

You must maintain thoughts that express your dependence on the Lord and on outcomes resulting from your dependence on the Lord.

Through prayer you can exchange your anxieties for His peace that will garrison your heart and mind. You can lay your burdens down at His feet through prayer. Pause, pray and exchange your worries for His peace.

### E, Taking Control of Your Mind - Pulling Down Strongholds

2 Corinthians 10:4-6 James 4:7

Pulling down strongholds needs a bit more work.

Thoughts, arguments and imaginations come and go through the mind everyday. But strongholds have been built over a period of time.

- Repent. Repentance simply means a change in your thinking. Start thinking differently. Submit that area to God.
- Reject (Resist) corresponding demonic spirits that may have gained entrance.
- Renounce every activity that would have opened doors to demonic influences.
- Remove the bricks. A stronghold is a 'house' made up of thoughts.

Each one of these bricks that are built in the stronghold has to be dislocated and removed with the Word. God's Word is like a hammer that breaks them down (Jeremiah 23:29).

### Scriptures to Help Us

Defending against

- Lust for women Proverbs 6:25, Proverbs 31:3
- Fear 2 Timothy 1:7, Proverbs 28:1
- Fear of Rejection Psalm 5:12, Psalm 119:74
- Anxiety Philippians 4:6,7
- Confusion 1 Corinthians 14:33
- Lack of Concentration 2 Timothy 1:7 A sound mind has a sound memory, sound concentration and a sound understanding.
- Condemnation (Accusation, Guilt, Unworthiness) Romans 8:1,33,34

Join us for a life-changing time, Sundays 4pm-5:30pm at APC-Mangalore. Currently meeting every Sunday (excluding first Sundays) at : India Campus Crusade for Christ, near Father Mullers Hospital, adjacent to MORE supermarket, Kankanady. (Please call 080-25452617, for current location and timings).

**All Peoples Church**  
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COUNSELING



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I think...

LEARNING TO TAKE CONTROL OF OUR THOUGHTS,  
DEAL WITH BAD THOUGHTS, AND RESOLVE PROBLEMS  
WE FACE IN OUR MIND, ETC.

