



Sunday July 30, 2017
Emotional Wholeness And Deliverance Series
Part 5 : Conquest of the Mind

Quick Review

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Part 5 : Conquest of the Mind

The Mind A Battlefield

Our mind is bombarded with all kinds of information, ideas, visuals which obviously influence our thinking, stir up our emotions, and evoke a reaction from us.

The enemy, the devil and his demon spirits also work on our minds, presenting evil thoughts, ideas, imaginations and so on.

All of these are intended to stir up our own desires, so that our will to resist is weakened and we become enticed, trapped, pulled into what is wrong.

James describes it like this:

James 1:13-16

13 Let no one say when he is tempted, "I am tempted by God"; for God cannot be tempted by evil, nor does He Himself tempt anyone.

14 But each one is tempted when he is drawn away by his own desires and enticed.

15 Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.

16 Do not be deceived, my beloved brethren.

Temptations, deceptions, confusions, seductions and all kinds of evil that grip a believer usually start with a thought in the mind.



When the Lord Jesus was tempted in the wilderness, which we read about in Mathew 4, and Luke 4, we can easily deduce that all these were temptations that came as thoughts and pictures in the mind. The Lord Jesus refuted and cast down these by quoting the Word of God.

So the mind is a battlefield.

Take Every Thought Captive

2 Corinthians 10:3-5

3 For though we walk in the flesh, we do not war according to the flesh.

4 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds,

5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

The warfare that Paul is referring to has a lot to do with the mind.

Strongholds, arguments, imaginations (KJV), reasonings are things that occupy the mind.

Strongholds is a fortress. It is territory that has been occupied and controlled. In this context, a stronghold is a house built with thoughts, arguments, reasonings and imaginations.

We are to **take every thought captive** (make it a slave) to the obedience of Christ.

We are to **cast down** (demolish, lower down) arguments, imaginations, reasonings, proud opinions - any idea that is contrary to the knowledge of God.

We are to **pull down** (similar to cast down) every stronghold.

We do this using the weapons God has given us.

The primary weapon is that of the Word of God. We do it just the way we saw the Lord Jesus using it when He resisted the ideas and imaginations the devil presented Him with.

Check the thoughts, ideas, reasonings, imaginations that go on in your mind, or that come to your mind - against the Word of God. If there is anything contrary to God's Word - cast that thought down. Take it captive. Do not let it influence you.

{please provide practical examples here}

Renew Your Mind



In order to "conquer our mind" and keep our mind as holy ground one of the most important thing we can do is to renew our mind.

By default, we have what the Bible calls a carnal mind (Romans 8:8).

A carnal mind is a mind that desires the wrong things of the flesh, it is patterned after the ways of this world (Romans 8:5).

A carnal mind resists the ways and thoughts of God and is not subject to the law of God (Romans 8:7)

A carnal mind does not please God (Romans 8:8).

A carnal mind results in death (Romans 8:6).

A carnal mind causes believers to behave like mere men and indulge in envy, strife, divisions (1 Corinthians 3:3).

So God call us to renew our mind.

Romans 12:1-2

1 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.

2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

We renew our mind by letting go of the carnal mind - our own ways and thoughts and then with the Word of God we take on God's ways and God's thoughts.

Isaiah 55:7-11

7 Let the wicked forsake his way, And the unrighteous man his thoughts; Let him return to the LORD, And He will have mercy on him; And to our God, For He will abundantly pardon.

8 "For My thoughts are not your thoughts, Nor are your ways My ways," says the LORD.

9 "For as the heavens are higher than the earth, So are My ways higher than your ways, And My thoughts than your thoughts.

10 "For as the rain comes down, and the snow from heaven, And do not return there, But water the earth, And make it bring forth and bud, That it may give seed to the sower And bread to the eater,

11 So shall My word be that goes forth from My mouth; It shall not return to Me void, But it shall accomplish what I please, And it shall prosper in the thing for which I sent it.

As we renew our mind, the way we live is transformed - undergoes metamorphosis - a transformation similar to a caterpillar becoming a butterfly (Romans 12:2).

A renewed mind, also called a spiritual mind, results in life and peace (Romans 8:6).

We are to live by a renewed mind.

A renewed mind is a mind that is able to reject wrong thoughts and ideas that are not aligned to the ways and thoughts of God.



A renewed mind is a mind that thinks according to Philippians 4:8

Philippians 4:8

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

Develop A Positive Mindset

Every time you have negative and pessimistic thoughts coming to your mind, discipline yourself to reject this and speak or state a corresponding positive Scripture from the Word of God.

Learn to see things through the lens of God's promises and based on who God is.

Example:

The Twelve spies in Numbers 13, sent to spy out the land that God has already promised to give to His people. Ten saw the huge giants and themselves as grasshoppers before the giants. Two saw the same giants but had a different view - they saw them as "bread" easy to eat, easy to conquer. The two saw their 'problem' through the promise of God.

Learn to look at things from the vantage point of God's promises.

Learn to look at things from the vantage point of what God has done for you in Christ.



LIFE GROUP STUDY GUIDE



**Emotional Wholeness And Deliverance Series
Part 5 : Conquest of the Mind**

This is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 2 hours. Each Life Group would have up to 12-15 people.



Preparation

To prepare for the Life Group meeting, you can listen to the Sermon Key Points (sermon summary in five minutes) or the full length Sunday sermon. You can also review the Sunday Sermon notes. All these are available in the "All Peoples Church Bangalore" mobile App or online at apcwo.org/sermons . Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

Welcome

The Life Group meeting may commence with a time of prayer, worship and a fun activity.

LISTEN to God's Word

Read the following Scripture passages: *James 1:13-16; 2 Corinthians 10:3-5; Romans 12:1-2; Isaiah 55:7-11; Philippians 4:8*

INVESTIGATE God's Word Together

Discuss these together, giving time for people to share their insights.

We encourage each one individually to make notes of their personal learning during the Group study.

1, In understanding 'The Mind A Battlefield', discuss some day to day battles we face as believers.

2, In learning to 'Take Every Thought Captive', how do we do this practically? Think of some real-life situations and how you can practically cast down and take captive wrong thoughts, imaginations, reasonings that impinge on your mind.

3, (A)Discuss some real-life situations and different reactions/responses between two believers, one with a carnal mind and the other with a renewed mind. (B)Review the process of 'renewing the mind' and how we engage in this process.

4, Why is it important to 'Develop A Positive Mindset'? What good is a positive mindset?

If time permits, each one takes a few (3 minutes max) to share one or two main learning today and how they see themselves applying it into their specific life situations. Within the group, feel free to share areas of emotional healing that may be needed. (Keep all matters confidential). Encourage each one to participate and share.

FELLOWSHIP by sharing your life and spiritual journey



Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

ENCOURAGE each other by praying and ministering to one another

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow bringing healing, releasing miracles, prophecy, etc.

Regroup and close by thanking God together.