

Winning the War in Your Mind

TALK IT OVER

Key Scriptures

³We are human, but we don't wage war as humans do. ⁴We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. ⁵We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.
2 Corinthians 10:3-5 NLT

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

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.
Romans 12:2 NLT

By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence.
2 Peter 1:3 NLT

Start talking. Find a conversation starter for your group.

- What's a song or jingle that constantly gets stuck in your head?
- Are you a naturally quick to make a decision and stick to it, or do you often get stuck trying to decide between things?

Start thinking. Ask a question to get your group thinking.

- Think about a time you struggled with anxiety or toxic thoughts. What did you learn through that experience?
- Our lives are always moving in the direction of our strongest thoughts. Where do you think your life is headed, based on your thoughts? Is there anything you would like to change about your destination?

Start sharing. Choose a question to create openness.

- What stronghold is holding you back? What negative statement do you say about yourself, and how does it affect you?
- What truth demolishes that stronghold? How can you replace that negative statement with truth from Scripture?
- Read 2 Peter 1:3 – How does knowing that God has given us everything we need to live a godly life help you demolish the strongholds in your mind and embrace the truth of God's word?

Start praying. Be bold and pray with power.

Father, reveal to me any lies that I am believing about myself, others, or You. Help me replace those lies with Your transformative, healing truth. Renew my mind. Transform my thoughts. And make me more like You today and every day. In Jesus' name, amen.

Start doing. Commit to a step and live it out this week.

- Write down the biggest stronghold that is holding you back. Find the truth from God's word that demolishes that stronghold.
- From God's word, create a truth statement that you can read and declare over yourself. Write it down, and put it somewhere where you will see it and be reminded of the truth frequently.