

When we were born again, only our spirits were born anew, recreated in the image of God, and filled with the life and nature of God. Our minds and bodies were not born again.

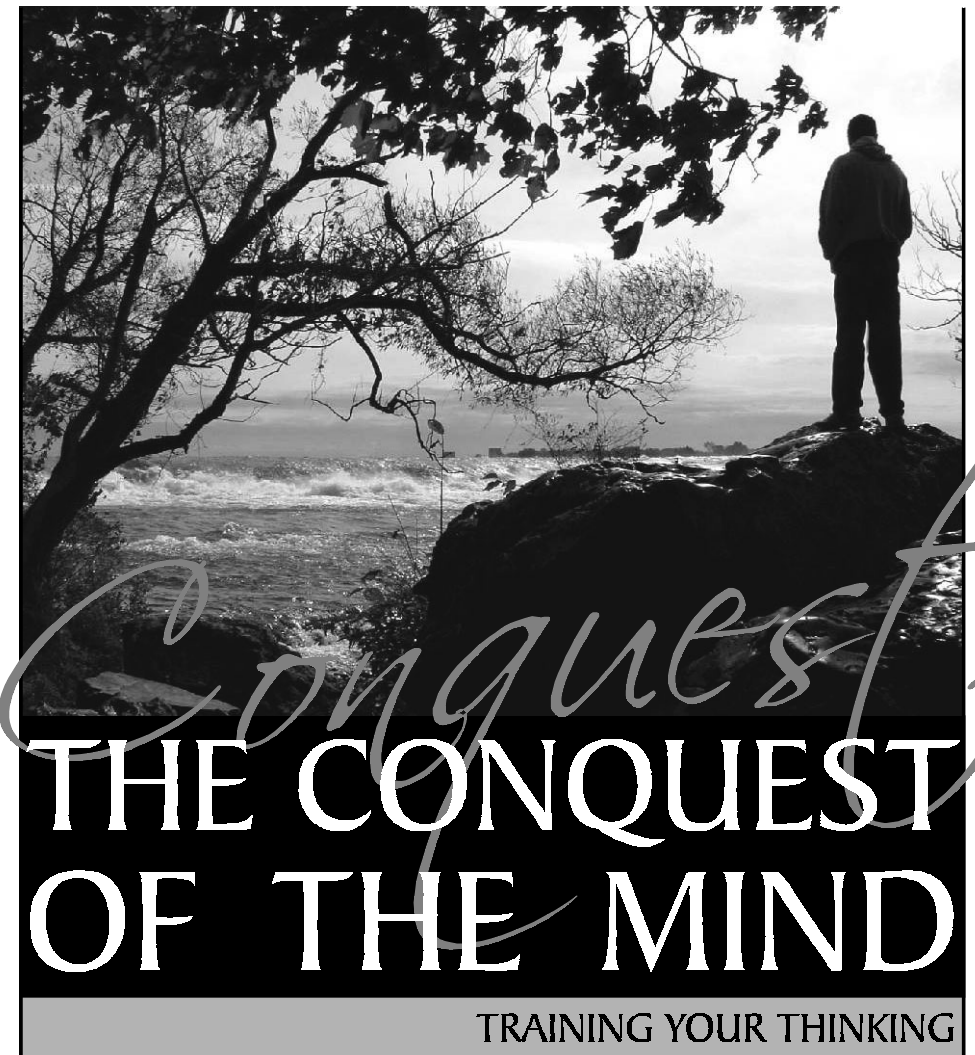
God has placed on us the responsibility of renewing the mind and crucifying the flesh, through the Word and by the Holy Spirit.

This book focuses on renewing the Mind—what needs to be done and how to do it. This is a study outline addressing:

- ❖ The Mind—A Biblical Perspective
- ❖ The Mind—A Battlefield
- ❖ Renewing Your Mind
- ❖ Developing a Positive Mental Attitude
- ❖ Balance of Spirit and Soul

This study outline is intended for use as a personal study guide, for use in small group discussions or as lecture/seminar/conference notes.

Ashish Raichur



FRONT INNER

© Ashish Raichur, Pastor  
All Peoples Church & World Outreach  
First Edition Printed July 2007

Managing Editor/Head of Publications: Valentina Hubert  
Assistant Editor: Arthi Rachel Isaiah  
Proofreading: Amy Raichur  
Cover and Graphics Design: Karuna Jerome, by Faith Designz

Contact Information (For Correspondence Only):

All Peoples Church & World Outreach  
Sobha Jade A2I6  
Jakkur, Bangalore 560 064  
Karnataka, INDIA

Phone: +91-80-2354 4328  
Email: [contact@apcwo.org](mailto:contact@apcwo.org)  
Website: [www.apcwo.org](http://www.apcwo.org)

Unless otherwise indicated, all Scripture quotations are taken from the Holy Bible, New King James Version.

**FOR FREE DISTRIBUTION**

Free distribution of this publication has been made possible through the financial support of members, partners and friends of All Peoples Church.

TITLE PAGE



# *Conquest* THE CONQUEST OF THE MIND

TRAINING YOUR THINKING



## ACKNOWLEDGMENT

We learn through a number of sources and a variety of ways. Truths outlined in this publication have originated through personal study of God's Word, life's experiences and things I have learned from others by listening to them, reading their works or observing their lives.



# CONTENTS

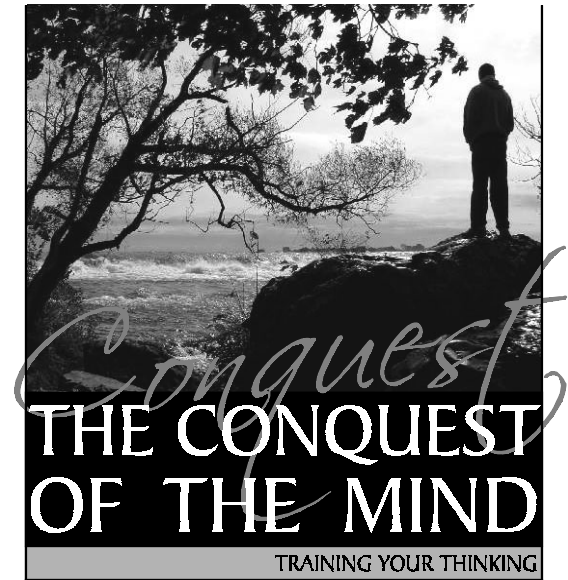
## How to Use This Study Outline

This is a study outline intended for use as a personal study guide, for use in small group discussions or as lecture/seminar/conference notes. When used in personal or small group study, we suggest you do the following: Read the Scriptures listed, read any accompanying comments, think, ponder, (discuss), listen to the Holy Spirit, write down any personal insights, consider the personal application of the truth learned and pray in response to what has been learned.

1.	<b>INTRODUCTION</b>	<b>1</b>
2.	<b>THE MIND—A BIBLICAL PERSPECTIVE</b>	<b>5</b>
2.1.	Defining the Mind	7
2.2.	The Importance of the Mind	7
2.3.	Problem Areas of the Mind	8
2.4.	Three Conditions of the Mind	9
3.	<b>THE MIND—A BATTLEFIELD</b>	<b>13</b>
3.1.	Fleshly Lusts War Against the Soul	15
3.2.	The Process of Temptation	15
3.3.	Exposing Satan's Tactics	16
3.4.	Understanding How the Enemy Tempts Us	18
3.5.	Three Realms of Desires	20
3.6.	Understanding the Formation of Strongholds	21
3.7.	Dangerous Progression	23
3.8.	The Weapons of Our Warfare	24
3.9.	The Helmet of Salvation	25
3.10.	Taking Action in the Mind	26
3.11.	Taking Control of Our Minds— Fighting Fleshly Lusts	27

3.12.	Taking Control of Our Minds— Fighting Fiery Darts	27
3.13.	The Words People Speak	28
3.14.	Overcoming Anxiety	29
3.15.	Pulling Down Strongholds	30
3.16.	Scriptures to Help Us	31
4.	<b>RENEWING YOUR MIND</b>	<b>33</b>
4.1.	Condition of Our Minds Before We Were Born Again	35
4.2.	What Does it Mean to Renew Our Minds?	36
4.3.	The Effect of the Word on Our Minds	38
4.4.	Why Is it Important to Renew Our Minds?	39
4.5.	The Process of Learning	42
4.6.	Meditation in God's Word	42
4.7.	The Discipline of Memorization	43
4.8.	Repainting Our Portraits	44
4.9.	Dealing With the Negatives of the Past	44
4.10.	Tearing Down Wrong Mindsets	48
4.11.	Garrisoning Our Minds	48
4.12.	A New Frame of Mind	49
4.13.	The Mind of Christ	49
4.14.	Being a People of One Mind	50

5.	<b>DEVELOPING A POSITIVE MENTAL ATTITUDE</b>	<b>53</b>
5.1.	The Impact of How We Think	55
5.2.	Thinking God's Way	57
5.3.	How Do We Develop a Positive Attitude?	57
5.4.	Avoid the Fainting-Mind Syndrome	58
5.5.	Winning Thinking	59
5.6.	Being Fully Persuaded in Our Minds	59
5.7.	Defeating Depression	59
6.	<b>BALANCE OF SPIRIT AND SOUL</b>	<b>61</b>
6.1.	God Gave Us Our Minds to Use	63
6.2.	Faith and Presumption	64
6.3.	Discerning God's Voice	65
6.4.	Reasoning and Faith	65



## 1 Introduction

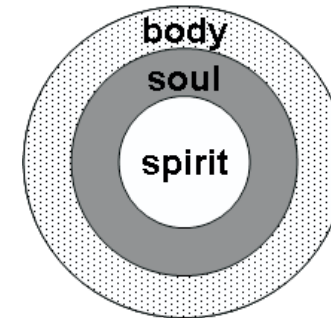
# I

## INTRODUCTION

**Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new** (2 Corinthians 5:17).

When we were born again, only our **spirits** were born anew, recreated in the image of God, and filled with the life and nature of God. Our minds and bodies were not **born again**.

God did not change the **soul** or the **body**.



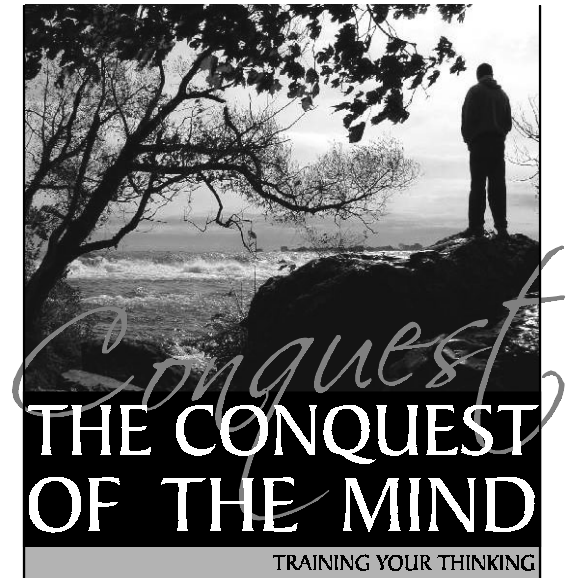
If what is in the spirit, has to be seen on the outside, then:

- The **soul** (mind, will and emotions) needs to be **renewed**.
- The **body** (flesh) needs to be **crucified**.

God has placed on us the responsibility of renewing the mind and crucifying the flesh, through the **Word** and by the **Holy Spirit**.

In this study, we will focus on the **mind**—what needs to be done and how to do it.





## 2 The Mind—A Biblical Perspective

## 2

### THE MIND—A BIBLICAL PERSPECTIVE

#### 2.1. Defining the Mind

**Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ (1 Thessalonians 5:23).**

Soul = Gr. *psuche*.

Spirit = Gr. *pneuma*.

Soul—the organ of human cognition, the mind, will and emotions.

Mind—the functions of the brain, thought, reason, intelligence, emotion and memory.

#### 2.2. The Importance of the Mind

- ✓ Our thoughts determine our actions. Actions develop into behavior. Behavior forms lifestyle.
- ✓ Our thoughts affect our emotions. Our emotions affect our spiritual, mental and physical states.
- ✓ Our imaginations can either energize or impair us.
- ✓ Our mental faculties (the ability to Learn, Understand, Concentrate, Imagine, Remember and Reason) are important.
- ✓ What is in our spirits is normally released through our souls and bodies.

- ✓ God uses our mental faculties in His process of communication with us—Thoughts, Ideas, Pictures, Visions and Dreams.

## 2.3. Problem Areas of the Mind

Many sincere believers have uncontrolled tempers, are unable to overcome certain sins, struggle with addictions and bondages, etc. Many believers also suffer from other problems that are primarily connected with the mind:

- Fear (of people, situations, non-existent things, etc.),
- Lack of concentration (wandering mind),
- Confusions (double-mindedness, irresolute),
- Poor self-image (low self-esteem),
- Denial,
- Deceptions and Reasoning,
- Strongholds and
- Diseases of the mind (depression, mania, schizophrenia, etc).

### **ACTION POINT**

Write down the three biggest problems you face with your mind at present.

## 2.4. Three Conditions of the Mind

Natural mind, Carnal mind, Renewed (Spiritual) mind.

### 2.4.1. Natural mind

**But the natural man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know them, because they are spiritually discerned** (I Corinthians 2:14).

Here the Bible contrasts “natural human understanding” versus “spiritual understanding” (insight). The natural man living by his natural mind:

- Does not allow the things of the Spirit into his heart (because he considers them foolish).
- Is not able to know (perceive, understand) the things of the Spirit (because they must be spiritually discerned).

Spiritually discerned: to examine, investigate, inquire into, question, interrogate with the help of the Spirit.

### 2.4.2. Carnal mind

**For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace. Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be** (Romans 8:5–7).

Flesh (Gr. *sarx*) refers to the natural appetites, passions and desires of the body.

Carnally = Gr. *sarx*.

Body = Gr. *soma*.

Carnal Mind	Spiritual Mind
Mind (i.e., interest, entertain oneself, savor, think on) the things of the flesh	Mind the things of the Spirit
Brings death	Brings life and peace
Enmity against God	
Not subject to the law of God	
Cannot please God	

**And I, brethren, could not speak to you as to spiritual people but as to carnal, as to babes in Christ. I fed you with milk and not with solid food; for until now you were not able to receive it, and even now you are still not able; for you are still carnal. For where there are envy, strife, and divisions among you, are you not carnal and behaving like mere men? (1 Corinthians 3:1–3).**

- The carnal mind is characteristic of spiritual “babes in Christ.”
- The carnal mind is unable to receive the solid meat of the Word.
- The carnal mind leads us into strife, envy, competition and divisions (cliques).
- The carnal mind causes us to live as “mere men” instead of being the people of God.

### 2.4.3. Renewed mind (Spiritual mind)

**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 (Romans 12:2).**

Transformed (Gr. *metamorphoo*) by the renewing (renovation, reformation) of your mind (Gr. *nous* = intellect, understanding).

A “renewed mind” can be considered synonymous to a “spiritual mind.”

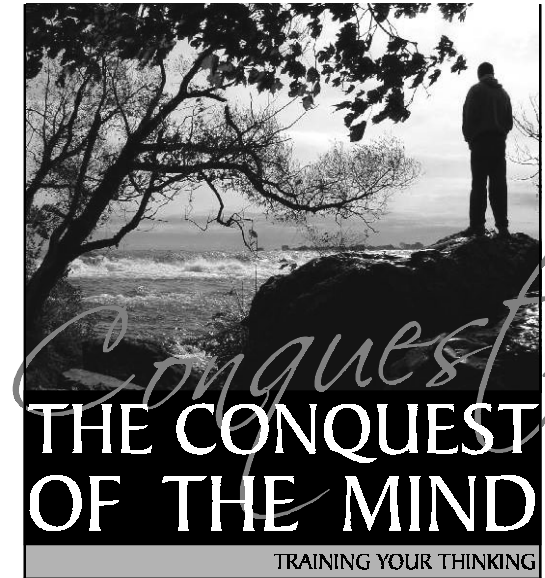
#### ACTION POINT

Assess yourself and write down approximately what percent of the time you operate out of a natural mind, a carnal mind and a renewed mind.

%Natural

%Carnal

%Renewed



### 3 The Mind—A Battlefield

## 3

## THE MIND—A BATTLEFIELD

## 3.1. Fleshly Lusts War Against the Soul

**Beloved, I beg you as sojourners and pilgrims, abstain from fleshly lusts which war against the soul (1 Peter 2:11).**

Yielding to fleshly desires troubles the soul. The mind, will and emotions are affected by what we do. For example, a person's ability to concentrate, or ability to engage in thought-intensive discussions may be weakened because of some of his wrong personal habits. Further more, from a spiritual perspective, sinful lifestyle patterns can open doors to wicked spirits that would then have access to areas of the soul which they can harass, trouble or even gain control over.

**Whoever commits adultery with a woman lacks understanding; He who does so destroys his own soul. Wounds and dishonor he will get, and his reproach will not be wiped away (Proverbs 6:32,33).**

Committing adultery destroys (ruins, corrupts and decays) the mind, will and emotions.

## 3.2. The Process of Temptation

**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. But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death. Do not be deceived, my beloved brethren (James 1:13–16).**

- Drawn by our own desires.
- Enticed—our wills are weakened. Greek word means, “to entrap.”
- Desire has conceived—have yielded to the desire. This results in sin.

Having our desires aroused for something wrong and being drawn by our desires is still not sin. We may even come close to being enticed—and this is still not sin. Only when we have yielded to the desire, it is then that we have sinned.

Many Christians unnecessarily condemn themselves, because of wrong desires being aroused in them. This in itself is not sin. Only when they yield to those desires, either by committing a wrong act or by willfully contemplating along those desires, have they sinned.

### 3.3. Exposing Satan's Tactics

Satan's schemes primarily involve:

#### 3.3.1. Deceptions

**But I fear, lest somehow, as the serpent deceived Eve by his craftiness, so your minds may be corrupted from the simplicity that is in Christ** (2 Corinthians 11:3).

Satan deceived (seduced wholly) Eve. Satan, through his craftiness, attempts to deceive and corrupt our **minds**.

Satan is a **deceiver** and therefore attempts to draw us away from the truth, by **making a lie appear as the truth**.

**You are of your father the devil, and the desires of your father you want to do. He was a murderer from the beginning, and does not**

**stand in the truth, because there is no truth in him. When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it** (John 8:44).

The devil is called the father of lies.

**So the great dragon was cast out, that serpent of old, called the Devil and Satan, who deceives the whole world; he was cast to the earth, and his angels were cast out with him** (Revelation 12:9).

He deceives the whole world.

#### 3.3.2. Accusations

Satan (Gr. *satanas*) = the accuser.

Satan is the accuser of the brethren.

**So the great dragon was cast out, that serpent of old, called the Devil and Satan, who deceives the whole world; he was cast to the earth, and his angels were cast out with him. Then I heard a loud voice saying in heaven, "Now salvation, and strength, and the kingdom of our God, and the power of His Christ have come, for the accuser of our brethren, who accused them before our God day and night, has been cast down** (Revelation 12:9,10).

Satan works against our minds by throwing accusations against us as well.

Many believers suffer from a poor “spiritual self-image.” They always see themselves as “sinners, so unworthy, condemned, unclean and unfit.” So much of this is actually sparked by accusations which wicked spirits play on the minds of believers. Believers unknowingly accept these thoughts and perceive themselves as being so. This leaves them weakened, unmotivated, always in a state of self-pity, condemned, repenting about the same sins umpteen times, etc.

### 3.3.3. Temptations

For this reason, when I could no longer endure it, I sent to know your faith, lest by some means the tempter had tempted you, and our labor might be in vain (1 Thessalonians 3:5).

Now when the tempter came to Him, he said, "If You are the Son of God, command that these stones become bread" (Matthew 4:3).

Satan is the tempter, who attempts to seduce us and draw us away from God's standard, thus leading us into sin.

### 3.4. Understanding How The Enemy Tempts Us

**Lest Satan should take advantage of us; for we are not ignorant of his devices** (2 Corinthians 2:11).

Devices (Gr. *noema*) = a perception, the intellect, disposition, device, mind, thought, scheming of the mind.

Satan's schemes are really mind games—they have to do with attacks against the mind.

**For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin** (Hebrews 4:15).

Jesus was tempted in all areas, and in the same way we are also tempted.

Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, being tempted for forty days by the devil. And in those days He ate nothing, and afterward, when they had ended, He was hungry. And the devil said to Him, "If You are the Son of God, command this stone to become bread." But Jesus answered him, saying, "It is written, 'Man shall not live by bread alone, but by every word of God.'" Then the devil, taking Him up on

a high mountain, showed Him all the kingdoms of the world in a moment of time. And the devil said to Him, "All this authority I will give You, and their glory; for this has been delivered to me, and I give it to whomever I wish. Therefore, if You will worship before me, all will be Yours." And Jesus answered and said to him, "Get behind Me, Satan! For it is written, 'You shall worship the LORD your God, and Him only you shall serve.'" Then he brought Him to Jerusalem, set Him on the pinnacle of the temple, and said to Him, "If You are the Son of God, throw Yourself down from here. For it is written: 'He shall give His angels charge over you, to keep you,' and, 'In their hands they shall bear you up, lest you dash your foot against a stone.'" And Jesus answered and said to him, "It has been said, 'You shall not tempt the LORD your God.'" Now when the devil had ended every temptation, he departed from Him until an opportune time (Luke 4:1–13).

The only way satan could show Jesus all the kingdoms of the world in a moment of time was through the imagination.

Jesus was in the wilderness. Therefore the only way satan could have 'taken' Jesus to Jerusalem and placed Him on the pinnacle of the Temple was through the imagination.

We conclude therefore that satan's primary way of working against us in the area of the mind is by intercepting our normal thought process with his thoughts, ideas, suggestions, pictures, imaginations, etc.

**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. But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death. Do not be deceived, my beloved brethren** (James 1:13–16).

Satan's thoughts, pictures, imaginations, etc., that come into our minds are intended to stir up our own fleshly desires,



appetites and passions. When our own desires are stirred up, we are drawn by them, our will to resist is weakened, and if we do not exercise restraint, we yield, leading to sin.

Having a bad thought, picture or imagination, thrown into our minds does not constitute a sin. Thinking evil or acting on that thought is sin.

We cannot prevent these thoughts from coming, but we can prevent them from staying.

### 3.5. Three Realms of Desires

#### *Temptation of Eve*

**So when the woman saw that the tree was good for food, that it was pleasant to the eyes, and a tree desirable to make one wise, she took of its fruit and ate. She also gave to her husband with her, and he ate (Genesis 3:6).**

**Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world (1 John 2:15,16).**

#### 3.5.1. The lust of the flesh

Sensual desires, appetites and passions not permitted by God.

Eve saw that “the tree was good for food.”

#### 3.5.2. The lust of the eyes

The “desire of the eyes” does not involve appropriation. It is satisfied with contemplating. It represents a higher type of desire than the desire of the flesh, in that it seeks

mental pleasure where the other seeks physical gratification (Vincent’s Word Studies).

Eve saw that “it was pleasant to the eyes.”

#### 3.5.3. The pride of life

Vain glory. The pride of man. The pride that makes us think that we can do everything by ourselves, and makes us independent of God.

Eve saw that it was “a tree desirable to make one wise.”

Satan’s temptations target these realms of desire.

#### ACTION POINT

For the purposes of self-evaluation, how susceptible are you in these three realms, in terms of an approximate percentage?

%Lust of the flesh    %Lust of the eyes    %Pride of life

### 3.6. Understanding the Formation of Strongholds

**For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 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, and being ready to punish all disobedience when your obedience is fulfilled (2 Corinthians 10:3–6).**

- Thought,
- Argument (reasoning),

- Imagination,
- Stronghold—a fort or castle. This refers to any area of our minds that has been occupied and fortified by demons.

It usually begins with a simple **thought**. The thought could be an idea, suggestion, word or picture, directly popped into our minds by a wicked spirit intercepting our normal thought processes. It could come through things we hear someone say or what we see.

The wrong thought if not arrested at that point, will develop into a **reasoning or argument**. It then begins to argue against the truth or standard set by God's Word ("against the knowledge of God").

Having displaced God's Word in our minds, the reasoning then develops into an **imagination**, where we see ourselves being and doing what the thought suggested. This is the next thing closest to real-life, it almost feels real.

If the imagination is not cast down, it leads to repeated activity or repeated focus (contemplation) leading to it becoming a **stronghold** in the person's mind. A stronghold is a house made of thoughts, reasonings, arguments and imaginations. It is an area in our souls (mind, will and emotions) which the enemy has gained control over and therefore has led to our **disobedience**.

To **fulfill obedience**, that is, bring our lives into obedience unto God, we must use the **weapons** of our warfare to **pull down strongholds, cast down imaginations and**

**arguments** and **take every thought captive** to the Word of God and the Lordship of Christ.

### Example

Let us consider the case of a young man, who initially does not drink wine (or some other "strong drink"). Let us say that he happens to see a pastor/preacher drink a small cup of wine during a wedding toast. The enemy could use this occasion to plant a thought in his mind—"Since the pastor/preacher drank, it is perfectly fine to drink wine after all."

The young man begins to play with this thought in his mind. He then begins to reason or argue in his mind. "After all, wine is served in church when celebrating the Lord's Table. After all, Jesus turned water to wine. I saw that preacher drinking some wine. I even saw that person drinking some other 'strong drink'. All my friends drink and they are really good guys. I will be careful and not get drunk. So I think it should be fine, if I drink wine occasionally." Thus, reasoning and arguments rise up in his mind, that exalt themselves against the knowledge of God.

Soon imaginations begin to be painted in his mind. He sees himself in the bar with his friends or at other occasions, where he drinks wine. And shortly thereafter, he begins doing so. Over time, what began as an occasional event becomes a regular habit and eventually a necessary thing. A stronghold has been built and the young man is in bondage.

## 3.7. Dangerous Progression

- Deception: arguments against the Word or normal behavior leading to regression, repression, suppression, unrestrained behavior.

- Depression: gloominess, dejection, sadness, decreased activity, hopelessness, inadequacy.
- Oppression: crushed or overpowered (compulsive thoughts, compulsive feelings, compulsive behavior, abnormal problems).
- Obsession: besieged, haunted, fixed on a single idea to an unreasonable degree.
- Possession: to inhabit, occupy, control, dominate, rule.

### 3.8. The Weapons of Our Warfare

**For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds** (2 Corinthians 10:4).

With the spiritual weapons that God has given us, we can:

- ✓ Take every thought captive,
- ✓ Cast down arguments (reasoning) that contradict the Word of God,
- ✓ Cast down imaginations and
- ✓ Pull down strongholds.

We know the weapons we have:

- ❖ The spoken Word of God

The example of Jesus (Matthew 4:1–11).

**And take the helmet of salvation, and the sword of the Spirit, which is the word of God** (Ephesians 6:17).

**And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death** (Revelation 12:11).

- ❖ The name of Jesus

**And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues** (Mark 16:17).

- ❖ The blood of the Lamb

**And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death** (Revelation 12:11).

- ❖ His praise on our lips

**Out of the mouth of babes and nursing infants You have ordained strength, because of Your enemies, that You may silence the enemy and the avenger** (Psalm 8:2), (Also see Matthew 21:16).

**Let the high praises of God be in their mouth, and a two-edged sword in their hand, to execute vengeance on the nations, and punishments on the peoples** (Psalm 149:6,7).

When evil thoughts, arguments or imaginations come into our minds, we can **negate** them by speaking (or even thinking) the Word of God that **counteracts** their purpose.

### 3.9. The Helmet of Salvation

**Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God** (Ephesians 6:13–17).

The helmet of salvation guards the area of the mind.

If a soldier did not wear his helmet, he would fall an easy prey to the sweeping battle-ax or the sword of the enemy. His head would roll!

We wear the helmet of salvation by aligning our minds (thoughts, reasoning and imagination) to the completed work of salvation that God has already done for us.

- ✓ Have an understanding of salvation and all that it encompasses.
- ✓ Be convinced in our minds of the reality of our salvation.
- ✓ Think in agreement with the salvation given to us by God.
- ✓ This ensures that we have the helmet of salvation on.

When we know our salvation and have our minds aligned to it, we guard ourselves effectively against satan's attacks on our minds.

### 3.10. Taking Action in the Mind

**Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ (I Peter 1:13).**

Mind (Gr. *dianoia*) = deep thought, imagination, mind, understanding.

Gird up the loins of your mind ("pull up your dhoti").

**Then the hand of the LORD came upon Elijah; and he girded up his loins and ran ahead of Ahab to the entrance of Jezreel (I Kings 18:46).**

Need to take control of our minds.

- ✓ My mind is mine.
- ✓ I will decide what thoughts should go on in my mind.
- ✓ I refuse to allow my mind to wander aimlessly.

We need to avoid passivity. Should not keep our minds blank.

An idle mind becomes the devil's workshop.

### 3.11. Taking Control of Our Minds—Fighting Fleshly Lusts

**And those who are Christ's have crucified the flesh with its passions and desires (Galatians 5:24).**

**For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live (Romans 8:13).**

Whatever we feed, grows. Whatever we starve, dies. We must starve the "fleshly lusts," the ungodly desires of our bodies and minds.

Stay away from all appearance of evil (I Thessalonians 5:21).

### 3.12. Taking Control of Our Minds—Fighting Fiery Darts

- I need to understand that my mind is mine.
- I need to judge or evaluate every thought, every reasoning and every imagination in the light of Scripture. Discern, Discipline and Deal with (Develop or Demolish) every thought.

- I need to speak the Word into my own mind. For every negative thought I may need ten positive thoughts, to get rid of it.
- I need to paint new pictures in my mind. I must create new pictures and imaginations based on the Word of God, concerning every area of my life.

### 3.13. The Words People Speak

**Who sharpen their tongue like a sword, and bend their bows to shoot their arrows—bitter words** (Psalm 64:3).

**There is one who speaks like the piercings of a sword, but the tongue of the wise promotes health** (Proverbs 12:18).

**Pleasant words are like a honeycomb, sweetness to the soul and health to the bones** (Proverbs 16:24).

**Listen to counsel and receive instruction, that you may be wise in your latter days. Cease listening to instruction, my son, and you will stray from the words of knowledge** (Proverbs 19:20,27).

We must develop the ability to receive or reject what people say.

Words that people speak can either bless or hurt the soul—mind, will and emotions.

Therefore, we need the ability to counteract and limit the impact of negative words.

Counteract negative words that people speak, with what God has already spoken about you. “I am who God says I am, I can do what God says I can do, I will become everything God has promised!”

### 3.14. Overcoming Anxiety

**You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You** (Isaiah 26:3).

Perfect peace (*shalom shalom*).

Mind (Heb. *yester*) = conception, frame, thing framed, imagination, mind, work.

Stayed (Heb.) = lean upon, rest.

To walk in perfect peace we must discipline our minds to rest, rely on the Lord. We must maintain thoughts that express our dependence on the Lord and on outcomes resulting from our dependence on the Lord.

**Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light**” (Matthew 11:28–30).

**Casting all your care upon Him, for He cares for you** (1 Peter 5:7).

**Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus** (Philippians 4:6,7).

Through prayer we can exchange our anxieties for His peace that will garrison our hearts and minds. We can lay our burdens down at His feet through prayer.

**ACTION POINT**

What are the three biggest worries in your life at the moment?

- 1.
- 2.
- 3.

Pause, pray and exchange your worries for His peace.

**3.15. Pulling Down Strongholds**

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.

**Therefore submit to God. Resist the devil and he will flee from you** (James 4:7).

- 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).

**3.16. Scriptures to Help Us**

Defending against

- Lust for women

**Do not lust after her beauty in your heart, nor let her allure you with her eyelids** (Proverbs 6:25).

**Do not give your strength to women, nor your ways to that which destroys kings** (Proverbs 31:3).

- Fear

**For God has not given us a spirit of fear, but of power and of love and of a sound mind** (2 Timothy 1:7).

**The wicked flee when no one pursues, but the righteous are bold as a lion** (Proverbs 28:1).

- Rejection

**For You, O LORD, will bless the righteous; with favor You will surround him as with a shield** (Psalm 5:12).

**Those who fear You will be glad when they see me, because I have hoped in Your word** (Psalm 119:74).

- Anxiety

**Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus** (Philippians 4:6,7).

- Confusion

**For God is not the author of confusion but of peace, as in all the churches of the saints** (1 Corinthians 14:33).

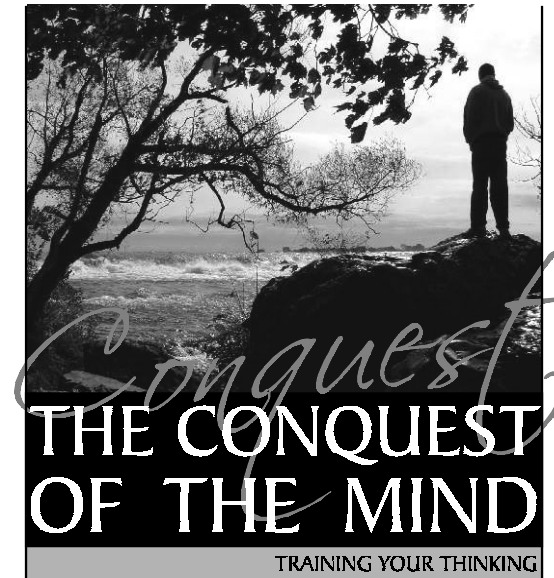
➤ Lack of Concentration

**For God has not given us a spirit of fear, but of power and of love and of a sound mind** (2 Timothy 1:7).

A sound mind has a sound memory, sound concentration and a sound understanding.

➤ Condemnation (Accusation, Guilt, Unworthiness)

**There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. Who shall bring a charge against God's elect? It is God who justifies. Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us** (Romans 8:1,33,34).



Renewing Your Mind



## 4

### RENEWING YOUR MIND

#### 4.1. Condition of Our Minds Before We Were Born Again

- Blinded

**But their minds were blinded. For until this day the same veil remains unlifted in the reading of the Old Testament, because the veil is taken away in Christ (2 Corinthians 3:14).**

**But even if our gospel is veiled, it is veiled to those who are perishing, whose minds the god of this age has blinded, who do not believe, lest the light of the gospel of the glory of Christ, who is the image of God, should shine on them (2 Corinthians 4:3,4).**

- Unclean and corrupt

**And you He made alive, who were dead in trespasses and sins, in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience, among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others (Ephesians 2:1–3).**

- Vain

**This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind (Ephesians 4:17).**

- Carnal

**For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of**



the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace. Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be. So then, those who are in the flesh cannot please God (Romans 8:5–8).

- Enemies in our mind

And you, who once were alienated and enemies in your mind by wicked works, yet now He has reconciled (Colossians 1:21).

- Reprobate (corrupt) mind

And even as they did not like to retain God in their knowledge, God gave them over to a debased mind, to do those things which are not fitting (Romans 1:28).

- Earthly-minded

Whose end is destruction, whose god is their belly, and whose glory is in their shame—who set their mind on earthly things (Philippians 3:19).

- Vainly puffed up (inflated, proud) by our fleshly minds

Let no one cheat you of your reward, taking delight in false humility and worship of angels, intruding into those things which he has not seen, vainly puffed up by his fleshly mind (Colossians 2:18).

- Defiled mind

To the pure all things are pure, but to those who are defiled and unbelieving nothing is pure; but even their mind and conscience are defiled (Titus 1:15).

Even after being born-again, a believer could carry these conditions in his/her mind.

## 4.2. What Does it Mean to Renew Our Minds?

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 (Romans 12:2).

Transformed (Gr. *metamorphoo*) by the renewing (renovation, reformation) of your mind (Gr. *nous* = intellect, understanding).

**That you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness (Ephesians 4:22–24).**

We must be renewed in the attitude of our minds.

**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. “For My thoughts are not your thoughts, nor are your ways My ways,” says the LORD. “For as the heavens are higher than the earth, so are My ways higher than your ways, and My thoughts than your thoughts (Isaiah 55:7–9).**

Ways (Heb. *derek*)= a road (as trodden); figuratively a course of life or mode of action, custom, manner, journey.

In “renewing our minds”—we discard our thoughts and ways which are carnal, earthly, corrupted and take on God’s thoughts and God’s ways.

**But the Holy Spirit also witnesses to us; for after He had said before, “This is the covenant that I will make with them after those days, says the LORD: I will put My laws into their hearts, and in their minds I will write them” (Hebrews 10:15,16), (Also see Hebrews 8:10–12).**

God wants to have His Word inscribed on our thoughts and imaginations. Renewing our minds is an ongoing, recurring process. It must be sustained over time.

Knowing something from the Word is not the same as having our minds renewed to it.

We can tell if our minds are renewed in a certain area, when our lives (behaviors) have been transformed in that area.

Salvation happens when we have faith in Christ. Transformation happens through the work of the Word and the Spirit, as we renew our minds.

### 4.3. The Effect of the Word on Our Minds

**For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discernor of the thoughts and intents of the heart** (Hebrews 4:12).

God's Word judges (evaluates) our thoughts, imaginations and reflections. The corollary is that every thought, reasoning, imagination must be judged (evaluated, weighed) by the Word of God.

**Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls** (James 1:21).

The Word of God must be engrafted (implanted) in us. When this happens, it 'saves' (Gr. *sodzo* = deliver, protect, heal, make whole) our souls.

**You are already clean because of the word which I have spoken to you** (John 15:3).

**Sanctify them by Your truth. Your word is truth** (John 17:17).

**That He might sanctify and cleanse her with the washing of water by the word** (Ephesians 5:26).

The Word of God has a 'washing' and 'cleansing' effect on our minds and thoughts.

**Since you have purified your souls in obeying the truth through the Spirit in sincere love of the brethren, love one another fervently with a pure heart** (1 Peter 1:22).

**Beloved, I now write to you this second epistle (in both of which I stir up your pure minds by way of reminder)** (2 Peter 3:1).

Through meditation in the Word and obeying the truth, we can have pure minds.

Having a pure mind is not that we are exempt from satan's attacks, but it is a mind where satan's thoughts will find no residence.

### 4.4. Why Is it Important to Renew Our Minds?

✓ To love and worship God

**Jesus answered him, "The first of all the commandments is: 'Hear, O Israel, the LORD our God, the LORD is one. And you shall love the LORD your God with all your heart, with all your soul, with all your mind, and with all your strength.' This is the first commandment. And the second, like it, is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these"** (Mark 12:29–31).

In Mark 12:30, the word 'mind' (Gr. *dianoia*) = deep thought, imagination, mind, understanding.

✓ To live a transformed life

**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. 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** (Romans 12:1,2).

When our minds are renewed by the Word of God our thought patterns, emotions, reactions, behavior and lifestyle will be transformed into Christ-likeness.

- ✓ Understand and prove the will of God

**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. 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** (Romans 12:1,2).

**Finding out what is acceptable to the Lord. Therefore do not be unwise, but understand what the will of the Lord is** (Ephesians 5:10,17).

- ✓ Discern good (right) and evil (wrong)

**For everyone who partakes only of milk is unskilled in the word of righteousness, for he is a babe. But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil** (Hebrews 5:13,14).

Through constant use of the Word, even our senses are trained to immediately discern right from wrong.

- ✓ Understand the Word of God

**But he who received seed on the good ground is he who hears the word and understands it, who indeed bears fruit and produces: some a hundredfold, some sixty, some thirty** (Matthew 13:23).

**These were more fair-minded than those in Thessalonica, in that they received the word with all readiness, and searched the Scriptures daily to find out whether these things were so** (Acts 17:11).

**Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth** (2 Timothy 2:15).

- ✓ To maintain a true 'self-image' in Christ

**But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes**

**away, and immediately forgets what kind of man he was** (James 1:22–24).

The Bible reveals our true image—who we really are.

- ✓ To discern the leading, witness and voice of the Spirit

**However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come. He will glorify Me, for He will take of what is Mine and declare it to you. All things that the Father has are Mine. Therefore I said that He will take of Mine and declare it to you** (John 16:13–15).

**For as many as are led by the Spirit of God, these are sons of God. For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father." The Spirit Himself bears witness with our spirit that we are children of God** (Romans 8:14–16).

A renewed mind will help us distinguish between the voice of the Spirit and the voice of our own emotions.

- ✓ Keep ourselves (and our minds) from being corrupted

**But I fear, lest somehow, as the serpent deceived Eve by his craftiness, so your minds may be corrupted from the simplicity that is in Christ** (2 Corinthians 11:3).

**Useless wranglings of men of corrupt minds and destitute of the truth, who suppose that godliness is a means of gain. From such withdraw yourself** (1 Timothy 6:5).

**Now as Jannes and Jambres resisted Moses, so do these also resist the truth: men of corrupt minds, disapproved concerning the faith** (2 Timothy 3:8).

Wrong teaching and wrong influence can corrupt our minds. When we renew our minds to the Word, we are in effect protecting our minds from being corrupted.

## 4.5. The Process of Learning

Understanding → Experience → Repetition →  
Observation → Reflection or Analysis → Concentration

We must use the process of learning in our assimilation of God's Word into our hearts and minds.

## 4.6. Meditation in God's Word

**This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success** (Joshua 1:8).

**He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper** (Psalm 1:3).

God taught His people to meditate in His Word.

We need to go beyond just the casual reading of God's Word.  
We must learn to meditate in God's Word.

The process of meditation involves:

- ❖ Contemplation,
- ❖ Visualization and
- ❖ Confession.

(See the publication "God's Word" from All Peoples Church for a thorough study on the subject of meditation in God's Word).

## 4.7. The Discipline of Memorization

**How can a young man cleanse his way? By taking heed according to Your word** (Psalm 119:9).

We must hide God's Word in our hearts purposefully through memorization.

Some practical ways to memorize God's Word:

- Write out Scriptures on small cards and review them daily.
- Use One Note or other Sticky Notes on your computer to help review selected Scriptures daily.
- Go back to the same Scripture(s) daily/regularly in your Bible and meditate in them.

**My son, keep your father's command, and do not forsake the law of your mother. Bind them continually upon your heart; Tie them around your neck. When you roam, they will lead you; When you sleep, they will keep you; and when you awake, they will speak with you. For the commandment is a lamp, and the law a light; Reproofs of instruction are the way of life, to keep you from the evil woman, from the flattering tongue of a seductress** (Proverbs 6:20–24).

When we have His Word hidden in our hearts, then anywhere we are, any time of the day or night—His Word can be part of our thinking. His Word will lead us, protect us and talk to us!

**Concerning the works of men, by the word of Your lips, I have kept away from the paths of the destroyer** (Psalm 17:4).

By His Word we are protected from the destroyer!

**ACTION POINT**

List three topics that are very important to you at this time in life (e.g., Work, future, family, etc.). Find three Scriptures on each of those three topics and begin memorizing them.

- 1.
- 2.
- 3.

**4.8. Repainting Our Portraits**

We must paint a fresh portrait of ourselves based on what God has spoken about us. See ourselves as being and doing everything God has said we can be and do.

**But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was** (James 1:22–24).

**That the sharing of your faith may become effective by the acknowledgment of every good thing which is in you in Christ Jesus** (Philemon 1:6).

**4.9. Dealing With the Negatives of the Past**

There are the conscious and subconscious parts of our minds. Our subconscious keeps memories of past experiences: our own actions, other's deeds towards us, etc. Example: unresolved grief, trauma, abuse, betrayal, etc.

Some of these if not erased or kept in place, can affect us in the present. Suppression alone will not help. This has to be

'erased' or appropriately, dealt with, where you are able to talk about them without being adversely affected.

For those in ministry, we must be very careful to receive healing for emotional wounds and hurts that we may have experienced in the past. Otherwise, what we preach and teach becomes tainted with our negatives—and this is then imparted to those who listen to us!

For example, if a woman has had a bad experience in her marriage, she begins to interpret Scripture based on her negative experience and preaches this to other women whom she may be ministering to. Her ministry of the Word becomes mingled with the negative emotions of her unresolved wounds and hurts experienced in her marriage. This is then imparted to the women who are listening to her. If they are not discerning, they too begin to have the same perspectives on marriage and male-relationships. However, if this same woman receives healing from her emotional wounds and hurts, she can then become a channel of God's healing to other women, who have had similar experiences in life!

**Take heed to yourself and to the doctrine. Continue in them, for in doing this you will save both yourself and those who hear you** (1 Timothy 4:16).

**4.9.1. Jacob and Esau**

Genesis 32

God changed Jacob's name from Jacob to Israel—as he prepared to face his past. By changing his name God changed who he was. Jacob faced his past, not as Jacob, but as Israel, because he had an encounter with God.

#### 4.9.2. Joseph and his brothers

And to Joseph were born two sons before the years of famine came, whom Asenath, the daughter of Poti-Pherah priest of On, bore to him. Joseph called the name of the firstborn Manasseh: "For God has made me forget all my toil and all my father's house." And the name of the second he called Ephraim: "For God has caused me to be fruitful in the land of my affliction" (Genesis 41:50–52).

Then his brothers also went and fell down before his face, and they said, "Behold, we are your servants." Joseph said to them, "Do not be afraid, for am I in the place of God? But as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive. Now therefore, do not be afraid; I will provide for you and your little ones." And he comforted them and spoke kindly to them (Genesis 50:18–21).

If God could bring Joseph to a place where he could **forget** and **forgive** his brothers who had done him wrong, He can help you and me as well today!

**He restores my soul; He leads me in the paths of righteousness for His name's sake** (Psalm 23:3).

He restores my soul—both the conscious and sub-conscious mind.

**In Him was life, and the life was the light of men. And the light shines in the darkness, and the darkness did not comprehend it** (John 1:4,5).

His life in me is my light. It lightens me up. It expels darkness out.

#### ACTION POINT

List any negatives from the past that are still adversely affecting you and that you know you need to deal with:

- 1.
- 2.
- 3.

Now for each of the things you have listed above, do the following:

- Perceive the past from your present identity in Christ (new creation).
- Perceive the past from your present position of grace (forgiven).
- Relate to the past based on what God can do through you (forgive and honor those who may have hurt you).
- Pray in tongues about that issue. The Holy Spirit knows exactly what to pray for so that healing can be accomplished in our souls.
- Look ahead to the future (reject negative emotions).



#### 4.10. Tearing Down Wrong Mindsets

Wrong mindsets are ways in which we have been trained or become accustomed to thinking, that acts as an hindrance to both (a) the work of God in and through us and (b) to us being free and being all that we can be.

- Religious mindsets,
- Prejudices and
- Preconceived Ideas.

You need to face up to the truth and make a choice to discard wrong mindsets.

#### 4.11. Garrisoning Our Minds

We need to protect our minds. Here are some practical things to help protect our minds.

- ✓ Guard against denial—see things objectively. Have our (important, life-impacting) ideas/decisions, etc., scrutinized by others. Being honest with ourselves.
- ✓ Guard against self-deception.  
**For if anyone thinks himself to be something, when he is nothing, he deceives himself** (Galatians 6:3).
- ✓ Guard against soulish attachments—have self-control.
- ✓ Guard against emotional adultery/fornication—refuse to allow our minds to play games with such ideas.

#### 4.12. A New Frame of Mind

**If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth** (Colossians 3:1,2).

“Set your affection on”—be minded, think, to set your mind.

“To seek” involves practical striving. “To set your mind,” involves the inward impulse and disposition. Both must be directed at things above.

“You must not only seek heaven, you must think heaven.”

A renewed mind has a fresh perspective on things, a new paradigm, a new worldview. The world looks different when seen from heaven!

#### 4.13. The Mind of Christ

There are three dimensions to having the mind of Christ, presented in the New Testament.

- ❖ The mind of Christ—humility and obedience

**Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself** (Philippians 2:3).

**Let this mind be in you which was also in Christ Jesus** (Philippians 2:5).

The Bible instructs us to have the same mind (attitude, mental disposition), that Christ had. In this specific context, we need to have an attitude of humility and servanthood.

- ❖ The mind of Christ—willingness to suffer in the flesh to resist sin

**Therefore, since Christ suffered for us in the flesh, arm yourselves also with the same mind, for he who has suffered in the flesh has ceased from sin** (1 Peter 4:1).

Arm = to equip with weapons.

Mind (Gr. *ennoia*)= thoughtfulness, that is, moral understanding, intent, mind.

We need to arm ourselves with the same mind, that is, we need to take on a willingness to suffer in the flesh, a readiness to crucify (say no) to the sinful desires of our bodies. When we have this mind (attitude), we arm ourselves to resist sin.

- ❖ The mind of Christ—knowledge of His thoughts and purposes

**For “who has known the mind of the Lord that he may instruct Him?” But we have the mind of Christ** (1 Corinthians 2:16).

We can know the thoughts, plans and purposes of Christ. His mind can be ours through the revelatory work of the Holy Spirit (1 Corinthians 2:9). The Holy Spirit reveals the thoughts and plans of Christ to us (John 16:13,14).

#### 4.14. Being a People of One Mind

In numerous places in the New Testament, believers are urged to be of “one mind.”

We need to train ourselves to flow together with what God is doing corporately in our midst.

Sometimes our ‘independence’ acts as a major hindrance to becoming a people of one mind.

**Now I plead with you, brethren, by the name of our Lord Jesus Christ, that you all speak the same thing, and that there be no divisions among you, but that you be perfectly joined together in the same mind and in the same judgment** (1 Corinthians 1:10).

Same mind

**Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion** (Romans 12:16).

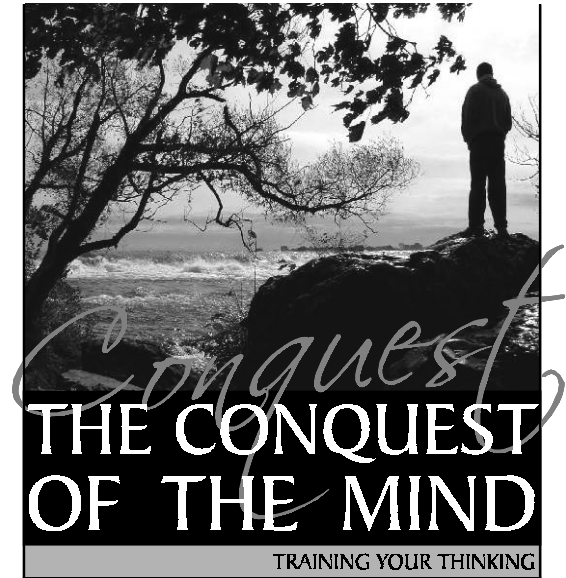
One mind

**That you may with one mind and one mouth glorify the God and Father of our Lord Jesus Christ** (Romans 15:6).

A key characteristic of the Early Church was that they were in one accord, of one mind.

We must learn to adapt to the “corporate mindset,” the “one mind” that God is establishing among us as a local church body.





## 5 Developing a Positive Mental Attitude

## 5

## DEVELOPING A POSITIVE MENTAL ATTITUDE

God is interested in our thinking.

**O LORD, You have searched me and known me. You know my sitting down and my rising up; you understand my thought afar off** (Psalms 139:1,2).

## 5.1. The Impact of How We Think

**For as he thinks in his heart, so is he. "Eat and drink!" he says to you, but his heart is not with you** (Proverbs 23:7).

Our thinking influences our behaviors and lifestyles.

A simple thought or idea can become a lifestyle.

Where the mind goes, the man follows.

**Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers** (3 John 1:2).

## 5.1.1. Warriors with a grasshopper image

Numbers 13, Numbers 14:1–9

All twelve spies sent to spy out the land saw the same giants. Ten of them saw themselves as grasshoppers before the giants and were immediately defeated in their thinking. They lost the battle right at that moment. The other two saw the giants as 'bread,' ready to be eaten. They saw victory. The battle had already been won as far as they were concerned.

Negative thinking or speaking can cripple and defeat us even before the fight begins!

### 5.1.2. Abraham sees stars

**Then He brought him outside and said, "Look now toward heaven, and count the stars if you are able to number them." And He said to him, "So shall your descendants be" (Genesis 15:5).**

We need to visualize the promises of God becoming a reality in our lives.

### 5.1.3. Possibility thinking

At the end of the first nine years of ministry, Ps. Cesar Castellanos, in Bogota, Colombia, had become very discouraged. The largest congregation he had was about 120 people. So towards the end of 1982, he turned in his resignation to the church he was pastoring then. About four months later, the Lord spoke to him saying: "I can rock your chair Myself, but I prefer to do it through you. I can speak to lost souls Myself, but I prefer to do it through you. I have chosen you as a pastor. Dream of a very big church because dreams are the language of my Spirit! The church that you will shepherd will be as numerous as the stars in the sky and the sand on the seashore. It will be so big that it will be countless."

With a renewed vision, he started the International Charismatic Mission, with eight people, in March 1983. The church has since grown to about 350,000 people.

## 5.2. Thinking God's Way

Understanding how God thinks.

**The heavens declare the glory of God; and the firmament shows His handiwork. Day unto day utters speech, and night unto night reveals knowledge. There is no speech nor language where their voice is not heard (Psalm 19:1–3).**

**For since the creation of the world His invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and Godhead, so that they are without excuse (Romans 1:20).**

God's thinking is Big, has Variety, Detail, Organization and Interdependence.

**(As it is written, "I have made you a father of many nations") in the presence of Him whom he believed—God, who gives life to the dead and calls those things which do not exist as though they did (Romans 4:17).**

God calls things that do not exist as though they did.

**For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope (Jeremiah 29:11).**

God proclaimed a good future to those in exile.

## 5.3. How Do We Develop a Positive Attitude?

**My son, give attention to my words; incline your ear to my sayings. Do not let them depart from your eyes; keep them in the midst of your heart; For they are life to those who find them, and health to all their flesh (Proverbs 4:20–22).**

- ✓ Align our thinking to God's thinking.
- ✓ Align our thinking to God's Words.
- ✓ Align our thinking to visions, dreams and ideas, which the Holy Spirit is imparting to us.
- ✓ Eliminate negative thinking.

**I hate the double-minded, but I love Your law** (Psalm 119:113).

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. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you (Philippians 4:8,9).

- ✓ Develop a Bible-based self-image.

**For I say, through the grace given to me, to everyone who is among you, not to think of himself more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith** (Romans 12:3).

## 5.4. Avoid the Fainting-Mind Syndrome

**For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls** (Hebrews 12:3).

Burnout often stems from unresolved emotional and spiritual issues rather than a busy schedule.

Unresolved emotional issues cause emotional exhaustion and breakdown resulting in physical fatigue ('psychosomatic').

Hope—anchor of the soul.

**This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil** (Hebrews 6:19).

We must keep our hopes (anticipation of a positive outcome) alive.

## 5.5. Winning Thinking

**Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us** (Ephesians 3:20).

God can do more than what we can ask or think.

**But as it is written: "Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him"** (1 Corinthians 2:9).

## 5.6. Being Fully Persuaded in Our Minds

**One person esteems one day above another; another esteems every day alike. Let each be fully convinced in his own mind** (Romans 14:5).

**If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord** (James 1:5–7).

**Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded** (James 4:8).

Double-mindedness brings instability.

In our Christian walk, we need to be absolutely convinced about issues such as drinking strong drinks, pornography, smoking, drugs, unedifying music, etc. We need to be certain that these are not permitted and therefore stay away from them.

## 5.7. Defeating Depression

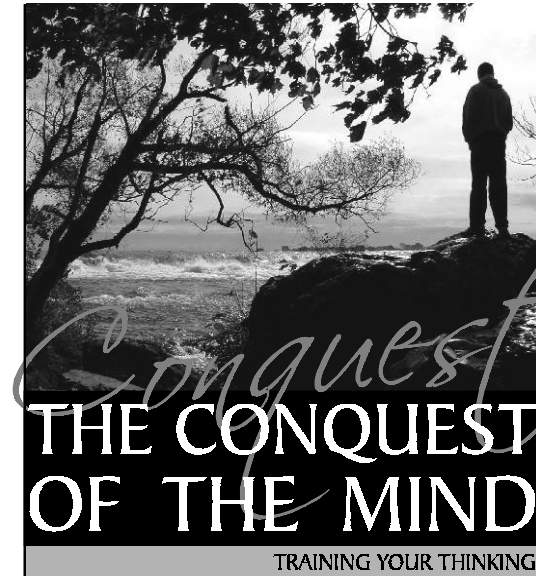
Depression is often manifested through a sense of hopelessness, heaviness and gloominess.

**Oh, remember that my life is a breath! My eye will never again see good** (Job 7:7).

**To console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the LORD, that He may be glorified"** (Isaiah 61:3).

We need to identify the cause for depression and take measures to counteract those causes. Here is a short list:

Cause	Positive Action
Grudges, Unforgiveness	Forgiveness
Unfulfilled expectations	Hope, Renewed promises, Faith
Hypersensitivity. Easily offended	Love. Humility
Negative feeling	Right confession. Praise. Thankfulness. Joy
Anger	Surrendered rights
Depression caused due to inherited weakness	Deliverance, praying in tongues



## 6 Balance of Spirit and Soul

## 6

### BALANCE OF SPIRIT AND SOUL

There should be balance of spirit and soul in decision-making.

#### 6.1. God Gave Us Our Minds to Use

So the mind is not an evil thing!

**Ponder the path of your feet, and let all your ways be established**  
(Proverbs 4:26).

We are to think about the way in which we are going. So we have to use our minds to plan, prepare and execute.

**Every prudent man acts with knowledge, but a fool lays open his folly**  
(Proverbs 13:16).

**Also it is not good for a soul to be without knowledge, and he sins who hastens with his feet** (Proverbs 19:2).

**For by wise counsel you will wage your own war, and in a multitude of counselors there is safety** (Proverbs 24:6).

**If the ax is dull, and one does not sharpen the edge, then he must use more strength; but wisdom brings success** (Ecclesiastes 10:10).

God is not opposed to us increasing in knowledge or wisdom.

**Brethren, do not be children in understanding; however, in malice be babes, but in understanding be mature** (1 Corinthians 14:20).

God wants us to be mature in our minds, our understanding.

**Trust in the Lord with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths** (Proverbs 3:5,6).

There are times when we have to simply “trust in the Lord” and not lean on our understanding.

**Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ** (1 Thessalonians 5:23).

The key in all this is to keep our minds sanctified (set apart) for God.

## 6.2. Faith and Presumption

**For we walk by faith, not by sight** (2 Corinthians 5:7).

We walk by faith and not by sight.

There is the balance of spirit and soul in making right decisions.

- We need to analyze in our minds, if what we are sensing in our spirits is truly of God.
- We need our minds to know and understand the Word of God.
- We need our minds to discern whether we are really walking in faith or if it is an assumption.
- Even after we have correctly heard from God, we need our minds to determine the right course of action so that we can be successful.

## 6.3. Discerning God's Voice

**Finding out what is acceptable to the Lord. Therefore do not be unwise, but understand what the will of the Lord is** (Ephesians 5:10,17).

**Do not quench the Spirit. Do not despise prophecies. Test all things; hold fast what is good** (1 Thessalonians 5:19–21).

See the diagram at the end of this chapter.

## 6.4. Reasoning and Faith

We must not allow our reasoning to cripple our faith.

Peter actually walked on water—until his reasoning crippled his faith!

**Now in the fourth watch of the night Jesus went to them, walking on the sea. And when the disciples saw Him walking on the sea, they were troubled, saying, “It is a ghost!” And they cried out for fear. But immediately Jesus spoke to them, saying, “Be of good cheer! It is I; do not be afraid.” And Peter answered Him and said, “Lord, if it is You, command me to come to You on the water.” So He said, “Come.” And when Peter had come down out of the boat, he walked on the water to go to Jesus. But when he saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, “Lord, save me!” And immediately Jesus stretched out His hand and caught him, and said to him, “O you of little faith, why did you doubt?”** (Matthew 14:25–31).

There will be times when God colors outside the lines (which we have drawn). God offends the mind to expose the heart.

God is bigger than the written Word. While God will never contradict His written Word, He is free to work in ways and do things that are in harmony with who He is, but are not necessarily described in the written Scriptures.

We must avoid being of a doubtful mind.

**And do not seek what you should eat or what you should drink, nor have an anxious mind** (Luke 12:29).

We must avoid getting shaken in mind.

**Not to be soon shaken in mind or troubled, either by spirit or by word or by letter, as if from us, as though the day of Christ had come** (2 Thessalonians 2:2).



## Hearing from the Holy Spirit

flash, continued feeling  
stirred in his spirit (Acts 17:16)  
pressed in the spirit (Acts 18:5)  
bound in the spirit (Acts 20:22,23)  
bitterness, heat (Ezekiel 3:14)  
Spirit fell upon me (Ezekiel 11:5)  
peace, comfort, strength, uneasiness, etc.

pictures (Amos 7:1-8 / 8:1,2)  
dreams (Job 33:14-16)  
trance (Acts 10:10-11)  
vision (Ezekiel 8:3, 11:24),  
out-of-body (Ezekiel 3:12,14 37:1 43:5)  
see in the spirit realm (Numbers 22:31,  
2 Kings 6:17)

word, sentence, paragraph (understanding), flash of information, sustained word.  
inner witness  
inner voice  
audible voice  
prophecy (Acts 21:4)  
Angelic messengers  
Sentence (Acts 8:29)  
sentences (Acts 10:19,20)  
voice of a great rushing (Ezekiel 3:12)

spirit (Romans 8:16, Proverbs 20:27)	soul (mind, will, emotions)	body (outer man)
<b>Holy Spirit</b>		
Feel	→ ←	Feel
See	→ ←	See
Hear	→ ←	Hear
Taste	→ ←	Taste
Smell	→ ←	Smell
	<b>Reason, analyze, determine action</b>	

The Spirit and the Word agree (1 John 5:7)



All Peoples Church & World Outreach, Bangalore, India, has extended its ministry by launching its Bible College & Ministry Training Center (APC-BC&MTC) in August 2005. APC-BC&MTC equips, trains and releases faithful men and women to impact villages, towns and cities in India and other nations, for Jesus Christ.

**APC-BC&MTC offers 3 programs:**

- The two-year and three-year **Bible College** program is for full-time students and provides spiritual and practical ministry training along with academic excellence. The program is designed to equip and empower students to successfully fulfil the call of God upon their lives. Upon completing the two-year program students will receive a **Diploma in Theology & Christian Ministry (Dip.-Th.&CM)**. The three-year program will lead to a **Bachelor's Degree in Theology & Christian Ministry (B-T.&CM)**.
- The **School of Ministry** program is for working professionals. Students receive a **Diploma in Christian Ministry** upon successful completion.
- The **Practical Ministry Training** is for graduates from the Bible College who desire to undergo this training. Those completing one or more years receive a **Certificate in Practical Ministry** indicating the duration of involvement.

Classes are conducted in English. The faculty comprises of both trained and anointed teachers of the Word. All faculty and students have access to APC's Study Centre and Library (SC&L). The SC&L contains books, teaching tapes, videos, VCDs/DVDs and music CD's.

## **Publications from All Peoples Church**

### **Teaching**

A Time for Every Purpose  
Breaking Personal and Generational Bondages  
Divine Order in the Citywide Church  
Fulfilling God's Purpose for Your Life  
God's Word  
Jesus Christ—Vol. I  
Kingdom Builders—Vol. I  
Our Redemption  
The LORD is a Warrior  
Understanding the Prophetic  
Who We Are in Christ

### **Motivational**

A Real Place Called Heaven  
Being Spiritually Minded and Earthly Wise  
Biblical Attitude Towards Work  
Change  
Don't Compromise Your Calling  
Don't Lose Hope  
Giving Birth to the Purposes of God  
God Is a Good God  
The Night Seasons of Life  
The Power of Commitment  
The Refiner's Fire

### **Gospel Booklets**

He is Here  
Love That is Deeper Than Love Itself  
What Can Wash Away My Sins?

## About All Peoples Church

At All Peoples Church, our vision is to be salt and light  
in the city of Bangalore and a voice to the nation of  
India and to the nations of the world

This is a gift from us to you! It's FREE!

We trust you were blessed reading this publication.

Thousands of copies are distributed free to many others like you. We would like to have you partner with us financially to help share God's Word with many people. Your regular financial contributions can help us take God's Word to others. As the Lord leads, become a partner with All Peoples Church. You can send your contributions by Cheque/Demand Draft/Money Order to "All Peoples Church, Bangalore".

When you write, please request for other publications. Also tell us how this book has ministered to you and include your prayer requests and comments.

You can contact us at:

### **All Peoples Church**

Sobha Jade A216  
Jakkur, Bangalore - 560 064  
Karnataka, INDIA

Ph: +91 80 2354 4328  
Email: [contact@apcwo.org](mailto:contact@apcwo.org)  
Website: [www.apcwo.org](http://www.apcwo.org)

## All Peoples Church Locations in India

All Peoples Church has the following church locations in India at present.

All Peoples Church – Bangalore (Karnataka)

All Peoples Church – Thokkottu, Mangalore (Karnataka)

All Peoples Church – Kalyan, Mumbai (Maharashtra)

All Peoples Church – Vishakapatnam (Andhra Pradesh)

All Peoples Church – Sanit Pur (Assam)

All Peoples Church – Berhampur (Orissa)

New churches are being planted all over India periodically. To get the current listing and contact information of All Peoples Church locations, please visit our website at [www.apcwo.org](http://www.apcwo.org) or send an email to [contact@apcwo.org](mailto:contact@apcwo.org)



## Host a “Conquest of the Mind” Seminar

Dear Pastor,

It is our sincere desire to bring this important and liberating teaching on “The Conquest of the Mind” to as many believers as possible. If you would like to host a “Conquest of the Mind” seminar in your local church for the benefit of believers in your area, please contact us at the address given in this publication.

We will be happy to send a ministry team from our local church to minister at the seminar.

In addition to anointed teaching, there will be powerful times of ministry to believers helping them personalize, appropriate and experience these truths.

We look forward to hearing from you and working with you!

Blessings!  
Ashish Raichur

TRAINING YOUR THINKING

## DO YOU KNOW THE GOD WHO LOVES YOU

About 2000 years ago, God came into this world as a man. His name is Jesus. He lived a perfectly sinless life. Since Jesus was God in flesh, everything He said and did revealed God to us. The words He spoke were the very words of God. The things He did were the actions of God. Jesus performed many miracles on the earth. He healed the sick and suffering. He opened blind eyes, unstopped deaf ears, made the lame walk and healed every kind of sickness and disease. He fed the hungry by miraculously multiplying a few loaves of bread, calmed the storm and did many other wonderful things.

**All of these actions reveal to us that God is a good God who wants people to be well, whole, healthy and happy. God wants to meet the needs of people.**

So why then would God decide to become a man and step into our world? Why did Jesus come?

All of us have sinned and done things that are unacceptable before the God who created us. Sin has its consequences. Sin is like a great unsurpassable wall between God and us. Sin separates us from God. It prevents us from knowing and having a meaningful relationship with the One who created us. Therefore, many of us try to fill this void with other things.

Another consequence of our sins is eternal separation from God. In God’s court, the penalty for sin is death. Death is eternal separation from God in hell.

But, the good news is that we can be free from sin and be restored to God. The Bible says, **“For the wages [payment] of sin is death, but the gift of God is eternal life in Christ Jesus our Lord” (Romans 6:23).** Jesus paid for the sins of the whole world, when He died on the cross. Then three days later He rose again, showed Himself alive to many and went back to heaven.

God is a God of love and mercy. He does not wish that any person be lost in hell. And so He came, to provide a way for the entire human race to be free from sin and its lasting consequences. He came to save sinners—to rescue people like you and me from sin and eternal death.

To receive this free forgiveness of sins, the Bible tells us that we have to do just one thing—accept what the Lord Jesus Christ did on the cross and to believe in Him whole-heartedly.

**Through His name, whoever believes in Him will receive forgiveness of sins (Acts 10:43).**

**That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved (Romans 10:9).**

You too can receive forgiveness and cleansing for your sins if you will believe in the Lord Jesus Christ.

The following is a simple prayer to help you make a decision to believe in the Lord Jesus Christ and what He has done for you on the cross. This prayer will help you express your acceptance of what Jesus has done for you and receive forgiveness and cleansing for your sins. This prayer is only a guideline. You can also pray in your own words.

*Dear Lord Jesus, today, I have understood what You did for me on the cross. You died for me, You shed Your precious blood and paid the penalty for my sins, so that I could be forgiven. The Bible tells me that whoever believes in You will receive forgiveness for their sins.*

*Today, I make a decision to believe in You and to accept what You did for me, by dying for me on the cross and rising again from the dead. I know I cannot save myself by my own good works, neither can any other human save me. I cannot earn forgiveness for my sins.*

*Today, I believe in my heart and say with my mouth that You died for me, You paid the penalty for my sins, You rose again from the dead, and by faith in You, I receive forgiveness and cleansing for my sins.*

*Thank You Jesus. Help me to love You, to know You more and to be faithful to You. Amen.*

Notes

Notes

Notes



## USEFUL RESOURCES



Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

**YOUTUBE:** <https://youtube.com/allpeopleschurchbangalore>

**WEBSITE:** <https://apcwo.org/live>

Our other websites and free resources:

**CHURCH:** <https://apcwo.org>

**FREE SERMONS:** <https://apcwo.org/resources/sermons>

**FREE BOOKS:** <https://apcwo.org/books/english>

**DAILY DEVOTIONALS:** <https://apcwo.org/resources/daily-devotional>

**JESUS CHRIST:** <https://examiningjesus.com>

**BIBLE COLLEGE:** <https://apcbiblecollege.org>

**E-LEARNING:** <https://apcbiblecollege.org/elearn>

**WEEKEND SCHOOLS:** <https://apcwo.org/ministries/weekend-schools>

**COUNSELING:** <https://chrysalislife.org>

**MUSIC:** <https://apcmusic.org>

**MINISTERS FELLOWSHIP:** <https://pamfi.org>

**CHURCH APP:** <https://apcwo.org/app>

**CHURCHES:** <https://apcwo.org/ministries/churches>

**WORLD MISSIONS:** <https://apcworldmissions.org>