

“Get a Grip”

Summary

What if the greatest barrier to everything God wants to do in and through us is not our circumstances, but the kingdoms ruling our minds? This message cuts straight to the heart of that question. We are reminded that every thought carries a nature behind it, and that nature is either drawing us toward the purposes of God or pulling us away from them. Ephesians 6:12 grounds us in the reality that our real struggle is not with people or situations but with spiritual forces that traffic in doubt, fear, and small thinking. When we learn to judge every thought by its nature, asking whether it reflects the character of God or something far less, we begin to see how much of our daily inner life has been quietly surrendered to kingdoms that do not belong to us. The invitation here is not to self-improvement but to a genuine shift in spiritual authority, one that begins in the mind and transforms the heart. If we take seriously the truth that the kingdom ruling our minds will ultimately conquer our hearts, we cannot afford to be passive about what we allow ourselves to meditate on. This is a call to a more intentional, more consecrated inner life, and it is one worth answering.

Small Group Study Guide – Get a Grip

Based on the sermon by Bishop Zink

Overview

This sermon calls believers to examine the kingdoms ruling their minds, to listen carefully to the voice of the Holy Spirit, and to embrace God-sized vision without shrinking back in fear or doubt. Drawing from decades of ministry experience, Bishop Zink challenges the church to pursue purity of thought, unity of purpose, and bold obedience -- even when the vision seems impossible.

Key Takeaways

1. The kingdom that rules your mind will conquer your heart -- what you allow into your thinking shapes who you become and what you do.
 2. Every thought has a nature behind it -- godly, fleshly, or demonic -- and we are responsible for discerning and judging those natures.
 3. The thoughts you choose to meditate on cast a vote for the kingdom that will rule your life.
 4. God's work is to purify your heart; your work is to maintain pure thoughts through a disciplined, Spirit-led mind.
 5. He who casts off restraint loses the rulership of his life -- freedom must have a righteous purpose or it will destroy those who misuse it.
 6. Ruling kingdoms of thought cannot be dismantled by willpower alone -- they require a fresh anointing.
 7. The place of agreement is the place of power -- unity among believers releases the supernatural.
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Discussion Questions

Opening

1. Think about a time when God asked you to do something that seemed completely impossible from a human standpoint. How did you respond? What was the outcome?
 2. Bishop Zink said, "God's speaking and we're not listening. He has to interrupt us sometimes." When was the last time you felt genuinely interrupted by God? What was happening in your life at that moment?
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The Kingdom That Rules Your Mind

3. Bishop Zink stated that the kingdom ruling your mind will ultimately conquer your heart. What kingdoms -- whether fear, doubt, ambition, comfort, or others -- have competed for rulership in your mind recently?
 4. Proverbs 23:7 teaches that a person becomes what they consistently think about. In practical terms, what does your daily thought life reveal about the kingdom currently winning ground in your heart?
 5. Bishop Zink described being tuned in on AM while God is broadcasting on FM. What are some of the loudest "AM signals" in your life right now -- voices, habits, or distractions - - that might be drowning out the voice of the Holy Spirit?
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Thoughts and Their Nature

6. Bishop Zink taught that every thought has a nature behind it -- godly, fleshly, or demonic -- and that we should judge everything by its nature. How does this framework change the way you think about the thoughts that come into your mind throughout the day?
 7. When the disciples wanted to call down fire on those who rejected Jesus, he told them they did not know what spirit they were of. Can you think of a situation in your own life - - past or present -- where a thought or reaction felt justified but was actually rooted in the wrong spirit?
 8. Bishop Zink said, "Whatsoever is not of faith is sin -- and everything God asks you to do is impossible." How does this statement challenge or expand your understanding of what faith actually requires of you?
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Meditation and Restraint

9. The Hebrew word for meditate can also be translated as "mutter" -- meaning to speak the Word quietly and repeatedly throughout the day. What would it look like practically for you to build this kind of Word-saturated rhythm into your daily life?
 10. Bishop Zink warned that entertainment means our thoughts "enter and are retained." What are you regularly entertaining yourself with, and how might that be shaping your inner life in ways you have not fully considered?
 11. Bishop Zink said, "He who casts off restraint loses the rulership of his life." Where in your life are you most tempted to cast off restraint in the name of freedom or personal preference? What does righteous restraint look like in that area?
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Vision, Agreement, and Fresh Anointing

12. Bishop Zink described how opposition, mockery, and doubt from others -- even fellow pastors -- tried to derail the vision God gave him for Providence School. How do you personally guard God-given vision against the erosion of other people's unbelief?
 13. Bishop Zink said, "The place of agreement is the place of power." What does genuine, Spirit-led agreement look like in a local church, and what are the biggest barriers to that kind of unity in your experience?
 14. He said ruling kingdoms of thought must be torn down through a fresh anointing -- you cannot think your way out of them. What does pursuing a fresh anointing look like for you personally in this season?
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Personal Calling and Legacy

15. Bishop Zink challenged everyone to "volunteer for the next mission" regardless of age or circumstance, saying, "Your life is not over as long as you have a mission." What mission do you believe God is currently calling you toward? What is keeping you from fully stepping into it?
 16. He emphasized the importance of multi-generational impact -- investing in the next generation so that what God builds does not stop with one person or one era. What are you doing right now, or what could you begin doing, to invest in the generation coming behind you?
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Practical Applications

Choose one or more of the following to put into practice before your group meets again.

Thought Audit -- For one week, pay deliberate attention to the nature of your thoughts. When a thought arises, pause and ask: Is this godly, fleshly, or demonic in nature? Keep a simple journal of what you notice. Bring your observations back to the group.

Taking Every Thought Captive -- Bishop Zink described running a personal fast focused entirely on 2 Corinthians 10:5, the biblical principle of taking every thought captive to the obedience of Christ. Consider committing to a three-day fast -- from food, social media, or another significant distraction -- with the specific focus of bringing your thought life into alignment with Scripture.

Scripture Meditation -- Choose one verse this week and practice the ancient discipline of muttering it -- speaking it quietly and repeatedly throughout your day. Pay attention to how consistent meditation on that verse begins to shift your thinking and your emotional responses.

Identify a Ruling Kingdom -- Prayerfully ask the Holy Spirit to reveal one area of your life where a negative ruling kingdom of thought has taken hold. Write it down. Then ask God what a fresh anointing in that area would require of you and take one concrete step in that direction.

Speak Life Over Vision -- If your church or small group has a shared vision or goal, make a commitment this week to speak in agreement with that vision rather than against it. Be intentional about the words you use when discussing the future of your church and community.

Invest in the Next Generation -- Identify one young person in your life -- whether a child, a teenager, or a young adult -- and make a deliberate investment in them this week. It could be a conversation, a meal, a word of encouragement, or a practical act of service. Begin building a multi-generational bridge.

Closing Prayer Focus

As you close your small group time, pray together over these specific areas:

- That each member would develop ears to hear the voice of the Holy Spirit clearly above all competing voices
- That God would reveal and dismantle any ruling kingdoms of thought in each person's life
- That your church would walk in genuine unity and Spirit-led agreement around the vision God has given
- That a fresh anointing would fall on every person in the room
- That the next generation would be reached, disciplined, and sent

"The place of agreement is the place of power." -- Bishop Zink

Main Points – Main Points – Get a Grip

Sermon Summary:

Drawing from decades of pastoral experience, Bishop Zink challenges believers to examine the spiritual nature behind their thoughts, surrender personal opinions and preferences to God's larger purposes, and embrace the fresh anointing required to tear down ruling kingdoms of negative thinking. Using the founding of a school in Jacksonville as a central testimony, the sermon illustrates how God-given vision always exceeds human capacity and comfort, and that obedience to the voice of the Holy Spirit -- even when costly, uncomfortable, or mocked -- produces fruit that outlasts any individual life. Bishop Zink calls the congregation to recognize the unique destiny God has placed on their community, to unify around Pastor Rob's vision, and to understand that freedom, speech, and action must all be governed by a righteous, God-directed nature.

Key Points:

- The kingdom that rules your mind will conquer your heart -- what you allow into your thinking determines the direction of your life and your usefulness to God's kingdom
- Every thought has a spirit and a nature behind it, and believers are responsible for judging whether that nature is godly, fleshly, or demonic
- The thoughts you choose to meditate on cast the vote for the kingdom that will rule your life -- worship and meditation direct passion and shape destiny
- God's work is to purify the heart, but the believer's responsibility is to take every thought captive to the obedience of Christ
- He who casts off restraint loses the rulership of his life -- freedom must have a righteous purpose or it will destroy those who misuse it
- God will not lay aside His nature for anyone -- He loves the person but does not endorse ungodly nature
- Ruling kingdoms of thought cannot be dismantled through human reasoning alone -- a fresh anointing is required
- The place of agreement is the place of power -- unity around God-given vision releases supernatural results
- Vision given by God is always generational and must be planted in schools and communities to produce multi-generational impact
- Political thinking and congregational power struggles kill vision and break the hearts of God-given leaders

Scripture Reference:

- Proverbs 23:7 -- a person's inner thought life shapes who they actually are
- Ephesians 6:12 -- the believer's true struggle is not against people but against spiritual powers and authorities operating in the unseen realm
- Matthew 18:19-20 -- where two or three come into agreement, God's power is released in that place

- 2 Corinthians 10:5 -- believers are called to bring every thought into submission to Christ
- Romans 14:23 -- whatever does not proceed from faith is sin
- John 10:10 -- the enemy comes to kill, steal, and destroy, but Christ comes to bring life in its fullness
- Numbers 6:24-26 -- the Aaronic blessing of the Lord's protection, favor, and peace

Discussion Questions – Get a Grip

Bishop Zink says 'the kingdom that rules your mind will conquer your heart' -- in what practical ways do you actively guard what occupies your thoughts, and where do you sense the greatest vulnerability in your mental life?

Bishop Zink asserts that there is a spirit behind every thought and challenges us to judge everything by its nature -- how does this framework change the way you evaluate your daily decisions, reactions, and conversations?

Bishop Zink describes receiving a word from God about building a school that he did not want to obey and nearly resisted -- have you ever experienced a divine prompting that conflicted with your own desires or logic, and how did you respond?

Proverbs 23:7 teaches that a person becomes what they consistently think about -- what does your current pattern of meditation reveal about the kingdom that is most influencing your heart right now?

Bishop Zink warns that 'freedom must have a righteous purpose or it will destroy those who misuse it' -- how does this principle challenge the way our culture, and even the church, tends to define personal freedom?

Bishop Zink's father died at 61 with unfulfilled vision because of political resistance within his congregation -- what responsibility do individuals in a church body carry to protect the spiritual and emotional health of their leaders?

Bishop Zink says that ruling kingdoms of thought can only be torn down through a fresh anointing, not through willpower or reasoning alone -- what does it look like practically to seek that fresh anointing in your own life?

Bishop Zink reflects that God's generational investment through Providence School is only 30 years old and is still growing -- how does thinking in generational rather than immediate terms change the way you approach the vision God has placed before your church?

Ephesians 6:12 reminds us that our struggle is not against flesh and blood but against spiritual forces -- how does recognizing the spiritual nature of opposition help you respond with faith rather than fear or frustration when vision is challenged?

Scriptures – Get a Grip

Directly Cited

Proverbs 23:7 - As a man thinks in his heart, so he is

Ephesians 6:12 - The spiritual nature of our struggle against principalities, powers, and rulers of darkness

Joshua 1:8 - The command to meditate on the Word day and night (referenced in the discussion of the Hebrew word for meditate, "mutter")

Luke 9:54-55 - Jesus rebuking the disciples who wanted to call fire down from heaven, telling them they did not know what spirit they were of

2 Corinthians 10:5 - Taking every thought captive to the obedience of Christ

Romans 14:23 - Whatsoever is not of faith is sin

Matthew 18:19-20 - Where two or three agree and gather in His name, it shall be done

John 10:10 - The thief comes to kill, steal, and destroy; Christ came to give life abundantly

Romans 5:8 - While we were yet sinners, Christ died for us

Matthew 12:37 - By your words you will be justified and by your words you will be condemned

Numbers 6:24-26 - The Aaronic blessing over the congregation at the sermon's close

Thematically Alluded To

Mark 8:34 - Taking up one's cross and following Christ

Matthew 28:19 - The Great Commission to go into all the world

Psalms 37:4 - God giving the desires of the heart

Proverbs 4:23 - Guarding the heart above all else

Devotional – Get a Grip

Based on themes from the sermon by Bishop Zink

Day 1: The Kingdom That Rules Your Mind

Reading: Proverbs 23:7; Romans 12:2; Ephesians 6:12

Devotional: What occupies your mind shapes the direction of your life. Proverbs 23:7 reminds us that a person becomes what they consistently think about. The apostle Paul warns in Ephesians 6:12 that our true battle is not with people or circumstances but with unseen spiritual forces that target the mind. The enemy's primary strategy is to plant thoughts that lead you away from faith and into fear, doubt, and passivity. Romans 12:2 calls you to active, ongoing renewal of your thinking. You do not drift into a transformed mind. You pursue it. Guard what you allow in. What rules your thoughts today will rule your life tomorrow.

Reflection: What thought patterns have you allowed to go unchallenged? Are they producing fruit consistent with the nature of God?

Application: Set aside ten minutes today to sit quietly and observe the thoughts that arise. Bring each one before God and ask whether it reflects His nature or something else.

Day 2: Discerning the Spirit Behind Every Thought

Reading: Luke 9:51-56; 2 Corinthians 10:3-5; 1 John 4:1

Devotional: When the disciples asked Jesus if they should call fire down on a village that refused to receive Him, Jesus did not applaud their zeal. He rebuked it, telling them they did not know what spirit they were operating from. Thoughts carry a nature. They are not spiritually neutral. Second Corinthians 10:3-5 instructs believers to take every thought captive to the obedience of Christ, recognizing that some thoughts are fortresses built against the knowledge of God. First John 4:1 calls you to test the spirits. This applies not only to outside voices but to the inner voices that shape your daily decisions. Discernment begins in your own mind.

Reflection: Have you ever acted quickly on a thought and later realized the spirit behind it was not godly? What was the outcome?

Application: Before making a significant decision today, pause and ask: Is this thought motivated by love, faith, and the nature of God, or by fear, pride, or self-preservation?

Day 3: Meditating on What Matters

Reading: Joshua 1:8; Psalm 1:1-3; Philippians 4:8

Devotional: Joshua 1:8 instructs God's people to meditate on His Word day and night, promising that such meditation produces a fruitful and prosperous way of living. The Hebrew word for meditate carries the meaning of muttering or speaking quietly to oneself, a continuous, active engagement with truth. Psalm 1 contrasts the person who meditates on God's Word with one who absorbs the counsel of the ungodly, and the difference in outcome is dramatic. Philippians 4:8 gives a clear standard for what the mind should dwell on. What you entertain, your mind retains. In a culture saturated with noise, distraction, and fear-driven content, deliberate meditation on truth is an act of spiritual warfare.

Reflection: What are you consistently feeding your mind through media, conversation, and entertainment? Is it producing peace or anxiety?

Application: Choose one verse from today's readings. Write it down and return to it throughout the day, speaking it quietly to yourself as an act of intentional meditation.

Day 4: Fresh Anointing to Tear Down Ruling Kingdoms

Reading: Isaiah 10:27; 2 Corinthians 3:17-18; Acts 1:8

Devotional: Negative ruling kingdoms of thought cannot simply be reasoned away. Willpower alone is insufficient. Isaiah 10:27 declares that it is the anointing that breaks the yoke. Second Corinthians 3:17-18 reveals that genuine freedom comes through the Spirit of the Lord, and that transformation happens progressively, from one degree of glory to another, as we behold Him. Acts 1:8 promises that the Holy Spirit brings power, not merely comfort. There are patterns of thinking, fear, unbelief, cynicism, and self-reliance that have ruled long enough. They require a fresh encounter with the Spirit of God, not a better strategy. Ask Him today for that fresh anointing.

Reflection: Is there a long-standing thought pattern or attitude in your life that has resisted your own efforts to change it? Have you brought it specifically before the Holy Spirit?

Application: Spend time today in worship before you spend time in problem-solving. Allow the presence of God to address what your reasoning cannot reach.

Day 5: Agreement, Vision, and the Power of a Unified People

Reading: Matthew 18:19-20; Amos 3:3; Habakkuk 2:2-3

Devotional: Matthew 18:19-20 establishes a profound principle: where two or three come into genuine agreement, there is a release of divine power. This is not a formula but a posture of unified faith. Amos 3:3 asks plainly whether two can walk together unless they are in agreement. Vision cannot advance in a climate of division, suspicion, or competing agendas. Habakkuk 2:2-3 instructs the prophet to write the vision plainly, because even if it seems delayed, it will come. God-given vision is always larger than what seems immediately possible. It requires a people willing to agree with what God has said, even before they can see how it will come to pass. Agreement is not passive. It is an act of faith.

Reflection: Are you in genuine agreement with the vision God has placed before your church and your leaders? Is there any area where you have been a voice of doubt rather than faith?

Application: Identify one specific aspect of your church's vision that you have not yet fully embraced in prayer. Commit today to pray for it consistently and speak of it with faith rather than skepticism.