
Winning The War In Your Mind

August 02, 2026

Romans 12:1-2; 1st Corinthians 2:14-16; 2 Corinthians 10:3-5

We Forget We Are At War

I. The weapons formed against us

- A. Every temptation is designed to defeat us
- B. Every bad attitude is designed to enslave us
- C. Every bad choice has a built-in consequence

II. The Bible gives us warning

- A. We have an enemy
- B. Our lives are fragile & can change in a moment
- C. Breaking/denying principles eventually break us

III. The Bible also gives us instruction

- A. How to overcome
- B. How to find freedom
- C. How to be victorious

IV. So where is this battle being fought? Begins in our mind

- A. 7 areas in our mind where the battle is fought
 - 1. Imaginations
 - 2. Thoughts (6,000) transitional thoughts
 - 3. Experiences, memories, triggers
 - 4. Emotions: sad, mad, glad
 - 5. Processing knowledge
 - 6. Theological understanding
 - 7. Attitude

V. What happens when you believe in Jesus Messiah for eternal life?

- A. (A superpower) We receive the mind of the Messiah
- B. We see things differently (7 things)
 - 1. People
 - 2. God
 - 3. Worship
 - 4. Church
 - 5. World
 - 6. Ourselves
 - a. Need for humanity
 - b. Need for love
 - c. Need for truth
 - d. Need for compassion
 - e. Desire to do what is right
 - 7. The Bible
 - a. Is our road map
 - b. Our authority

VI. A new fight begins - "The good fight of faith"

- A. Strongholds created
 - 1. Weaknesses never improve
 - 2. Strongholds that form
 - 3. Attitudes & addictions that reoccur
- B. Held captive
- C. It begins in our mind
 - 1. Our thoughts
 - 2. Our imaginations
- D. Bible says "Take every thought captive"

VII. As we think, so we become (We are what we think, we do what we think... eventually)

- A. David thought Bathsheba was beautiful
- B. Eve thought the fruit was pleasing to the eye
- C. Thomas thought I will never be tricked again
- D. Mary thought I am a servant of the Lord
- E. A Phillipian jailer thought I need to know I have life after death

- F. How we think shapes our lives
 - 1. Every horrible act
 - 2. Every kind deed
 - 3. Every great invention begins with a thought
- G. Our enemy knows this & sends thoughts our way (whispers into our conscious, our mind)
 - 1. Change is hopeless
 - 2. I am doomed
 - 3. I am a victim
 - 4. This is just who I am

VIII. Common thought patterns that you may experience & need to be taken captive

- A. You don't need God, you are just fine the way you are
- B. The Bible is a myth, old, outdated, this is the 21st century
- C. Don't think about the consequences
 - 1. You deserve this, just go for it
 - 2. They asked for it
 - 3. People like that don't matter
 - 4. Your family will always ask, "Did you ever think about us?"
- D. No one will ever know
- E. One time won't hurt
- F. Everybody does it
- G. (It's ok) to meet a legitimate need in an illegitimate way
- H. Church is a crutch
- I. You are past redemption
- J. Keep the secret in the darkness
- K. Get even, have revenge
- L. You can't do what God wants, so why try?

IX. So what can we do when these types of thoughts come into our mind?

- A. Be aware, be willing, be determined to take every thought captive
- B. Fill your mind with the Word of truth
 - 1. Store it

- 2. Treasure it
- 3. Apply it
- 4. You become what you embrace
- C. Confess, construct, cooperate
- D. Fellowship with believers
 - 1. Accountability
 - 2. Being real
 - 3. Choose your friends, choose your future
- E. Worship corporately
- F. Pray privately
- G. Rest, find joy, have fun

X. The barriers that get in the way

- A. Our wounds
- B. Our secrets
- C. Our shame
- D. Our fear
- E. The devil
- F. The denial
- G. The difficulty

XI. The takeaway

- A. Take thoughts captive
- B. We have a choice
- C. God is for you, even when it feels hell is coming against you
- D. The fruit will be (one or all)
 - 1. A healthy marriage
 - 2. A content life
 - 3. A joyful home
 - 4. A hopeful future
 - 5. A solid faith

**God Has Provided Us A Way To Win The War Between Our Ears
We Can Be Victorious As We Renew Our Mind**