



- **Most of life’s battles are won or lost in your mind.**

2 Corinthians 10:3-4

For though we live in the world, we do not wage war as the world does. 4The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.

NIV

2 Corinthians 10:5

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.

NIV

Winning the War in Your Mind

- **Our lives are always moving in the direction of our _____ thoughts.**

For as he thinks in his heart, so is he. ... Proverbs 23:7 NKJV

- **The life we have is a reflection of the thoughts we think.**

THOUGHT AUDIT

Worried	1	2	3	4	5	6	7	8	9	10	Peaceful
Negative	1	2	3	4	5	6	7	8	9	10	Positive
Worldly	1	2	3	4	5	6	7	8	9	10	Eternal

- **You cannot have a positive life when you have a negative mind.**

1. Identify the biggest stronghold holding you back.

2. Name the truth that demolishes that stronghold.

2 Corinthians 10:5

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. NIV

2 Peter 1:3

His divine power has given us everything we need for a godly life ... NIV

FURTHER REFLECTION

Our lives are always moving in the direction of our strongest thoughts. Where do you think your life is headed, based on your thoughts?

Is there anything you would like to change about your destination?

What stronghold is holding you back?

What negative statement do you say about yourself, and how does it affect you?

What truth demolishes that stronghold?

How can you replace that negative statement with truth from Scripture?