



Part  
3

# Taking Thoughts Captive

This past weekend Pastor Ken continued the four-week series entitled, Battle for the Mind. We are looking at how our thoughts shape our reality and how to get real about shaping our thoughts. Over these weeks, we invite you to journey with someone at work, your family, or find a place to do it alone or with a friend. Let's explore together how to win from the inside out during this series.

*For the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ, 2 Corinthians 10:4-5*

1. Our minds are a battlefield. If you do not take your thoughts captive, they will take you captive.
2. If you are going to win the battle, first you must examine what you are thinking about. You can either think healthy or unhealthy thoughts. Psychologists call these unhealthy thoughts, automatic negative thoughts. These thoughts can drive your depression and stroke your anxiety and rob you of your joy.
3. After you examine your thoughts you need to exchange any lies for the truth. Our minds are the enemy's favorite place to attack and his favorite tool is deception or to convince us to believe a lie (read 2 Corinthians 11:3 and John 10:10). What is the lie the enemy has been trying to get you to believe? Once you define it you can defeat it. Exchange the lie for the truth.
4. Our thoughts can be like a fortress; thoughts like atheism, materialism, secularism, hedonism, relativism, and narcissism. We engage these fortresses with the divine weapons: The Word of God, the Holy Spirit, and the Gospel in love so people can get to know God. Science calls this rewiring your brain but God calls it renewing your mind.
5. God has given you everything you need to live in victory (read 2 Peter 1:3). Do you have any thoughts that have taken you captive? If so share them and encourage each other.

Close in prayer