

The Battle



For our struggle is not 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

1. Identify Thoughts

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 Corinthians 10:4-5

Thought Audit

Worried 1 2 3 4 5 6 7 8 9 10 Peaceful

Negative 1 2 3 4 5 6 7 8 9 10 Positive

Wordly 1 2 3 4 5 6 7 8 9 10 Eternal



A black and white photograph of a road sign. The sign is rectangular with rounded corners and a white border. It is mounted on two metal posts. The background of the sign is black, and the text is white. The text reads: "CHOOSE YOUR RUT CAREFULLY. YOU'LL BE IN IT FOR THE NEXT SIXTY MILES". The sign is set against a clear sky and a rocky, hilly landscape.

**CHOOSE YOUR RUT
CAREFULLY. YOU'LL BE IN IT
FOR THE NEXT SIXTY MILES**

2. Take Thoughts Captive

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8

[negative thought/emotion] because [reason]

[negative thought/emotion, and [reason], so I will [choice]

3. Be Alert!

Be alert and of sober mind. Your enemy
the devil prowls around like a roaring lion
looking for someone to devour.

1 Peter 5:8

**Finally, be strong in the Lord and in his mighty power. ¹¹
Put on the full armor of God, so that you can take your
stand against the devil's schemes. ¹² For our struggle is
not 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. ¹³ Therefore put on the full armor of
God, so that when the day of evil comes, you may be
able to stand your ground, and after you have done
everything, to stand.**

¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God.

¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. Ephesians 6:10-18

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

1. Read God's Word - Meditate on It

2. Declare Truth

3. Prayer/Praise/Gratitude

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:2