

## MIND GAMES

### Learning God's Strategy for Winning the Battle in Your Mind

#### Day 1: Scout the Field Identifying the Enemy's Strategy

##### Theme Scripture

##### 2 Corinthians 10:5

"Taking captive every thought to make it obedient to Christ."

##### Daily Takeaway

"Don't believe everything you think."

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##### Key Lesson Truth

The greatest battlefield is often the \_\_\_\_\_.

Before the enemy can influence our actions, he often influences our \_\_\_\_\_.

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##### Main Scriptures

##### Ephesians 6:12

Our struggle is not against:

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But against:

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##### 2 Corinthians 10:4-5

The weapons of our warfare are:

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We are commanded to:

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## Recognizing the Enemy's Strategies

Common attacks on the mind:

- ☐ Doubt
- ☐ Fear
- ☐ Confusion
- ☐ Condemnation
- ☐ Comparison

Which one do you struggle with most?

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## Thought Investigation

Complete the chart:

### Negative Thought What Does God's Word Say?

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## Reflection Questions

1. What negative thought do you battle most often?

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2. How does that thought affect your attitude and actions?

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3. What truth from Scripture can replace that thought?

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### My Thought Captivity Plan

When a negative thought comes, I will:

1.

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2.

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3.

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4.

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### This Week's Challenge

Become a "Thought Detective."

Whenever you feel:

☐ Angry

☐ Fearful

☐ Worried

☐ Discouraged

Ask:

**"What thought came before this feeling?"**

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### Prayer

Lord, help me recognize thoughts that do not agree with Your Word. Give me wisdom to take every thought captive and replace lies with Your truth. Amen.