

WINNING THE WAR IN YOUR MIND

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

- Our lives are always moving in the direction of our strongest thoughts
- The life we have is a reflection of the thoughts we think
- You cannot have a positive life when you have a negative mind

³ 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. **2 Corinthians 10:3-5 NLT**

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 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will. **Romans 12:2 NIV**

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

2. Identify your biggest stronghold:

3. Name the truth that demolishes it:

His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. **2 Peter 1:3 NIV**

Next Steps:

- Name my stronghold: _____

- Name the truth that demolishes it: _____

- Attend the rest of this series (or watch on our Youtube channel)
- _____