

# reMIND

## Choosing a New Path

10-20-19

**re-mind: to put in mind of something: bring an image or idea from the past into the mind.**

*2 Corinthians 10:3-5*- For though we live in the world, we do not **wage war** as the world does. <sup>4</sup> The weapons we fight with are not the weapons of the world. On the contrary, they have **divine power to demolish strongholds**. <sup>5</sup> 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.

What is a stronghold? \_\_\_\_\_

**Big Idea:** Your life is always moving in the direction of your strongest thoughts.

Week one: Choosing a New Path

Week two: Retraining Your Mind

Week three: Reframing Your Mind

Week four: Transforming Your Mind Through Prayer

*Proverbs 23:7*- For as he thinks within himself, so he is. NASU

## AUDIT YOUR THOUGHTS

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

**What comes into your mind comes out in your life.**

1: Identify the number one \_\_\_\_\_ (stronghold) that is  
\_\_\_\_\_ you \_\_\_\_\_.

**The more you think a thought, the easier it is to think that thought again.**

*Romans 12:2* - Do not conform to the pattern of this world, but be transformed by the **renewing of your mind**.

2: Name the \_\_\_\_\_ that demolishes that stronghold.

*2 Corinthians 10:3-5* - For though we live in the world, we do not wage war as the world does. 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to **demolish strongholds**. 5 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**.

*Ephesians 6:10-11, 13-17* - Finally, be strong in the Lord and in his mighty power. <sup>11</sup> Put on the full armor of God so that you can take your stand against the devil's schemes. . . . <sup>13</sup> Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. <sup>14</sup> Stand firm then, with the **belt of truth** buckled around your waist, with the **breastplate of righteousness** in place, <sup>15</sup> and with your **feet fitted with the readiness** that comes from the gospel of peace.

<sup>16</sup> In addition to all this, take up the **shield of faith**, with which you can extinguish all the flaming arrows of the evil one. <sup>17</sup> Take the **helmet of salvation** and the **sword of the Spirit, which is the word of God**.

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

*John 8:32* - "Then you will know the truth, and the truth will set you free."

### **Next Step:**

1. Identify the number one stronghold.
2. Name a truth to demolish it and memorize that truth.
3. See you next week