

MIND GAMES



change your thinking. change your life.

APRIL 24TH, 2022 | GLEN BARNES

First
THOUGHTS

THE STRUGGLE IS REAL:

“ So I find this law at work: Although I want to do good, evil is right there with me. ²² For in my inner being I delight in God's law; ²³ but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. ²⁴ What a wretched man I am! Who will rescue me from this body that is subject to death? ²⁵ Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in my sinful nature a slave to the law of sin.”

~ ROMANS 7:21-25 (NIV)

THE MIND IS A BATTLEFIELD:

“ For though we live in the world, we do not wage war as the world does. ⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ 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 CORINTHIANS 10:3-5 (NIV)

KEY MILITARY TERMS IN 2 CORINTHIANS 10:3-5:

- Wage war
- Weapons of divine power
- Demolish strongholds
- Take every thought captive

MAIN IDEA:

Our lives are always moving in the direction of our _____.

“ For as he thinks in his heart, so is he.” ~ PROVERBS 23:7 (NKJV)

THREE BIBLICAL EXAMPLES OF THE IMPACT OF DECEPTIVE THINKING

1. THE SERPENT SAID: “Did God really say...” “You will not surely die” ~ GENESIS 3:3,4 (NIV)

RAISES THE QUESTION: *Is What God says true and valid?*

THREE BIBLICAL EXAMPLES OF THE IMPACT OF DECEPTIVE THINKING *(Continued)*

2. "We seemed like grasshoppers in our own eyes, and we looked the same to them." ~ NUMBERS 13:33B (NIV)

RAISES THE QUESTION: *Who I am as God's Child? (Compare Numbers 13:33 with Joshua 2:11)*

3. "I was afraid of you, because you are a hard man. You take out what you did not put in and reap what you did not sow."

~ LUKE 19:21 (NIV)

RAISES THE QUESTION: *Is God really good?*

THOUGHT AUDIT

<i>Worried</i>	1	2	3	4	5	6	7	8	9	10	<i>Peaceful</i>
<i>Negative</i>	1	2	3	4	5	6	7	8	9	10	<i>Positive</i>
<i>Worldly</i>	1	2	3	4	5	6	7	8	9	10	<i>Eternal</i>

FIRST STEPS TO WINNING THE BATTLE OF THE MIND

1. Identify the Biggest _____ Holding You Back.

2. Identify _____ that demolishes that stronghold.

So WHAT?

The best way to overcome a lie is with _____.

“ You will know the truth and the truth will set you free.”

~ JOHN 8:32 (NIV)

COMMUNITY GROUP Questions:
(Questions and Scriptures for further study)

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- 1 - Take a few minutes as a group and play two truths and a lie. Any surprises from your group?
- 2 - Romans 7:21-25 is a reality check and a beloved Scripture to so many people. Why do you think this passage gets included in the Bible?
- 3 - Read 2 Corinthians 10:3-5. Make a list of all of the military language. Why do you think this is significant?
- 4 - Review the three Biblical Examples of Deceptive Thinking. What stands out to you from these examples? Which of the three are you most prone to believe?
- 5 - Review the Thought Audit questions. Of the three categories/questions which would you like to grow or improve in the most?
- 6 - If you are willing, can you share a scriptural truth that is helpful to you in "demolishing a stronghold" in your life?

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* MIND GAMES Series adapted from *Winning The War In Your Mind* by Craig Groeshel