

# **Sermon Notes - 10/23/19**

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### **Battlefield of the Mind**

Battle of the Mind

The thoughts we have are not just one and done. "I had this thought" and then it's done.

Our thoughts will lead to other thoughts and it will lead you toward a destination. Good, bad or ugly, your thoughts have created a train.

A term for this is called: Train of thought—the way in which someone reaches a conclusion; a line of reasoning.

Unlike anything else in your life, what you think about in your mind actually impacts your attitude, behavior, decisions, it impacts your life.

Webmd train (stay off webMD)

Dating train (reading into mix signals)

Work train (expecting the worse)

If we can't learn to get off the thought train, your thoughts are going to be controlling you.

So how do we STOP the thought train?

Taking control of your thoughts is a game changer... You can't control all of your circumstances, everything you're going to face in life, but you can control your thoughts and how you react to them.

Our mind is powerful, and tonight we're going to talk about how you can win the battle of the mind.

We're going to look at three things to win the battle for your mind...

2 Corinthians 10 (written by the apostle Paul. He wrote this book to the Corinthian

church, and in it he lays out some of the things they're to do as it relates to thinking.)

Vs 3-4

*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.*

\*\*strongholds is translated in Hebrews as prisons. The things we fight with have the power to unlock people from prisons they find themselves creating in their own minds.

Vs5

*We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive [capture, arrest]*

Paul says that as followers of Jesus, we have to take every thought captive.

The way you fight the battle of the mind involves taking captive, arresting, the thoughts and aligning them with truth and getting rid of any of the toxic thoughts you have.

If you want to experience freedom and really win the battle of your mind, you have to...

1. Remove toxic thinking (lust, negativity, anxious thoughts) We should all say... "what is this thought? Is this from God? Is this what he would want me to be thinking? Anything that's not, I'm going to remove that from my mind."

Has anyone ever found themselves not believing the best about someone? Toxic thought

Have you found yourself obsessing over why you didn't get invited on that girls/ guys trip, obsessing over why you weren't invited to that birthday party? Toxic thought

Have you ever found yourself living in the "What if?" mentality, which is just fear? Toxic thought

You either take your thoughts captive, or your thoughts will take you captive!!!

think in the last 24 hours. Were the thoughts you had over the past 24 hours \*\*more worried thoughts or peaceful thoughts?

\*\*more negative or positive?

\*\*more worldly or eternal?

It is impossible to live a positive life with negative thinking, it is impossible to have an eternal mindset with worldly thinking.

Apostle Paul said you have to take those thoughts captive. You remove every single toxic thought. For some of you, this means you have to remove some of the things in your life that are fueling the toxic thoughts.

Philippians, chapter 4 (Paul writes the book of Philippians from a jail. He writes out these words, as he's arrested for his faith and thrown in a jail. He's physically chained to a Roman guard, and he writes out these words to the Philippian church. He says...

V8

*"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."*

He's saying... whatever is true, whatever is noble, right, whatever is pure, lovely, admirable, which is just worthy of worship. You could say heavenly. He says, "Begin to think about these things." Think about what is true. Think about who God is. Think about the truths that are contained in God's Word.

2. Replace the lies with the truth. If you want to win the battle of the mind, it involves replacing the lies with the truth.

You can't change you or anyone else. but over and over the Bible teaches that Jesus can change you and he will if you surrender and walk with him.

The more you renew your mind around the truth from God's Word and reject the lie, it only gets easier and easier to replace the lie with truth.

In Romans 12:2 it says when you renew your mind it changes the way you think.

Through stunning new technology, neuroscientists can actually watch as our thoughts, emotions, and choices register in the brain by a cascade of physical and energetic changes in the structure of its cells.

You create neural pathways, that make it easier to run to that truth every single time the more you do it. It weakens the power of the lie. It makes it less likely to start the train.

There are going to be times where you're just at a place where you're like, "I am stuck. I don't know how to get off this train. I don't want to be on this train. I don't know how to get off of here. I don't know what else to do."

And I say, this relates to real life. If you were in the wrong train and you needed to get off, but didn't know which one was right and you couldn't figure it out, what would you do?

Ask for help!

This is how you're going to win the battle of your mind, because you will not always know how to combat it with truth..." I can't get on the right train. I want to fight this lie. I just don't know how to right now."

\*\*\*\*You have to bring others in. It's how God created and wired us to work.

### 3. Change your perspective (outlook)

#### Philippians 4:4

*"Rejoice [have joy, be joyful] in the Lord always. I will say it again: Rejoice means to be joyful!"*

Whatever situation you're in, you have an opportunity to change it with the right perspective around you. The apostle Paul was able to choose joy because he maintained an eternal perspective, he wasn't focused on being chained up to a guard or that he may even die there. Because he knew he was going to spend forever and ever with God.

His joy wasn't situational, he chose it.

Find the best in every situation. Choose to look for the goodness of God in every situation.

like our social media filters

Car breaks down

Washer machine breaks

Sick

CLOSING:

Romans 8:28 says that if you are a follower of Jesus everything in your life is going to be made to work for your good

All of us can experience winning the battle of the mind if we remove toxic thoughts and replace the lies with the truth and change your perspective. Here's what's encouraging to me. The more you embrace God's truth in the midst of the lie, the easier it becomes for your mind to run to the truth.

Renewing your mind isn't a one-and-done deal. It takes real perseverance!