



## Low Power Mode: Mind

October 15-16, 2022

We have more to share. Text **CONNECT** to **888-644-4034**

Doyle A. Jackson

**Jeremiah 46:3-5** (NIV) *The Prophet Jeremiah warns Egypt* **3** “Prepare your shields, both large and small, and march out for battle! **4** Harness the horses, mount the steeds! Take your positions with helmets on! Polish your spears, put on your armor! **5** What do I see? They are terrified, they are retreating, their warriors are defeated. They flee in haste without looking back, and there is terror on every side,” declares the Lord.

### I. We All Need to Protect Our Head and Thoughts

**Philippians 4:5-7** (NIV) *Paul’s closing thoughts...* **5** Let your gentleness be evident to all. The Lord is near. **6** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.


“The Enemy wants to distract you from the plan God has for your life. Satan’s ultimate strategy is to lead you off course but, thankfully, God has a strategy to keep you on track.” — Dr. Tony Evans

 God’s strategy for \_\_\_\_\_ our hearts and minds is prayer.

### II. Discipline Your Mind


**2 Corinthians 10:3-6** (NKJV) *Paul speaks of spiritual warfare* **3** For though we walk in the flesh, we do not war according to the flesh. **4** For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds, **5** casting down arguments and every high thing that exalts itself against the knowledge of God, **bringing every thought into captivity to the obedience of Christ**, **6** and being ready to punish all disobedience when your obedience is fulfilled.

 Prayer \_\_\_\_\_ the stronghold.

 Preaching the word of God brings \_\_\_\_\_.

### III. The Danger of Negative Self-Talk/Thought

**Matthew 6:27** (NIV) *Jesus in The Sermon on the Mount addresses worry...* **27** Can any one of you by worrying add a single hour to your life?

 What am I really \_\_\_\_\_ about?

 You must identify and \_\_\_\_\_ every lie or it will come out of you.

**Ephesians 4:29** (NIV) *How to live now...* **29** Do not let any unwholesome talk come out of your mouths, but **only what is helpful** for building others up according to their needs, that it may benefit those who listen.

### IV. How to Quiet Your Mind Once and for All


**Isaiah 61:1-3** (NCV) *The Savior...* **1** The Lord God has put his Spirit in me, because the Lord has appointed me to tell the good news to the poor. He has sent me to comfort those whose hearts are broken, to tell the captives they are free, and to tell the prisoners they are released.

**2** He has sent me to announce the time when the Lord will show his kindness and the time when our God will punish evil people. He has sent me to comfort all those who are sad

**3** and to help the sorrowing people of Jerusalem.

**I will give them a crown** to replace their ashes, and the oil of gladness to replace their sorrow, **and clothes of praise to replace their spirit of sadness.**

Then they will be called Trees of Goodness, trees planted by the Lord to show his greatness.

 How would your life be different if you put on God’s \_\_\_\_\_?

#### Prayer:

**Heavenly Father, I thank you for my mind. Fill my thoughts with your words of truth. I am amazed by how You created me. I put away all my negative thinking habits and choose to look for the good. I will meditate on your good word. In Jesus name, Amen.**

**1 Thessalonians 5:23-24** (NIV) **23** May God himself, the God of peace, sanctify you through and through. **May your whole spirit, soul and body** be kept blameless at the coming of our Lord Jesus Christ. **24** The one who calls you is faithful, and he will do it.

#### This Week’s Bible Readings (Use the TCND App if you want to listen):

**Sat** Zephaniah 1-3  **Sun** Psalms 109-112  **Mon** 1Kings 1-3; Matt. 17

**Tue** 1Kings 4-6; Matt. 18  **Wed** 1Kings 7-9; Matt. 19

**Thur** 1Kings 10-12; Matt. 20  **Fri** 1Kings 13-15; Matt. 21  **Sat** 1Kings 16-18



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