

**Winning the War Within – Take Back Your Mind.**

**Text: 2 Corinthians 10:3–5**

**Introduction:** Every day, we face a battle that most people never see, the battle of the mind. Our thoughts shape our attitudes, our decisions, and ultimately our direction in life. Scripture teaches that we are not powerless in this battle. Through Christ, we are given the ability to take our thoughts captive and align them with God’s truth. This study will help you recognize the battle, guard your mind, and renew your thinking through God’s Word.

**1: The Battle is Real and Spiritual**

**Key Scriptures:** 2 Corinthians 10:3–5 Ephesians 6:10–12 1 Peter 5:8–9 John 8:44 Genesis 3:1–6

**Summary:** The battle in your mind is not just natural; it is spiritual. The enemy works through deception, planting lies that shape how we see ourselves, God, and our circumstances. Many people are not defeated by events but by the beliefs they form about those events.

**Discussion Questions**

1. What are some common lies people believe about themselves, God, or their future? Which of these have you personally struggled with? \_\_\_\_\_
2. In Genesis 3, how did the enemy use deception to influence Eve’s thinking? What does that teach us about how spiritual battles begin? \_\_\_\_\_
3. Why is it important to recognize that the battle in our mind is spiritual and not just emotional or circumstantial? \_\_\_\_\_

**2: The Mind Must Be Actively Guarded**

**Key Scriptures:** 2 Corinthians 10:5 Philippians 4:6–8 Proverbs 4:23 Colossians 3:2 Galatians 5:22–23

**Summary:** We are called to take an active role in guarding our minds. Not every thought should be accepted. Through prayer, discipline, and the help of the Holy Spirit, we can filter what we allow to remain in our thinking. Guarding your mind is a daily decision, not a one-time action.

**Discussion Questions**

1. What does it practically look like to “take every thought captive”? Can you share an example from your own life? \_\_\_\_\_

2. Philippians 4:8 gives us a filter for our thinking. Which part of that verse challenges you the most right now? \_\_\_\_\_
3. What are some practical ways you can guard your mind in today's world (media, social media, conversations, etc.)? \_\_\_\_\_

### **3: Controlling Your Mind Starts with Replacing Lies with Truth**

**Key Scriptures:** Romans 12:2 John 17:17 Hebrews 4:12 Isaiah 26:3 Romans 8:1 Eph 1:3–14

**Summary:** Transformation begins with renewing your mind. It is not enough to remove negative thoughts—you must replace them with God's truth. Jesus modelled this by responding to temptation with Scripture. When truth fills your mind, it reshapes your beliefs and leads to lasting change.

#### **Discussion Questions**

1. Why is it not enough to simply stop negative thinking? Why must we replace lies with truth?  
\_\_\_\_\_
2. How did Jesus model responding to wrong thoughts and temptation in the wilderness? What can we learn from His example? \_\_\_\_\_
3. What is one specific truth from Scripture that you need to start declaring over your life right now?  
\_\_\_\_\_

#### **Three Responses to the Message**

**1. Identify and Confront the Lie** - Take time this week to identify one recurring thought that has been shaping your thinking. Write it down. Then find a Scripture that directly speaks against that lie. Begin to declare that truth daily.

**2. Renew Your Mind Daily** - Commit to spending time in God's Word each day. Don't just read it, meditate on it and allow it to reshape your thinking. Consider writing down key verses and revisiting them throughout the day.

**3. Pray for Mental Authority** - Pray daily: "Lord, help me take every thought captive. Give me discernment to recognize what is from You and what is not. Strengthen my mind through Your Spirit."

**Closing Challenge** - This week, don't just observe your thoughts; engage with them. Challenge what is not true. Replace it with what is true. And watch how God begins to transform your thinking, your attitude, and your life.