

# The Potter's Christian Life Center

SERMON NOTES  
with Pastor Greg Formey



## The Battle For The Mind

“Taking Thoughts Captive”

**2 Corinthians 10:5**

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We live in a world where our minds often feel like busy city streets. Thoughts of worry, anger, or doubt, fear, failure, etc. rush through our heads like speeding cars. We tend to get the impression that we must follow every thought that enters our minds.

However, the Bible teaches us that we do not have to give in to our own thinking. Our mental authority begins the moment we recognize a thought without immediately agreeing with it. Paul teaches us how to move from being controlled by our feelings to being in control of our minds through the power of God.

The goal is not to control our minds by human force, but by shifting our focus. We are instructed to replace lies with the truth of God. This process creates new pathways in the brain. It does not happen instantly, but it does happen inevitably as we walk with the Holy Spirit.

### **OBSERVE THE THOUGHT**

The first step is learning to watch what you are thinking. Science shows that thoughts actually begin to change the moment they are observed. When you notice a negative thought and refuse to agree with it, you have already weakened its power.

We often act on autopilot. In the ancient world, a watchman stood on the city wall to identify who was approaching the gate. He did not let everyone in. He paused to see if the visitor was a friend or an enemy. You must be the watchman of your own mind.

### **2 Corinthians 10:5**

**We destroy every proud obstacle that keeps people from knowing God. We capture rebellious thoughts and teach them to obey Christ. NLT**

The word for **capture** in Greek the word capture meant seizing a prisoner of war By stripping them of their weapons so they could no longer fight. It describes an ongoing action that we must perform. We are the ones doing the capturing, and we must do it every single day. Also, it helps to name a thought; when you do this you isolate away from you. For example, if you think, "I am a failure," you should stop and say, "I am having a thought that I am a failure."

This simple shift takes away the option that this is actually true of you. You categorize it at separate from your life.

In the Old Testament, naming something was an act of authority. When Adam named the animals, he was showing his dominion. When you name a dark thought, you are exercising your God-given dominion over your inner world.

Consider a person who struggles with social anxiety. Every time they walk into a room, their brain says, "Everyone is judging me." If they agree with that thought, they will hide. But if they observe the thought and say, "That is just a lie my brain is telling me," the power of that fear drops. They are setting themselves free from this impulse.

What is the most common lie you tell yourself, and what would happen if you stopped agreeing with it today?

## **TAKE AUTHORITY OVER THE THOUGHT**

Once you capture a thought, you must test it. You do not ask if the thought feels true. Feelings have a habit of lying. Instead, you should ask if the thought aligns with the thoughts of God.

Paul tells us to **fix** our thoughts. This is a command from God, not a suggestion. It is also in what is called the middle voice. The grammar shows that you are both performing the action and receiving the benefit of the action. When you choose to think about God, you are the one who gets delivered.

In the ancient Mideast, a king's word was the final authority. If the king said a person was innocent, it did not matter what the crowd felt. In the same way, if God says you are His child, it does not matter if you feel worthless.

It is also like a gardener pulling a weed and planting a flower. If you only pull the weed, another one will grow. You must plant the truth of Scripture in that empty space.

Are you more committed to your current feelings or to the unchanging promises found in the Bible?

## **Conclusion**

Taking your thoughts captive is a discipline that requires you to be alert and active in your mental lives. You must stop being ""knee-jerk"" in your reactions. Observe your thoughts, name them, and test them against the character of God.

Your brain is capable of change. As you consistently choose the truth, the old paths will fade away progressively. New paths of thinking will form. Do not be discouraged if it takes time. As you submit your mind to Jesus, you will experience the freedom He promised.