

WINNING THE WAR IN YOUR MIND

Taking Your Mind Back

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Review

- 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 can't have a positive life when you have a negative mind
- My biggest stronghold is _____
- The truth that demolishes it is _____

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

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. **Philippians 4:8** NIV

1. Meditate on God's truth and goodness

- Write it
- Think it
- Say it
- Until you believe it

I meditate on your precepts and consider your ways.

Psalm 119:15 NIV

I meditate on all your works and consider what your hands have done.

Psalm 143:5 NIV

2. If you don't control what you think, you will never control what you do

Next Steps:

- Name my stronghold and the truth that demolishes it: _____
- Commit to focus daily/regularly on God's truth so that he can renew my mind
- Focus my thoughts on things that are true, pure and excellent (Philippians 4:8)
- Attend the rest of this series (or watch on our Youtube channel)
- _____