

Series: "THOUGHT LIFE"
Part 1: "THE BATTLE FOR YOUR MIND"
Crossroads Community Church
November 14, 2021

The most frequent type of negative thoughts I struggle with are...

(anger, lust, greed, self-doubt, fear, anxiety, regret, pride...)

Three Sources of Negative Thoughts:

1. The _____

2. The _____

¹⁰ Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Ephesians 6:10-12 (NIV)

¹⁹ For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander. ²⁰ These are what defile a person;

Matthew 15:19-20a (NIV)

3. Our _____

⁹ The heart is deceitful above all things and beyond cure. Who can understand it?

Jeremiah 17:9 (NIV)

2 Keys to Taking Control of Your Thought Life...

1. Don't believe everything you _____

2. Use the _____

¹² For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Hebrews 4:12 (NIV)

¹² In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food!

Hebrews 5:12 (NIV)

¹⁴ A wise person is hungry for knowledge, while the fool feeds on trash.

Proverbs 15:14 (NLT)

How to use God's Word...

- _____ to it
- _____ it
- _____ it

²² Do not merely listen to the word, and so deceive yourselves. Do what it says.

James 1:22 (NIV)

Additional Tools:

Bible Apps

YouVersion: <https://www.youversion.com/the-bible-app/>

Dwell Bible App: <https://dwellapp.io/>

Three Excellent Translations:

- The NIV – New International Version, a great balance of readability and faithfulness to the original text.
- The ESV – English Standard Version, a focus on word for word translation, slightly harder to understand but closer to the original sentence structure.
- The NLT – New Living Translation, emphasizes making the Bible clear and easy to understand.

A Reading Plan

Need help finding a place to start reading the Bible?

Text PLAN to 920 717-1715 to take the survey and receive personalized Bible reading suggestions.

Notes:
