

Don't Give The Enemy A Seat At Your Table - Part 3

The Battle for Your Mind

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Part of Don't Give the Enemy a Seat at Your Table It's Time to Win the Battle of Your Mind

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**DON'T
GIVE
THE ENEMY
A SEAT
AT YOUR
TABLE**

When we allow the enemy inside our mind, he traps us with negative thoughts.

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. To him be the power for ever and ever. Amen.

—1 Peter 5:8-11

For though we live in the world, we do not wage war as the world does. 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 10:3-5

Our first response to the strongholds the enemy places on us should be the supernatural weapons of prayer and God's Word.

It has been found that 12 minutes of daily focused prayer over an 8-week period can change the brain to such an extent that it can be measured on a brain scan.

—Dr. Caroline Leaf

Anxiety isn't a sin, it's a signal telling you to turn to God.

—Craig Groeschel

Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me. Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

—Matthew 26:36-39

To submit to God's will in a time of anxiety and suffering is hard, but we have to do it to win the battle for our mind.

Which phase of the battle for your mind are you in?

1. Do you need to work on identifying the stronghold the enemy has placed on you?

2. Are you at the point where you know what the enemy is doing to you, but you need to work on responding to enemy with prayer & God's Word?
3. Or do you just need to hear that it's okay to have anxious thoughts because Jesus did too?

Resources for watching the He Gets Us commercials:

- [General Info about He Gets Us](#)
 - [Conversation Guide for speaking about the Commercials](#)
 - [Icebreaker Questions about the Commercials](#)
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Next Week: The Path to Victory