

## 7/2/23 "Peace Amid Non-stop Thoughts," 2Cor. 10:3-5, MEV

**INTRODUCTION:** Mind won't shut down?

Ever hear, "Give it to God"? "Leave it at the altar"? Ever find those difficult to do? What do those things mean?

**carnal** (of the flesh) **responses make things worse:** instinctive, worldly; **EX:** deal with it, forget it, drugs, alcohol, escapism, suffer & act apart from God, lacking trust in Him, not seeking Him; **EX:**

Verses on peace: Isaiah 25:3 (trust, think on Him), Phil. 4:4-7 (pray)

**strongholds:** lies enemy has us believing... fear, doubt, worry

**Imaginations:** *logismos* = reasoning, imagination (things we "think up" in our mind or are introduced to us)

**MAIN IDEA: Let's take control of our thoughts.** How? By doing what God says to do and by recognizing the enemy's strategies.

### I. First, doing what God says to do.

A. take every thought captive in Christ (2Cor. 10:5)

**2Cor 10:5, The Remedy:** We demolish every idea, argument, doctrine, teaching or concept that infects the mind and distorts or obstructs the truth about God, and we reclaim the thoughts, feelings and attitudes into the truth about God as revealed by Jesus Christ.

**EX:** Thought: My car's engine might die. Feel fear, anxiety. Can't sleep. Think of selling it & buying new one, which can't afford. Buy new one, can't pay bills... Questioning God, angry with Him.

1. origin of thought can vary (us, demons, God)

• God's edify, correct, reveal, convict, inform, encourage—truth

• demonic: sow self-sufficiency, fear, anxiety, doubt

2. does thought align with or contradict Jesus—His character, His word?

• Does it lead me to be more or less like Jesus?

• Does it lead me to trust God more or less? (car example?)

3. dismiss any wayward thought immediately

**NOTE:** Feelings often indicate potential trouble: worry, fear, bitterness, anger, hatred, hopelessness. What was I thinking about?

B. meditate on God's word (Philippians 4:8)

**Philippians 4:8, MEV:** Whatever things are true, whatever things are honest, whatever things are just, whatever things are pure, whatever things are of good report, if there is any virtue, and if there is any praise, think on these things [meditate, NKJV].

1. seek a scripture to apply (can't sleep? Ps. 4:8)

2. read, pray, think on, apply, rehearse, memorize

3. when thought returns, dismiss it, think on verse

### ILLUSTRATION:

### II. Second, recognizing the enemy's strategies.

A. thoughts or words "pop" into our mind

1. usually can dismiss pretty easily, but if not...

2. filter thought by Jesus & dismiss wayward thought

3. think on what is good & true to "heal" right away

B. thoughts "burrow" into our mind (repetitive)

1. pop-in thought keeps returning or goes "deep," trying to become a consuming thought

2. find a verse, recognize the thought, dismiss it, think on the verse; be vigilant

C. when consuming thoughts are taking over (can't stop thinking about "it")

1. find verse, meditate on continually

2. pray to God about the thought (Phil. 4:4-7)

3. praise & thank God (Phil. 4:4-7)

4. respond immediately when it returns

**ILLUSTRATION:** suicide, mistrust

**CONCLUSION:** Peter, David (1Chron. 21:1), Judas (John 13:2), Ananias & Saphira (Acts 5:3)

**ALTAR:** Struggling with thoughts? Ask God for a verse. Come for prayer to remove foothold or stronghold.

**Christopher Hayword:** "Ministering Deliverance from Bondage," The Spirit-Filled Bible: Behind a stronghold is also a lie—a place of personal bondage where God's Word has been subjugated to any unscriptural idea or personally confused belief that is held to be true. Behind every lie is a fear, and behind every fear is an idol. Idols are established wherever there exists a failure to trust in the provisions of God that are ours through Jesus Christ.

**Jimmy Evans (Fresh Start Bible:** "A Mind Set Free"): Satan introduces thoughts to our minds that are contrary to God's Word and uses them to hold us captive. However, we can fight the devil with truth and be free from every bondage. Here are three keys we need to understand about freedom: 1. The mind is the main battlefield between good and evil (James 4:7) Freedom in our minds begins with making Jesus the Lord of our thoughts. 2. God's Word is a spiritual weapon (Ephesians 6:10-17). Every piece of spiritual armor God gives us is an application of His truth in our lives. We fight Satan with truth—God's Word. 3. Biblical meditation is spiritual warfare (Deuteronomy 8:16,9). Biblical meditation is the practice of repeatedly reading and thinking about specific Scriptures. We reprogram our brains to think differently by replacing bondage.

meditation is spiritual warfare (watch enemy, etc.). Christian meditation is the practice of repeatedly reading and thinking about specific Scriptures. The program was created to assist spirituality by replacing worldly related thoughts with Scriptures that declare the truth of God's Word.