

**WINNING THE BATTLE FOR THE MIND:**  
understanding strongholds and how to tear them down  
July 10, 2022

When Christ is on the throne, self  
is on the cross. When self is on  
the throne, Christ is on the cross.  
—Bill Bright

FBC MISSION: Seeking to honor God by developing fully devoted followers of Jesus who love, live, and share Him.  
Memory Verse for July: Psalm 31:13-14

**Text:** 2 Corinthians 10:1-6

**Introduction:**

**Big Idea:** You are not responsible for every \_\_\_\_\_ that comes into your mind. But you are responsible for what you \_\_\_\_\_ them once they are there.

**1. Paul's thinking was shaped by Christ which then influenced his \_\_\_\_\_ relationships (1-2)**

**2. Paul described his life ministry in \_\_\_\_\_ terms (3-4)**

- he explains three things about his ministry that is true of all ministry:
  - we are at \_\_\_\_\_
  - we must use the \_\_\_\_\_
  - the weapons are meant to accomplish a specific task; to \_\_\_\_\_ strongholds

**3. Paul learned that a war is won in the \_\_\_\_\_ of \_\_\_\_\_ (5-6)**

- A literal stronghold is a \_\_\_\_\_
  - Literally speaking a *stronghold* is actually a reference to a fortified **structure** or a **fortress**.
- A spiritual stronghold is a \_\_\_\_\_
  - In the New Testament Paul used *stronghold* as a metaphor to refer to a false yet very strong state of mind.
    - It's the fruit of Satan's work within us.
    - A false logic or speculation that underestimates the redeeming power of God.
- Spiritual strongholds are formed when a \_\_\_\_\_ takes the place of \_\_\_\_\_
- Common roots of spiritual strongholds
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

**TRUTH INTO ACTION: Tearing down the Spiritual Strongholds**

- Humble dependence on God is the weapon which will demolish lofty opinions that form the foundation of all spiritual strongholds. Invite God the Holy Spirit to reveal pride in your life.
- As God speaks to your heart, here are some things to remember:
  - Allow the Holy Spirit to make God's Word a reality in your heart and mind.
  - Meditate on how this Word applies to your life (Jeremiah 23:29)
  - Place yourself in agreement with what God says about you (see yourself as God sees you).
  - Dwell on how what God says changes your situation.
  - Let what God says be your "new normal."



Please understand we want to help you know Jesus personally and journey with you in taking fresh steps of obedience daily. We would love to pray with you and for you. Join us at the end of the service for prayer or send us your request on the Connect Card and we will lift them up throughout the week.

## Table Talk

Warm Up: What is the best, most memorable moment from your childhood?

1. Write down your main take away thoughts after hearing today's sermons:

2. A stronghold is a human – made system of thought, that may contain a bit of truth, but still leads people away from the truth of God and a life of flourishing. Some examples include: “God doesn't really love me.” Or, “You can't trust anyone.” What are some other strongholds you see in the world around us?

3. What does it mean for us to tear down strongholds (false ways of thinking)?

4. Once we have freed our thoughts and mind of the strongholds that hold us back from God, we need to fill our mind with something true or those old strongholds will find their way back. What are some positive ways we can feed our mind?

5. Finally, a transformed mind for Christ needs to be focused. We can do this by filtering what we think about the books and magazines we read, the movies or TV shows we watch, or dwelling on things from our past. God gives us instructions for filtering what we set our minds on.

- Read Philippians 4:8
- Rate yourself on your ability to focus on what is true and lovely on a scale of one to ten, with one representing “dwelling on the negative,” and ten representing “focusing on what is true.” How do you rank yourself?
- What makes putting Philippians 4:8 into practice difficult?

6. Wrap up discussion. The battle between David and Goliath is good example of fighting with divine weapons. The story begins with David offering to fight Goliath when the rest of the Israeli army is afraid. Saul tries to get David to wear armor and use a sword (human weapons), but they are too heavy for David. Instead, he takes a sling shot - something which is foolish in the eyes of the world. But David explains why his worldly weapon is not what matters. Read the passage below and discuss what you read:

- 1 Samuel 17:45-47: 45 Then David said to the Philistine, “You come to me with a sword and with a spear and with a javelin, but I come to you in the name of the LORD of hosts, the God of the armies of Israel, whom you have defied. 46 This day the LORD will deliver you into my hand, and I will strike you down and cut off your head. And I will give the dead bodies of the host of the Philistines this day to the birds of the air and to the wild beasts of the earth, that all the earth may know that there is a God in Israel, 47 and that all this assembly may know that the LORD saves not with sword and spear. For the battle is the LORD's, and he will give you into our hand.”

Closing Prayer: Father you designed each of us to fill our minds with your truth. When we do our actions honor you and when we don't, we sink into disobedience. Help up Father to win the battle for our minds and love You and others well!