

Opening Monologue

We're kicking off Week 5 in our Sermon Series Mind Revolution- Change Your Life, so if you've missed any of the previous weeks, no worries—head over to our YouTube channel

at <https://www.youtube.com/@almontvineyardchurch> and catch up on the ones you need. Each sermon builds on the last in powerful ways, so you'll get the full picture.

The Bible tells us in Romans 12:2a: “Do not conform to the pattern of this world, but be transformed by the renewing of your mind...” Let me break that down simply: “Do not conform” means don't keep doing the same things over and over again. Don't live by the “pattern of this world”—translation: don't do what the world is doing. Instead, “be transformed by the renewing of your mind”—translation: work toward making your mind new, or completely renewed. Jesus Christ will literally transform your mind and your life... but you have to give your life and your mind to Him.

Think about it: We've all learned how to live our lives through the words spoken to us—the good, bad, and the ugly. Words have incredible power; they can bless us or tear us down. Scripture confirms this: “The tongue has the power of life and death, and those who love it will eat its fruit” (Proverbs 18:21). And “The words of the reckless pierce like swords, but the tongue of the wise brings healing” (Proverbs 12:18). Whether we like it or not, we've absorbed patterns from these kinds of words spoken over us since childhood. Those learned patterns in our minds create strongholds.

For simplicity's sake, here's what a stronghold is: Strongholds are ruts in the brain—deep grooves created by lies we've come to believe as truth. Our Lord does not want us to live our lives terrorized or bogged down by strongholds that take up space in our brains. This week, we're going to talk about breaking those strongholds and proclaiming the precious promises of the Lord over our minds. As 1 John 3:8b declares: “The reason the Son of God appeared was to destroy the devil's work.”

Join us this Sunday as we dive into God's Word to be encouraged and equipped to break down strongholds in our lives and minds.

In Christ,
Rev. Brad Standfest

To Listen to this week's Sermon: "Week 5 Mind Revolution- Change Your Life" Go to the Sermon tab here in our APP or use the links to our website or YouTube Channel where you can also listen to our Sermons:

Web: <https://www.almontvineyardchurch.org/media>

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Key Sermon Text

Romans

12:2 <https://www.biblegateway.com/passage/?search=Romans%2012%3A2&version=NIV>

Proverbs

18:21 <https://www.biblegateway.com/passage/?search=Proverbs%2018%3A21%20&version=NIV>

Proverbs

15:4 <https://www.biblegateway.com/passage/?search=Proverbs%2015%3A4&version=NIV>

Proverbs

12:18 <https://www.biblegateway.com/passage/?search=Proverbs%2012%3A18&version=NIV>

Galatians

5:1 <https://www.biblegateway.com/passage/?search=Galatians%205%3A1%20&version=NIV>

Romans 8:1-

2 <https://www.biblegateway.com/passage/?search=Romans%208%3A1-2&version=NIV>

John

8:36 <https://www.biblegateway.com/passage/?search=John%208%3A36%20&version=NIV>

2 Corinthians

5:17 <https://www.biblegateway.com/passage/?search=2%20Corinthians%205%3A17&version=NIV>

2 Corinthians 10:4-

5 <https://www.biblegateway.com/passage/?search=2%20Corinthians%2010%3A4-5&version=NIV>

Commentary, Spiritual Applications, and Theological Reflections

Stronghold Buildup

This entire “Mind Revolution” series centers around the words that were spoken over us, given to us, taught to us—you get the point. We all learn from words; it’s simply a fact of life and how God has created us. Words don’t have to be harmful, but unfortunately, in this fallen world, they often are. None of us is perfect, and we don’t always keep our tongues tamed. In fact, James tells us that it’s impossible for a human being to fully tame the tongue. As James 3:8 declares, “but no human being can tame the tongue. It is a restless evil, full of deadly poison.”

We all have word regrets—we’ve had to go back and apologize after we’ve said something we wish we could take back. We’ve all put our foot in our mouth, and we all wish we hadn’t said that. Likewise, humanity is the same way: People speak harmful and irrational words to us—not just in a single day, but over a lifetime. I don’t care how strong you are; we’ve all been wounded by words. Let’s be honest—it has often come from some of the people we’ve loved the most.

Think about this: Recent statistics show that the average adult hears (and speaks) around 20,000 to 40,000 words every single day, coming through phone calls, conversations, meetings, social media, television, and all sorts of different sources. Many of these words are unfiltered in every way, shape, and form, and they formulate opinions, thoughts, suggestions, and negativity. These things seep into our minds every single day—think about that over the span of a lifetime.

Is it any wonder that our minds create what are called “ruts”? The biblical word for these ruts is strongholds.

The scholarly definition of a stronghold is a fortified mental or ideological structure—such as arguments, lofty opinions, pretensions, false beliefs, sinful mindsets, pride, fear, unbelief, lies, or any pattern of thought—that exalts itself

against or opposes the knowledge and truth of God, holding people captive and resisting obedience to Jesus Christ.

Strongholds tend to go in cycles in our lives, kind of like coming and going. Of course, they bog us down and have the tendency to enslave our minds to negative thought patterns and unhealthy thoughts—the Lord does not want us to have these.

Here's the absolute truth: In order for strongholds to flee and be gone from our lives, we must stand up and fight—yes, fight—but recognizing we cannot do this on our own. We need the power of Christ to go before us, behind us, in front of us, and alongside us.

The heart of the gospel says this in 1 John 3:8b: “The reason the Son of God appeared was to destroy the devil’s work.”

Stronghold deposits are the devil’s work. We must free our minds from this because, in reality, it’s bondage.

Galatians 5:1 says, “It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

Jesus says in John 8:36, “So if the Son sets you free, you will be free indeed.” Let us not become complacent, nor bury our heads in the sand about strongholds manifesting in our minds and lives. Let’s do something about it and let’s get rid of them.

2 Corinthians 10:4-5 tells us that we have divine power to demolish strongholds...

Who is that divine power? It’s none other than our Lord and Savior Jesus Christ, who will free us!

(1, Rev. Standfest)

Stronghold Roller Coaster

Strongholds over a lifetime can become like a roller coaster in our everyday lives—cycles of pain and hurt, depression and fear, really an emotional roller coaster. Over and over again, these ruts manifest and cause much damage to our lives and relationships.

Jesus called Satan the father of lies, and he is constantly trying to work against us and our families to bring us down. It all starts in the brain, where he weaponizes the things we’ve heard or learned—those negative words and patterns that dig in deep.

Scripture is very clear in John 10:10, where Jesus declared: “The thief comes only to steal and kill and destroy; I have come that they may have life, and

have it to the full”. The thief (Satan) comes to steal, kill, and destroy, but the Lord Jesus has come to give us abundant life—which is the exact opposite of strongholds, slavery, and the terrorization that comes from unhealthy thought patterns.

It’s like anything else: Hard decisions have to be made. We as Christian individuals have to say, “Enough is enough. I’m not going to be tormented. I’m not going to be brought down by these negative thought patterns, by these strongholds that Satan tries to keep me in bondage with. No, I am not going to take it anymore.”

The good news for us as Christians is that Jesus Christ has already fought our battle for us. We must join forces with Him and through Him to overcome strongholds and barriers that reside and rest in our minds.

The Apostle Paul makes it very clear in Scripture in 2 Corinthians 10:4-5:

“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.”

The divine power is Jesus and all the tools He gives us—such as Scripture, prayer, the Holy Spirit, and brothers and sisters in Christ who will pray with us and for us. We must realize we cannot overcome strongholds on our own. No, it’s through the power of our Lord and Savior Jesus Christ.

The second part of that 2 Corinthians 10 passage says we must take captive every thought to make it obedient to Christ. In other words, when those negative strongholds raise their ugly heads, we have to go to prayer, go to Scripture, seek the Holy Spirit, and take them captive—in other words, put a great big bear hug around them, snuff them out, and stop them so they don’t roam or run faster and faster until we crash.

Friends, let us stand up and fight. Our Victor is Jesus Christ. The Scripture says, “Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom” (2 Corinthians 3:17).

Key Scriptures Standing on God’s Word: Freedom from Strongholds

John 8:36

“Therefore if the Son makes you free, you shall be free indeed.”

The Son of God alone has the power and authority to free people from their bondage to sin. Paul developed the same idea in Romans 6:12–23. Paul also wrote in Galatians, “In Christ Jesus you are all children of God through faith.... And if you belong to Christ, then you are Abraham’s offspring, heirs according to the promise” (Galatians 3:26, 29).

Galatians 5:1

“For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery.”

In order for us to enjoy ultimate freedom, someone had to set us free, and that someone was Christ Jesus (John 8:32, 36). Because Christ has freed all believers, we should rest in it. Christ has set us free from legalistic formulas, from God’s judgment upon sin, from all man-made rules, and from the subjective experiences of fear and guilt. We are to live it out, practice it, and rejoice in it! To turn back to the law and try to earn what Christ has already given mocks his sacrifice.

Paul’s command to the Galatians who wanted to return to legalism was to keep on standing firm in their God-given, blood-purchased freedom, refusing to submit again to a yoke of slavery to the law (see 1 Peter 5:9). The Jews of Paul’s day spoke of “taking the yoke of the law upon oneself”; to them this was a noble effort, the essence of their religion. Undoubtedly the Judaizers had used this sort of language to convince the Galatians to follow the Jewish law. So Paul took the very same wording and expressed it in the negative—“Do not submit to the yoke of the law, for it is slavery.”

FREE INDEED!

Christ died to set us free from sin and from a long list of laws and regulations. Christ came to set us free—not free to do whatever we want because that would lead us back into slavery to our selfish desires. Rather, thanks to Christ, we are now free and able to do what was impossible before—to live unselfishly. Those who appeal to their freedom so that they can have their own way or indulge their own desires are falling back into sin. But it is also wrong to put a burden of law keeping on Christians. We must graciously but firmly resist those who would enslave us with rules, methods, or special conditions for being saved or growing in Christ. Don’t let anyone enslave you.

1 John 3:8

“The one who does what is sinful is of the devil, because the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the devil’s work.”

The devil, in the form of the serpent, was the first recorded liar and rebel against God (see Genesis 3:1). Satan is the founder of lawless rebellion against God. Therefore, when people keep on sinning, it shows they belong to the Devil. The devil cannot create or produce children, but people become his children by imitating him. The devil has been sinning from the beginning—even before the creation of the world. Since then, as the prince of this world, he has been both sinning and causing people to sin. The false teachers who

spoke lies and sinned without remorse showed that they belonged to the devil himself (see 2:22). Those who followed these teachers were aligning themselves with the devil and thus fighting against Christ.

John's words here are very similar to what Jesus told the Jewish leaders who refused to accept his message. In the first part of John 8:44, Jesus told them, "You are the children of your father the Devil, and you love to do the evil things he does" (NLT). This statement, which is developed here in 3:7–15, indicates that people's actions are a manifestation of their true source of being. The intent to murder comes from the father of murder, the devil. Satan was the instigator of Jesus' murder and the perpetrator of the lies that the Jews believed about Jesus. "He [the devil]," Jesus continued, "was a murderer from the beginning and has always hated the truth. There is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies" (John 8:44b NLT). Satan, through his lies to Eve (Genesis 3:4–5), gave a way for death to enter into the world, causing Adam and Eve and all their posterity to be alienated from God. In this sense, the devil was a murderer and a sinner from the beginning.

There is a cure for sin, however, because the Son of God came to destroy these works of the Devil. The Greek word behind "destroy" does not mean to annihilate; rather, it means "to break down" (see Ephesians 2:14), "to undo," "to render ineffective." Though it would have made more sense, humanly speaking, for Christ to have obliterated Satan, he didn't. Instead, Christ came to undo Satan's work and thereby free people from sin and all its awful consequences. John was therefore arguing that Christians cannot be involved in what Christ came to destroy.

THE DEVIL'S DOSSIER

Several times in this chapter John mentions the devil. What is true of our enemy? He is described as one who has been "sinning from the beginning" (3:8 NIV). He is said to have children—all who are not children of God—whose lives are marked by sin (3:10). He is also called the "evil one" who produces murderous offspring (3:12, 15; cf. John 8:44). Other places describe Satan as a tempter (1 Thessalonians 3:5), believers' accuser (Revelation 12:10), the father of lies (John 8:44), and one who would like to destroy God's people (1 Peter 5:8). All these sobering facts raise the obvious question: Are you alert to Satan's schemes (2 Corinthians 2:11) and wearing the full armor of God so you can stand strong against them today (Ephesians 6:11)?

Romans 8:1-2

"Therefore, there is now no condemnation for those who are in Christ Jesus,

because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.”

There is therefore now no condemnation. We feel condemned because Satan uses past guilt and present failures to make us question what Christ has done for us. Our assurance must be focused on Christ, not our performance.

- Our own conscience reminds us of guilt.
- Non-Christian friends will notice (and point out) our inconsistencies.
- Past memories of how we lived can haunt us.
- Personal dysfunctions such as shame, low self esteem, or compulsions will trip us up.
- The perfection of the law will show how imperfect we are.
- We can allow Christ’s perfect example to discourage our efforts rather than encourage our trust.
- Unhealthy comparisons with other believers will make us feel inadequate.

“This then is how we know that we belong to the truth, and how we set our hearts at rest in his presence whenever our hearts condemn us. For God is greater than our hearts, and he knows everything” (1 John 3:19–20).

Often, we are like the criminal who hates his incarceration while at the same time denying that he finds any security in his cell. Then, beyond all expectations, the warden announces a pardon and unlocks the cell. As the door swings open, the prisoner meets the delight of freedom and a tinge of fear of the unknown. What will this new life be like? Many find a strange comfort in the familiar state of condemnation. Christ invites us to leave the cell behind. Some rush out joyfully, some calmly and thoughtfully, and others leave the cell of their old life with painful slowness. Once outside, most of us experience, from time to time, a strange longing for the old familiar cell. We must remember that what may seem appealing was actually a filthy holding cell on death row.

Because we have been rescued by Christ (7:24–25), and are thus in Christ Jesus, we are not condemned. To be in Christ Jesus means to have put our faith in him, becoming a member of his body of believers. Jesus said, “I tell you the truth, whoever hears my word and believes him who sent me has eternal life and will not be condemned; he has crossed over from death to life” (John 5:24 NIV). There can be no condemnation, for “we have been justified through faith” and “have peace with God through our Lord Jesus Christ” (5:2).

In the original manuscript, there was probably no break between Paul’s summation in 7:25 of the struggle between the two allegiances (two minds) within himself and the proclamation in 8:1 that in Christ Jesus, there is no condemnation for our vacillations. We believers must never forget the reality of our rescue and our indebtedness to God’s grace in Christ. We can

persevere in our daily struggles knowing that “if we are faithless, he will remain faithful, for he cannot disown himself” (2 Timothy 2:13 NIV). Our need for the ongoing presence of the Holy Spirit is so clear at this point that some early manuscripts add, after Jesus, the phrase from verse 4, “who do not live according to the sinful nature but according to the Spirit.” But putting that phrase here completes the thought too quickly, an approach Paul seldom used.

Law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. The Spirit of life is the Holy Spirit, who was present at the creation of the world as one of the agents in the origin of life itself (Genesis 1:2). He is the power behind the rebirth of every Christian, and the one who helps us live the Christian life. The Holy Spirit sets us free, once and for all, from sin and its natural consequence, death.

How did this happen?

Paul has used the word law (nomos) with a variety of qualifiers in his letter: “God’s law” (7:22); “law of sin” (7:25); “law of my mind” (7:23); and now law of the Spirit. A parallel can be found in 7:6, where Paul contrasts the freedom we have to “serve in the new way of the Spirit, and not in the old way of the written code.” Paul must be referring to the binding authority of the law—I am liberated from the old authority and placed in the new. Paul is also referring to the consistent ways that the Holy Spirit works. These fall under two main functions: what the Holy Spirit does for us and what he does in us. First, this law of the Spirit set you free. What both we and the law were “powerless to do” (8:3), God did for us. Second, having been freed, “the Spirit of God lives in” us (8:9), so that we actually live “according to the Spirit” (8:4) (see Galatians 2:20).

2 Corinthians 10:3-5

10:3 We are human, but we don’t wage war with human plans and methods. In this verse the Greek word sarx, commonly translated “flesh,” is translated here as “human plans and methods.” With this word, Paul was clearly contrasting human standards with God’s standards.

Paul freely admitted that he was human. Paul lived in a human body that was susceptible to all kinds of difficulties, oversights, and weaknesses. Yet he refused to admit that he waged spiritual war with human plans and methods. As he would do in his letter to the Ephesians, Paul equated the Christian life to a war. This war isn’t “against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms” (Ephesians 6:12 NIV). The Christian life is a spiritual battle against spiritual forces aligned against Christ. Fighting this spiritual battle with weapons of the world—with physical strength, worldly

strategies, and material wealth—would be foolish. A spiritual battle requires spiritual weapons that can only come from God.

10:4–5 We use God’s mighty weapons, not mere worldly weapons, to knock down the Devil’s strongholds. With these weapons we break down every proud argument that keeps people from knowing God. With these weapons we conquer their rebellious ideas, and we teach them to obey Christ.

According to Paul’s Epistle to the Ephesians, God’s mighty weapons are faith, truth, righteousness, the gospel message, and the Word of God. The Holy Spirit equips Christians for the struggle, providing the weapons they need (see 6:6; Ephesians 6:10–20).

Worldly weapons—wealth, fame, and political might—may wield some power on this earth, but they are useless in spiritual battles. Trickery and deception may be effective in dealing with other people, but only truth will achieve success in the spiritual realm. Cynicism may protect a person from betrayal, but only faith in God will empower a believer in his or her spiritual struggles. A willingness to flout conventional morality might gain someone a following in this world, but only persistently following God’s righteous ways will ensure victory in the spiritual realm.

Paul didn’t consider the mighty Roman armies and the extraordinary affluence of the Roman emperor as the true strongholds of evil (see Proverbs 21:22 for an allusion to strongholds). Instead, he saw the strongholds of evil as being proud arguments against Christianity, and rebellious ideas. The world of ideas is the real battleground for God and the Devil. In Greek, the words for “proud argument” connote logic or reasoning that attempts to divert people from the gospel. Rebellious ideas in Greek is “high things raised up.” The wording recalls the story of Babel, where people attempted to build a high tower to celebrate their own greatness (Genesis 11:1–9). Paul described these “high things” as being raised up “against the knowledge of God” (NRSV). Paul wasn’t referring to a tall building here, but to every complex theory or philosophy that blocks people from knowing the truth about God and worshiping him. These false philosophies that divert glory from God and hide the truth are the Devil’s strongholds. Just as an army would attack a fortress, so Christians must take apart and defeat these false and evil arguments.

In Corinth, where advances in Greek philosophy were held in high esteem, the believers were tempted to evaluate the gospel with the various tools of Greek philosophy. In an earlier letter, Paul had already told the Corinthians that the gospel would appear as foolishness to those who saw the world through the lenses of secular Greek philosophy (see 1 Corinthians 1:22). Paul had experienced this himself. When he had presented the gospel to the

philosophers who gathered in Athens, they had responded with insults and taunts (see Acts 17:32). To these philosophers, the gospel was pure folly.

GOD'S WAR

Like Paul, we are merely weak humans, but we don't need to use human plans and methods to win our battles. God's mighty weapons are available to us as we fight against Satan's "strongholds" (10:4). The Christian must choose whose methods to use, God's or the world's. Paul assures us that God's mighty weapons—prayer, faith, hope, love, God's Word, the Holy Spirit—are powerful and effective (see Ephesians 6:13–18)! These weapons can break down the proud human arguments against God and the walls that Satan builds to keep people from finding God. When dealing with the pride that keeps people from a relationship with Christ, you may be tempted to use human weapons and methods. But only God can break down these barriers.

Resources: Rev. Brad Standfest, (1) Logos Bible Program: Factbook, Walter A. Elwell and Philip Wesley Comfort, Guzik, David. 2013. Romans. David Guzik's Commentaries on the Bible, Barton, Bruce B., David Veerman, and Neil S. Wilson. 1992. Romans. Life Application Bible Commentary, Barton, Bruce B., and Philip Wesley Comfort. 1995. The Complaining Cure- Author and Pastor Bill Wahl, Good and Angry- Dr. David Powlison, Stop Your Complaining- Author and Pastor Ronnie Martin. Walton, John H. 2001. Genesis. The Life Application Commentary. Grand Rapids, MI: Zondervan, Matthew Henry Commentary, Warren W. Wiersbe Commentary, Barton, Bruce B., and Grant R. Osborne. 1999. 1 & 2 Corinthians. Life Application Bible Commentary. Wheaton, IL: Tyndale House. Barton, Bruce B., David Veerman, and Neil S. Wilson. 1992. Romans. Life Application Bible Commentary. Wheaton, IL: Tyndale House Publishers.

Devotional Questions

1. Identifying the Ruts

Pastor Brad describes strongholds as "ruts in the brain—lies we believe are truth" that cycle on and off, often formed by repeated harmful words from childhood or throughout life (Proverbs 12:18; 18:21). Take time in prayer and ask the Holy Spirit to reveal one specific stronghold or negative thought pattern that has taken root in your mind (e.g., "I'm worthless," "I'll never change," "God won't really forgive me," fear of failure, or prideful self-reliance).

Write it down honestly. How has this lie affected your relationships, decisions, or walk with God?

2. The Power of Words Spoken Over You

Reflect on the sermon's emphasis that we learn to live through words—the good, bad, and ugly (Proverbs 15:4; 18:21). Think back to a season or person whose words pierced like a sword and created a rut. How did those words shape the way you see yourself or God? Now read 2 Corinthians 5:17 aloud: "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" Ask yourself: Am I still letting the old words define me, or am I allowing the new creation reality in Christ to rewrite my inner narrative?

3. The Devil's Work vs. Christ's Mission

1 John 3:8 declares, "The reason the Son of God appeared was to destroy the devil's work." The commentary reminds us that Satan is the father of lies and uses strongholds to steal, kill, and destroy (John 10:10). Where do you see the enemy's work most active in your thought life right now—fear, unbelief, condemnation, pride, or recurring sinful mindsets? Declare this truth over that area: "Jesus appeared to destroy this. It has no right to remain."

4. No Condemnation – Standing Firm in Freedom

Romans 8:1–2 proclaims there is now no condemnation for those in Christ Jesus, and the Spirit's law of life has set us free from sin and death. Galatians 5:1 urges us: "Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery." Where are you tempted to return to a yoke of mental slavery (self-condemnation, shame, performance-based acceptance)? How can you actively stand firm this week by refusing to let old guilt or fear re-enslave your mind?

5. Free Indeed – Claiming the Promise

Jesus Himself said, "So if the Son sets you free, you will be free indeed" (John 8:36), and "where the Spirit of the Lord is, there is freedom" (2 Corinthians 3:17). On a scale of 1–10, how fully do you believe and experience this freedom in your thought life today? What one lie or stronghold is still whispering, "You're not really free"? Speak John 8:36 and 2 Corinthians 3:17 aloud over that area daily this week and ask the Holy Spirit to make "free indeed" a lived reality.

6. Taking Thoughts Captive – The Daily Battle

2 Corinthians 10:4–5 is the battle cry of the sermon: "The weapons we fight with... have divine power to demolish strongholds... we take captive every thought to make it obedient to Christ." When a stronghold-thought arises this week (anger, despair, comparison, lust, self-pity), practice the action step:

Stop. Name the thought. Ask, “Does this align with the knowledge of God?” Then take it captive—replace it with Scripture (e.g., Romans 8:1, Galatians 5:1, or 2 Corinthians 5:17). Journal one specific instance where you did (or attempted to do) this. What happened?

7. Renewing the Mind – Living the Mind Revolution

The series anchor is Romans 12:2: “Do not conform... but be transformed by the renewing of your mind.” Pastor Brad calls us to give our minds fully to Jesus so He can demolish strongholds and bring transformation. What practical step will you take this week to renew your mind and resist the world’s pattern (e.g., daily Scripture meditation, accountability with a brother/sister in Christ, speaking God’s promises aloud, fasting from negative media)? Commit to it before the Lord and ask for His divine power to make the change lasting.