



WINNING THE WAR IN YOUR MIND

SESSION 2 NOTES RUTS & TRENCHES

YOUR AMAZING BRAIN!

The more you think a thought, the _____ it is to think it ...

CROSSED WIRES

If you don't control what you _____, you will never control what you _____.

YOUR CHOICE

You are not _____ where you are unless you _____ to be.

His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, 4 by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature ... 2 Peter 1:3-4

RUTS



TRENCHES



Do not be conformed to this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will. Romans 12:2

REWIRING YOUR BRAIN

Meditation: _____ one's _____ on the things of God.

**Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be _____ and _____.
Joshua 1:8**

DECLARING TRUTH

REWIRE PRINCIPLE

Write it - Think it - Confess it - Believe it ...

TAKE HOME

In this session we dug even deeper into what it means to meditate on God's Word and then convert biblical principles into lifelong declarations. Use the following worksheet to renew your mind with God's truth. This will take some work. It will not be easy. But if you will put in the time and energy, you will create new trenches of truth so God can renew your mind. And when you change your thinking you will change your life by the truth of God.

Pray - Father, show me any weaknesses I have in my life as a result of believing a lie. Help me identify what truth from Your Word I can use to fight that lie. Give me wisdom as I create daily declarations, and guide me as I begin the process of renewing my mind. In Jesus' name, amen.



WINNING THE WAR IN YOUR MIND

DECLARING TRUTH

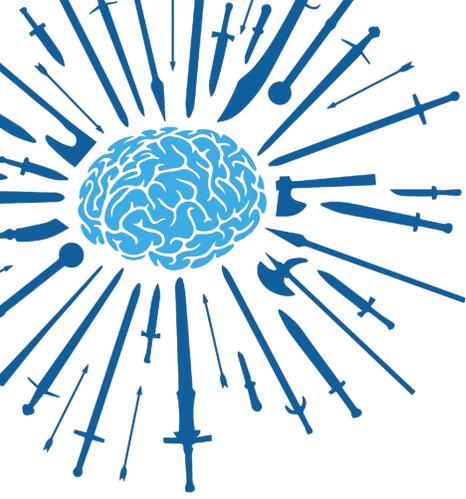
Write it - Think it - Confess it - Believe it ...

Here are some Truth Statements to get you started. As you begin to spend time evaluating your thoughts and the lies that you have believed search the Scriptures for God's Truth to overcome those lies. Develop your own declarations and begin to meditate and speak God's Truth over your life. Remember, the transformation is not your work, it is God's power working in you as you place God's word at the center of your life.

23 Now may the God of peace make you holy in every way, and may your whole SPIRIT, SOUL, and BODY be kept blameless until our Lord Jesus Christ comes again. 24 God will make this happen, for he who calls you is faithful. 1 Thess. 5:23,24

- Struggling to Know God's Will: My life belongs to God. Daily I seek him and daily he directs my steps. I know his voice and he leads me to his perfect will.
- Lack confidence: My confidence is in Christ and Christ alone. Because his Spirit lives within me, I can do everything he calls me to do.
- Fighting lustful thoughts: I'm not a slave to lustful thoughts. Because God has purified my mind, I will honor him with my eyes and thoughts. My God is faithful. Even if I'm tempted, he will always give me a way out.
- Find comfort in food: When I'm stressed, I turn to God, not food. I come to Jesus because he is what I need. In Him, I find strength and comfort.
- Battling worry: Because of Christ, I'm not anxious about anything. I cast my cares on God because he cares for me. I have the peace of God dwelling in my heart and ruling my mind.
- You see yourself as a victim: God is for me, so who can be against me? My God is working all things for my good. I am more than a conqueror through Jesus, who loves me and gives me strength.

All this might feel foolish at first. Remember, anything new can feel strange in the beginning. You will be saying something you want to believe, but your life may be saying something different. That's okay. Don't be discouraged. Don't give up. The pull toward your old negative thoughts will likely be stronger than you can imagine. Resist those lie. Keep renewing your mind with God's truth, and it will become true of you. Take steps of obedience as God's Truth and the Holy Spirit reveal wrong thoughts, attitudes, and behaviors as you renew your mind.



MY DECLARATIONS OF TRUTH

Write it - Think it - Confess it - Believe it ...

His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, 4 by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature ... 2 Peter 1:3-4