

Winning the Battle in Your Mind  
March 8<sup>th</sup>, 2026  
Pastor Ron Strack

(Alegrya Sans SC Bold & Engravers' Old English Fonts)

**1. Most of life's battles are won or lost in your mind.**

*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.*

2 Corinthians 10:3-4

*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 10:5

**2. Our lives are always moving in the direction of our strongest thoughts.**

For as he thinks in his heart, so is he. ... Proverbs 23:7 NKJV

**3. The life we have is a reflection of the thoughts we think.**

**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

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

**You cannot have a positive life when you have a negative mind.**

1. Identify the biggest stronghold holding you back.

2. Name the truth that demolishes that stronghold.

*His divine power has given us everything we need for a godly life...* 2 Peter 1:3

Where do you think your life is headed, based on your thoughts?