

Winning the Battle for Your Mind

Romans 12:1-2

Even though we are living in the flesh, there's an invisible war going on around us that is not in the flesh. God has equipped us for victory in that battle, but we must engage the enemy to do so. Because we are all born in sin, we must all fight for victory over the intrusions of the devil. The world we live in offers no help, as it has also been corrupted by sin. We are fighting a battle against an evil enemy that attacks and inhabits our mind. God has given us the weapons and the strategy to win the battle for our mind.

Three Transforming Truths to Recognize

I. Your mind is the battlefield of good and evil.

2 Corinthians 10:3-10

No one is born saved. Everyone is born into a world that is corrupted. Whether it's the iniquities of your family, the carnality of your relationships, or just the sinfulness of your own thoughts, all of us develop mental strongholds. The devil has multiple strongholds in every mind. These strongholds that have been built in our life through disappointment, rejection, failure, hurt, fear, etc. blend with each other to create fortresses that make it difficult to believe that God can really work in our life. It's hard to imagine that you can be free from the scars, the reproach, and the shame of your past. But remember...God's weapons are mighty and are designed to pull down strongholds.

2. The Word of God is a spiritual weapon.

Ephesians 6:10-17

As Believers, we are always battling in the spirit realm. When people become the problem, we must look beyond flesh and blood to the real battle. The real battle is always spiritual. Matthew Four describes the ultimate battle of the ages. It was fought between God and Satan as Jesus was tempted in the wilderness. The battle was not fought with bombs, guns, knives, bullets, or anything like that. It was fought with the ultimate weapon – WORDS. Satan came to Jesus with half-truths and lies. Jesus defeated the devil with three quotes from the book of Deuteronomy.

3. Meditating on the Word of God puts the Sword of the Spirit into operation.

Psalms 1:1-3

When we meditate on the Scripture, we are bringing the Word of God into our lives and allowing it to do its work in reprogramming our minds.

The Process of Biblical Meditation

1. Wake up in the morning and read what you need.

Don't make it a religious thing. Just keep it real. Where are you struggling? Are you discouraged? Are you dealing with fear, anxiety, anger, or unforgiveness? The internet and Christian bookstores are full of help. There are many books dedicated to categories of Scripture for every need under the sun.

2. Bring it up throughout the day.

Deuteronomy 6:6 - 9

Deuteronomy teaches us to instruct our children (and ourselves, of course) in the Word of God. The command is to do this when you're sitting in your house, when you're on your way somewhere, when you're lying in bed at night, and when you're lying in bed in the morning. Why did God tell us to do this at those four specific times? Because these are the most meditative times of your day. These are also the four times of the day that you encounter the most problems with your thought life.

3. Replace a lesser thought with a greater one.

You cannot take a thought out of your mind. The more you try to forget it, the more long-lasing it becomes. The key to eliminating it is to replace it with a greater thought. When the devil attacks your mind, have a Scripture loaded in your spirit for whatever he's attacking you with