and restoration.

**Matthew 18:15-17**

6. **I Corinthians 4:5** – Don't be hasty or premature.
  - a. Pray.
  - b. Wait for change or confirmation that you need to deal with the issue or person.
  - c. Many things work themselves out if we wait and pray.
  - d. Sometimes I ask God to let a person's true nature come out. If I do need to deal with someone, make it plain.
  - e. Suspicion
    - 1) **I Corinthians 13:7** – Love always believes the best of every person.
    - 2) Suspicion comes from the mind of the flesh. Discernment comes from the Spirit.





# What Would Jesus Think?

## I. The Mind of Christ

### A. I Corinthians 2:16

B. Jesus would not have a passive mind.

1. Jesus would choose His thoughts carefully. During His lifetime, and especially His three-year ministry, I am sure thoughts came to Him that He had to reject.

2. “Empty space is a place.”

a. Ephesians 4:27 – Neither give place to the devil.

b. Matthew 12:43-45 – Wrong, evil things can easily fill an empty space.

C. I Peter 5:8-9 – Be disciplined, serious, and cautious because the devil is looking for someone to devour.

1. Resist wrong thinking immediately.

D. I Thessalonians 5:6 – Let us be cautious, active, alert, watchful, and fully awake.

1. Don't be passive.

2. Don't be lazy.

3. Don't just wish.

4. Pay attention.

## II. Where The Mind Goes – The Man Follows.

A. Proverbs 23:7 – As a man thinks, so does he become.

1. Do you want Satan's plan for your life or God's?
- B. **Amos 3:3** – How can two walk together except they agree?
- C. Believe and agree with what God says about you.
1. **II Corinthians 5:21** – You have the right standing with God because you have received Jesus Christ as your Savior.
  2. **Jeremiah 29:11** and **Ephesians 2:10** – God has a good future planned for you.
  3. God loves you unconditionally.
    - a. **Ephesians 1:4-5** – His love is not based on your performance.
    - b. Our works don't buy God's love.
  4. **I John 1:7** – You are completely forgiven and washed clean in the blood of Jesus.
  5. **Romans 12:5-6** – You have gifts, talents, and abilities.
  6. **Romans 8:28** and **Psalms 139:16** – You have a purpose.
- D. What Does Satan Say? . . .
1. You are worthless and useless.
  2. God is angry at you because you just can't do things right.
  3. There is no hope and no future.
  4. You are powerless.
  5. You should just give up.
  6. Etc., etc. – I could find no Scripture to back up Satan's lies.

### III. The Mind Of Christ Is Full Of Faith.

- A. Be on guard not to let fear fill your mind.
  - 1. **II Timothy 1:7** – God has **NOT** given us a spirit of fear.
  - 2. **II Timothy 1:5-6** – Stir yourself up in faith, and fear will find no entrance.
  
- B. Fear is faith in what the devil says to you or shows you.
  - 1. The devil is a liar.
  
- C. Doubt, unbelief, and double-mindedness are all birthed out of fear.
  - 1. Faith has a “made-up mind.”
  - 2. Faith presses forward – it doesn’t look back.
  
- D. Faith is positive – it always sees the possibilities.
  - 1. Remember to think positively!!!







# Thinking Your Way Out Of Bondage

## I. How Long Have You Been In The Wilderness?

A. **Deuteronomy 1:2, 6** – It is time to move on.

1. Where the mind goes, the man follows.

2. **Romans 6:2, 11** – You are dead to sin, so now consider yourself dead to sin.

B. **Colossians 3:1-2** – Set your mind for what you want.

C. **Jeremiah 4:14** – How long shall your grossly offensive thoughts lodge within you?

1. Wash your heart from wickedness that you may be saved.

## II. Wrong Thought Pattern #1 – “My Past Dictates My Future.”

A. **Genesis 13:14-15** – God told Abraham He would give him all he could see.

1. What do you see for your future? Do you see anything?  
Are you still staring at your past?

B. Take a look at the Israelites’ attitude.

1. **Numbers 14:2-3; 20:2-4; 21:4-5**

C. They were so busy complaining about what they did not have that they couldn’t see what they could have.

1. You will remain where you are if all you see is what you have.

### III. Wrong Thought Pattern #2 – “Someone Do It For Me – I’m Not Responsible.”

- A. **Matthew 20:16** – Many are called; few are chosen.
  - 1. Everyone has equal opportunity with God, but not everyone is willing to do their part.
- B. **Joshua 1:1-3** – God gave Joshua something to do.
  - 1. Go take what I have given you.
- C. The Israelites were so lazy that Moses even did their repenting.
  - 1. **Exodus 32:30-32**
  - 2. **Joshua 1:2** – The reminder that “Moses is dead” was God’s way of saying it is time to grow up and take responsibility.

### IV. Wrong Thought Pattern #3 – “Life Is Too Hard.”

- A. **Deuteronomy 30:11** – What God gives us to do is not too hard.
- B. **Isaiah 1:5** – The whole head is sick and the heart is faint.
  - 1. The thinking is wrong and it causes us to faint (give up, quit).
- C. **Isaiah 40:28-31** – God does not grow faint, and He gives strength to us so we can do whatever we need to do and not faint or grow weary.
- D. **Galatians 6:9** – Be not weary in doing what is right, for in due time you will reap if you faint not.
- E. **Philippians 4:12-13** – I can do whatever I need to do.

## V. Wrong Thought Pattern #4 – Fault Finding And Complaining

- A. **I Corinthians 10:9-11** – The Israelites opened the door for destruction through complaining.
  - 1. This is recorded as a warning to us.
- B. Complaining seems to be **VERY** difficult to overcome.
  - 1. The flesh always wants “more” no matter what it has. If not controlled by the Spirit, it is always dissatisfied.
- C. We make decisions and then complain about the results.
  - 1. We schedule more than we can do, then complain about how busy we are.
  - 2. We buy things and complain about all of our bills.
  - 3. We overeat and then complain that we are overweight.
  - 4. We love children and complain about them.
  - 5. Etc.
- D. The antidote for complaining is being thankful on purpose.
  - 1. It is being positive (seeing what we have) instead of being negative (seeing what we don’t have).
- E. **I Thessalonians 5:18-19** – Be thankful in everything – it is God’s will and releases the Holy Spirit to work in your life.

## VI. Wrong Thought Pattern #5 – “I Can’t Wait Any Longer.”

- A. Impatience is the fruit of pride.
  - 1. We think we should have what we want now!
  - 2. We think we deserve better than we have.

3. We think we are too important and have too many important things to do to wait.
- B. **Numbers 21:4-5** – Impatience led the Israelites to complain.
1. Not dealing with one bad attitude opens the door for another.
  2. “One rotten apple can ruin the whole barrel.”
- C. **James 5:7** – Be patient as you wait.
1. You will wait – how you wait is the key to breakthrough.
- D. **James 1:2-4** – When we are fully patient, we will lack in nothing.

## VII. Wrong Thinking Pattern #6 – “It’s Not My Fault.”

- A. **Genesis 3:12-13** – Blame started in the Garden.
- B. **Numbers 21:5** – Why did **YOU** get us in this mess?
- C. “If” and “but” are two of the most deceptive words that exist.
1. If I had more money, a better job, more education, had not been abused as a child, had someone to help me, knew the right people . . . if, if, if  
  
**Luke 19: 1-5** – Zacchaeus did not get depressed because he was short. He did not say, “If I were just a little taller.” He climbed a tree. He found a way to compensate for what he did not have naturally.
  2. **BUT** – The land flows with milk and honey but . . . there are giants in the land. (See **Numbers 13:27-28.**)  
  
What if Dave had said to me: “Joyce, I love you and I want to marry you; **BUT**, I’m afraid our personalities are too different for us to ever get along”?

3. **Acts 7:9** – Joseph was sold into slavery, **BUT** God was with him.

**VIII. Wrong Thought Pattern #7– “I Feel Sorry For Myself Because I Have So Many Problems.”**

- A. **Philippians 2:4** – Be concerned for each other, not yourself.
- B. **Numbers 14:1-2** – The Israelites were about to drown in their own tears.
- C. Self-pity is a waste of emotional energy.
  1. It does not move the hand of God.
- D. You can't be pitiful and powerful.

**IX. Wrong Thought Pattern #8 – “I’ve Made Too Many Mistakes To Be Blessed.”**

- A. **Ephesians 1:3-5** – We are blessed in Christ.
- B. **Ephesians 2:1-10** – God saves and blesses us because He is good, not because we are.
- C. **Ephesians 3:12, 17-18, 20** – Know your position in Christ and boldly ask.

**X. Wrong Thought Pattern #9 – “I Want What You Have (Jealousy And Envy).”**

- A. **Proverbs 14:30** – Envy and jealousy are like rottenness to the bones.
  1. Negative emotions can and do make people sick.
- B. **John 3:22-27** – John refused to be jealous of Jesus. He knew he was in God's hands.

1. Let go and let God be God!
- C. Jealousy is rooted in insecurity – fears we have about ourselves.
1. If you have more than me, you will look better and be more popular.
  2. If you have more than me, perhaps I’m doing something wrong.
  3. If you have more than me, perhaps God loves you more.
- D. Jealousy is demonic.
1. It goes back to Lucifer wanting God’s position and not being satisfied with the one he had.
  2. If we can be #1 at being #2, it will make us #1 in God’s eyes.
- E. The only position we need is the one God gives us, and the only possessions we need are the ones God gives us.

## **XI. Wrong Thought Pattern #10 – “My Way Or No Way”**

- A. **Psalm 78:7-8** – The Israelites were stubborn and rebellious.
- B. In your thinking make way for God’s way.
1. **Luke 22:42** – *Saying, Father, if You are willing, remove this cup from Me; yet not My will, but [always] Yours be done.*
- C. Obedience should be our lifetime goal.
1. **Romans 5:19** – Each person affects many others with their choices.
- D. **Ecclesiastes 12:13** – In my own words:
1. The whole purpose of man’s creation is that he reverence and worship God by obeying Him. All godly character must be rooted in obedience – it is the foundation of all happiness.

No one can ever be truly happy without being obedient to God. Anything in our lives that is out of order will be brought into adjustment by obedience. Obedience is the whole duty of man.

2. Recently, my oldest son said: “Mom, I have something to tell you; and I may cry, but hear me out.” He then went on to say: “I have been thinking about you and Dad and the years you have put into this ministry, and all the times you chose to obey God and how it has not always been easy for you. I realize, Mom, that you and Dad have gone through things that nobody knows about, and I want you to know that this morning God made me aware that I am benefiting greatly from your obedience, and I appreciate it.”

### **Closing Scripture:**

**Romans 12:2** – *Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].*





