

**Taking Control of Your Thoughts**  
**New Song Community Church**  
**July 10, 2022**  
**Pastor Lane Olson**

**Text: Romans 12:2 (NIV)**

**2 Corinthians 10:3-5 (NIV)**

**Note: It's not what happens to you that matters it's how you process it that counts.**

**A. Our mind is a battlefield.**

1. Most of the battles we fight in life are won or lost in our mind.
2. The battle is overcoming temptation.
3. The battle is between faith and fear.
4. The truth of God's word will tear down strongholds in your life.

**B. Strongholds in our life.**

1. When we believe a lie about our life, it can become a stronghold.
2. When we have new experiences the brain creates a neural pathway.
3. The more often we think the same thoughts, the easier it is to think the same thoughts again. (Thought drift and tendencies)
4. What comes into your brain comes out in your life.
  - i. You cannot have a positive life with a negative mind.
  - ii. If you don't control what you *think*, you will never control what you *do*.

**C. Training your brain:**

1. Whatever you think about will come out in your actions.

**Philippians 4:8 (NLT)**

2. So...determine to fix your thoughts on the truth of God's word.
  - i. Take control of your mind drift.
3. You can redeem your mind by stopping thinking about negative things sinful, hurtful things...and instead fill it with honorable and pure thoughts.

## **Romans 12:2 (NLT)**

4. What is your top wrong mindset that is holding you back?
5. What is the spiritual truth that demolishes that stronghold.
  - i. write it down...that statement of faith that creates emotional
  - ii. *write it / think it / confess it until / we believe it*

### **D. God's promises, if you are:**

1. Struggling to know God's will:  
My life belongs to God. Daily I seek him and daily he directs my steps. I know his voice and he leads me to his perfect will.

2. Lacking confidence:  
My confidence is in Christ and Christ alone.  
Because his Spirit lives within me, I can do everything he calls me to do.

3. Fighting lustful thoughts:  
I'm not a slave to lustful thoughts. Because God has purified my mind, I will honor him with my eyes and thoughts. My God is faithful. Even if I'm tempted, he will always give me a way out.

4. Finding comfort in food:  
When I'm stressed, I turn to God, not food. I come to Jesus because he is what I need. In Him, I find strength and comfort.

5. Battling worry:  
Because of Christ I'm not anxious about anything. I cast my cares on God because he cares for me. I have the peace of God dwelling in my heart and ruling my mind.

**To Recap:** Your life is always moving in the direction of your strongest thoughts. If you don't control what you think, you will never control what you do. In order to take your mind back...you need to meditate on the truth: what truth...the truth contained in God's word. Fix your mind on what is pure, honorable, praise worthy, of good report.

**Conclusions:** Most of life's battles are won or lost in your mind.  
The Battle Rages, but You have Won the War

### **Next Steps, Today I am:**

1. Committing my life to Christ.
2. Asking God to help me control my thoughts.
3. Asking God to renew my mind.
4. Asking God to help me develop my personal declaration.