

***“Fix Your Thoughts”
Overcoming Mind Battles
Part 2***



***“Do not conform to the pattern of this world,
but be transformed by the renewing of your
mind.”***

Romans 12:2



Most Of Life's Battles are Won or Lost In Your Mind

“For though we live in the world, we do not wage war as the world does. ⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

2 Corinthians 10:3-5

*Every thought matters because your life is always **MOVING** in the direction of your strongest thoughts*





“And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹ Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.”

Phillipians 4: 8 - 9 NLT

New King James ; “if there is any virtue, if there is anything praiseworthy – meditate on these things.”



Meditation is to Focus one's Thought

“I meditate on your precepts, and consider your ways.”

Psalm 119: 15

“I remember the days of long ago; I meditate on all your works and consider what your hands have done.”

Psalm 143: 5





"Your Focus Needs More FOCUS."

What stronghold is holding you back?



What truth of God shatters that stronghold

- Write it
- Think it
- Speak it



If you're struggling to know God's will:

Write a statement like:

- *my life belongs to God*
- *daily I will seek Him and daily He directs my steps*
- *I know God's voice and He leads me to His perfect will.*



If you're lacking confidence:

Write a statement like:

- *my confidence is in Christ and Christ alone*
- *because His spirit lives within me, I can do everything He calls me to do.*



If you're fighting negative thoughts; battling lustful thoughts

Write a statement like:

I'm not a slave to my thoughts. Because God has purified my mind, I will honor God with my eyes and thoughts. My God is faithful even if I'm tempted, I will call out to Him and He will give me a way out.



If your thoughts turn to food – for comfort...

Write a statement like:

- *When I'm stressed, I will turn to God, not food.*
- *I will come to Jesus because He is what I need. In Jesus I find strength and comfort.*



If you battle against worry;

Write a statement like:

- *Because of Jesus, I'm not anxious about anything. I cast my cares on God because He cares for me. And I have the peace of God dwelling in my heart and ruling my mind.*



“Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”⁹ **Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.”**

Philippians 4:8



*As a follower of Jesus I will not be conformed
to the patterns of this world,
I will be transformed by the renewing of my
mind in Jesus!*

