

HOPE FOR MENTAL HEALTH SERMONS

The Battle for Your Mind

THE BATTLE FOR YOUR MIND

“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. And we will be ready to punish every act of disobedience, once your obedience is complete.”

2 Corinthians 10:3-7

6 PRINCIPLES

1. _____.

“The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?” Jeremiah 17:9

“If we say we have no sin, we deceive ourselves, and the truth is not in us.” 1 John 1:8

2. _____.

“A wise person is hungry for truth while the fool feeds on trash.” Proverbs 15:14

“I will not set before my eyes anything that is worthless...” Psalm 101:3

Two Ways to Guard Your Mind

- Conversational prayer
- Concentrated focusing

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” Philippians 4:6-8

One of the keys to overcoming temptation. _____.

3. _____.

“Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.” Matthew 11:28-30

“Counsel in the heart of man is like deep water; but a man of understanding will draw it out.” Proverbs 20:5

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“Intelligent people are always ready to learn.” Proverbs 18:15

“Those who are wise store up knowledge.” Proverbs 10:14

“Those who get wisdom do themselves a favor, and those who love learning will succeed.” Proverbs 19:8

4. _____.

Five Levels of Learning

- **Knowledge**
- **Perspective**
- **Conviction**
- **Character**
- **Skills**

5. _____.

6. _____.

“Where there is no vision the people perish...” Proverbs 29:18

“Now glory be to God who by his mighty power at work within us is able to do far more than we would ever dare to ask, or even dream of - infinitely beyond our highest prayers, desires, thoughts, or hopes.” Ephesians 3:20

COVENANT FOR YOUR MIND

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H _____

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N _____

K _____

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