

BATTLES ARE WON AND BATTLES ARE LOST IN THE MIND

SUNDAY SERVICE TEACHING 2nd August 2015

I WILL USE

THE WORD OF GOD

to defeat what is trying to defeat me

battles are won and lost in the mind



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The reality is, we will face situations on a daily basis that will try and challenge our faith. But another reality is that we can use the word of God as our weapon to overcome anything! Yes, we mean anything! How? By renewing our mind consistently, with the word of God. Why is this important? Because the truth of the matter is battles are won and battles are lost in the mind.

1. The mind is where we think
2. The mind is where we make decisions
3. The mind is where we feel emotions

Your mind controls what you think, what you feel and what decisions you make. Think of your mind as being an airport control centre. An airport control centre controls the traffic of aircrafts going in and out of the airport. In the same way, your mind has the ability to control what thoughts come into you (either from what people say, what God says and what the enemy is saying). It also controls what thoughts come out of you (that is what you think about yourself, what you think about your situation and ultimately what words come out of your mouth and what actions you take!).

Proverbs 4:23 emphasises how important our mind is when it tells us that we should "Guard our heart with all diligence; for out of it are the issues of life" (the heart in this case is the soul, also known as the mind). It is important that you understand how precious your mind is because that is where you will overcome everything or where you will lose everything.

If the mind is the control centre for the issues of life, it means you actually have the ability within yourself to choose to overcome or to be defeated. You have the ability to control your thoughts (remember the airport control centre example) and eliminate all the negative thoughts you have about yourself. You have the ability to think good things about yourself because good is what our heavenly Father desires for you. In Jeremiah 29: 11, God said: "For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope". Just to emphasis this, we can also refer to the King James Version which reads "For I know the thoughts that I think toward you, says the LORD, thoughts of peace, and not of evil, to give you an expected end."

This scripture shows that God's thoughts for us are good. God doesn't lie nor will He change His mind about you. So if God's thoughts towards us are good and not of destruction, why then do we tend to think negatively about ourselves? 2 Corinthians 10:3-5 answers this question. It says: "For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy

strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ”.

This scripture tells us the source of negative thoughts is the enemy. That is why it is important to guard our thoughts and to ensure that what we think about ourselves is good and not negative thoughts.

It also tells us that because negative thoughts are not from God, that we should “take every thought captive”. Taking something captive is identifying it when it comes and keeping it restrained and under control. That is what we should do with all negative thoughts. Identify them when they come and restrain them from taking control of how you feel, what you speak and what you do. You can restrain negative thoughts by balancing them with positive thoughts from God.

2 Corinthians 10:3-5 also tells us that we should “destroy every opinion and argument” we have within ourselves “raised against the knowledge of God”. Destroying something means defeating/ eradicating something’s existence by attacking it. That is what we should do with negative thoughts. We should destroy them by attacking them with the word of God

So with that being said, let’s put this idea to practice brothers and sisters. For every negative thought that comes into our mind, let us capture and destroy it by using the word of God as our weapon and evidence that those negative thoughts actually have no value and are completely false!

For example if you have been having trouble with thoughts which are telling you that nobody loves you, the scripture that can be used to defeat this thought is John 3:16 which proves we are loved! The scripture says *“For God loved the world so much that he gave his one and only Son, so that everyone who believes in him will not perish but have eternal life”*. Have you been having any negative thoughts lately?

Use the word of God to defeat what is trying to defeat you!
