



## Thoughts

Learning to take control of our thoughts, deal with bad thoughts, and resolve problems we face in our mind, etc.

### **Why Our mind is important**

- ≡ Our thoughts determine our actions. Actions develop into behavior. Behavior forms lifestyle.
- ≡ Our thoughts affect our emotions/moods/feelings. Our emotions affect our spiritual, mental and physical states.
- ≡ Our imaginations can either energize or impair us.

### **Some Mind Problems**

- ≡ Fear (of people, situations, non-existent things, etc.)
- ≡ Lack of concentration (wandering mind)
- ≡ Confusions (double-mindedness, irresolute)
- ≡ Poor self-image (low self esteem)
- ≡ Denial, Deceptions and Incorrect reasonings
- ≡ Strongholds leading to compulsive behavior
- ≡ Diseases of the mind—depression, mania, schizophrenia, etc.

### **Demonic Darts**

a) Deceptions, b) Accusations, c) Temptations

### **The Process of Temptation**

Thought → Imagination → Affects emotions, weakens will → Action → Reasonings that defend the action → Accepted practice → Stronghold of the mind

### **Taking Action in the Mind**

#### **1 Peter 1:13 (Message Bible)**

**"So roll up your sleeves, put your mind in gear,..."**

- ≡ Take control of your mind. Your mind is your business.
  - ✓ My mind is mine.
  - ✓ I will decide what thoughts should go on in my mind.
  - ✓ I refuse to allow my mind to wander aimlessly.

#### **Philippians 4:8 (Message Bible)**

**Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious--the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.**

- ≡ Avoid passivity. Do not keep your mind blank.
- ≡ An idle mind becomes the devil's workshop.

### **How to take action ; RSVP**

- ≡ Reject wrong thoughts, imaginations and feelings with the Word of God
- ≡ Speak the Word of God over your mind
- ≡ Visualize the Word of God, positive things, etc.



≡ Pray and protect your mind – ask God for help to keep a pure mind

## ***A, Taking Control of Your Mind—Fighting Evil Desires***

**James 1:13-16 (NKJV)**

**13 Let no one say when he is tempted, "I am tempted by God"; for God cannot be tempted by evil, nor does He Himself tempt anyone.**

**14 But each one is tempted when he is drawn away by his own desires and enticed.**

**15 Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.**

**16 Do not be deceived, my beloved brethren.**

**Galatians 5:24 (NKJV)**

**And those who are Christ's have crucified the flesh with its passions and desires.**

Romans 8:13    1 Thessalonians 5:21

Whatever you feed, grows. Whatever you starve, dies.

Starve the 'fleshly lusts', the ungodly desires of your body and mind.

e.g. pornography, lusting for women/men

## ***B, Taking Control of Your Mind—Fighting Demonic Darts***

**2 Corinthians 10:4-5**

**For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,**

- ✓ Understand your mind is yours.
- ✓ Judge or evaluate every thought, every reasoning and every imagination in the light of Scripture. Discern, Discipline and Deal with every thought.
- ✓ Speak the Word into your own mind. For every negative thought you may need ten positive thoughts to get rid of it.
- ✓ Paint new pictures in your mind. Create new pictures and imaginations based on the Word of God, concerning every area of your life.

## ***C, Taking Control of Your Mind-Fighting Negative Words That People Speak***

Psalm 64:3    Proverbs 12:18    Proverbs 16:24    Psalm 23:3

- ✓ We must develop the ability to receive or reject what people say.
- ✓ Words that people speak can either bless or hurt our mind, will and emotions.
- ✓ Therefore, we need the ability to counteract and limit the impact of negative words.
- ✓ Counteract negative words that people speak, with what God has already spoken about you. "I am who God says I am, I can do what God says I can do, I will become everything God has promised!"
- ✓ Receive healing from God for emotional hurts and wounds that have come through traumatic or unpleasant experiences.

## ***D, Taking Control of Your Mind-Overcoming Fear, Worry & Anxiety***



**Isaiah 26:3** Matthew 11:28-30 1 Peter 5:7

To walk in perfect peace you must discipline your mind to rest, rely on the Lord. You must maintain thoughts that express your dependence on the Lord and on outcomes resulting from your dependence on the Lord.

### **Philippians 4:6,7**

Through prayer you can exchange your anxieties for His peace that will garrison your heart and mind. You can lay your burdens down at His feet through prayer. Pause, pray and exchange your worries for His peace.

### ***E, Taking Control of Your Mind - Pulling Down Strongholds***

2 Corinthians 10:4-6 James 4:7

Pulling down strongholds needs a bit more work. Thoughts, arguments and imaginations come and go through the mind everyday. But strongholds have been built over a period of time.

- ✓ Repent. Repentance simply means a change in your thinking. Start thinking differently. Submit that area to God.
- ✓ Reject (Resist) corresponding demonic spirits that may have gained entrance.
- ✓ Renounce every activity that would have opened doors to demonic influences.
- ✓ Remove the bricks. A stronghold is a 'house' made up of thoughts. Each one of these bricks that are built in the stronghold has to be dislocated and removed with the Word. God's Word is like a hammer that breaks them down (Jeremiah 23:29).

### **Scriptures to Help Us**

Defending against

- ❖ Lust for women Proverbs 6:25, Proverbs 31:3 Job 31:1
- ❖ Fear 2 Timothy 1:7, Proverbs 28:1
- ❖ Fear of Rejection Psalm 5:12, Psalm 119:74
- ❖ Anxiety Philippians 4:6,7
- ❖ Confusion 1 Corinthians 14:33
- ❖ Lack of Concentration 2 Timothy 1:7 A sound mind has a sound memory, sound concentration and a sound understanding.
- ❖ Condemnation (Accusation, Guilt, Unworthiness) Romans 8:1,33,34

### **Prayer Time**

Call to Salvation

Prayer of consecrating our mind – thoughts, imaginations, emotions to Christ.  
Prayer consecrating our eyes and ears to God.