

**WINNING THE WAR IN YOUR MIND**  
**Part 1: Winning the War**

**Objective:** To help us identify strongholds in our minds and begin to destroy them with the power of God's Word.

*For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

2 Corinthians 10:3-5

*For as he thinks in his heart, so is he. ...*

Proverbs 23:7

*His divine power has given us everything we need for a godly life ...*

2 Peter 1:3 NIV

- 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?
- 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?

**Consider this week:**

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- Create a truth statement to combat lies you're believing. Share it with your LifeGroup, then commit to declaring it over yourself every day for 30 days.
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- Start the *Winning the War in Your Mind* Bible Plan using Plans With Friends.

**Final Thought:** Most battles are won or lost in your mind. What are you going to do this week to begin winning the war in your mind?



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