



# WINNING THE WAR IN YOUR MIND

# SESSION 1 NOTES TRUTH & LIES

## BASIC TRAINING

Our lives are always moving in the \_\_\_\_\_ of our \_\_\_\_\_ thoughts.

## THOUGHT AUDIT

<b>WORRIED</b>	<b>1 2 3 4 5 6 7 8 9 10</b>	<b>PEACEFUL</b>
<b>NEGATIVE</b>	<b>1 2 3 4 5 6 7 8 9 10</b>	<b>POSITIVE</b>
<b>WORLDLY</b>	<b>1 2 3 4 5 6 7 8 9 10</b>	<b>ETERNAL</b>

You cannot have a \_\_\_\_\_ life if you have a \_\_\_\_\_ mind.

## POWER OF PERCEPTION

A \_\_\_\_\_ believed as truth will affect your \_\_\_\_\_ as if it were true

## LIES AND STRONGHOLDS



**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 Cor. 10:3-5**

### TAKE EVERY THOUGHT CAPTIVE

**If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.” John 8:31,32**

### THE REPLACEMENT PRINCIPLE

#### REMOVE THE LIE

**Identify the Biggest Stronghold Holding You Back**

#### REPLACE WITH TRUTH

**Name the Truth That Demolishes That Stronghold**

### TAKE HOME

As you go through a normal day, take stock of your thoughts. Write them down, type them into your phone. Be honest. Don't lie to yourself about the lies you tell yourself. Evaluate the factors consistent in your day. Are you more negative in the morning but usually level out by the end of your workday? Or the opposite? Do you tend to bring negative thinking home with you? Consider all the dynamics and patterns of your day. Pray and ask God to reveal anything he wants you to see and understand how you think. Remember you cannot change what you do not confront!

Father, reveal to me any lies that I am believing about myself, others, or YOU. Help me replace those lies with Your transformative, healing truth. Renew my mind. Transform my thoughts, and make me more like You today and every day. In Jesus' name Amen.