

# MASTERMIND

CHANGE YOUR THINKING, CHANGE YOUR LIFE.

## Winning the War in Your Mind

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<sup>3</sup> I do live in the world. But I don't fight my battles the way the people of the world do. <sup>4</sup> The weapons I fight with are not the weapons the world uses. In fact, it is just the opposite. My weapons have the power of God to destroy the camps of the enemy. <sup>5</sup> I destroy every claim and every reason that keeps people from knowing God. I keep every thought under control in order to make it obey Christ.

**2 Corinthians 10:3-5 NIRV**

### 1. The life you have is a reflection of the thoughts you think

- Your life is moving in the direction of your strongest thoughts
- Most of life's battles are won or lost in the mind
- You cannot have a positive life when you have a negative mind

#### 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

### 2. Identify the number one stronghold that is holding you back

<sup>2</sup> Don't live the way this world lives. Let your way of thinking be completely changed. **Romans 12:2 NIRV**

<sup>3</sup> God's power has given us everything we need to lead a godly life. All of this has come to us because we know the God who chose us. He chose us because of his own glory and goodness. **2 Peter 1:3 NIRV**

### 3. Name the truth that demolishes that stronghold

<sup>19</sup> I remember how I suffered and wandered. I remember how bitter my life was. <sup>20</sup> I remember it very well. My spirit is very sad deep down inside me. <sup>21</sup> But here is something else I remember. And it gives me hope. <sup>22</sup> The LORD loves us very much. So we haven't been completely destroyed. His loving concern never fails. **Lamentations 3:19-22 NIRV**

#### Next Steps:

- Meditate on and/or memorize Romans 12:2
- Pick my strongest negative thought and find an even stronger truth to combat it daily
- Ask God to show me where I need to change my thinking so I can overcome the strongholds in my life
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