



Take Every Thought Captive – Conquer Negative Thoughts Sermon Notes, Sermon Outline and Small Group Study Guide

Take Every Thought Captive – Conquer Negative Thoughts Sunday November 24, 2024 Supernatural Sunday

WHEN FEAR AND PANIC ATTACK

There are times when thoughts that cause fear come up in our minds. Sometimes these could be external – some new we hear, something someone tells us, or thoughts that just seem to impinge on our minds. These can cause fear, and in some cases can cause us to ‘panic’.

WHEN NEGATIVITY AND PESSIMISM ALIGHT

Some of us may seem to be more prone to negativity and pessimism. We tend to see things in a negative light or see the downside of things. Negative thoughts, pessimistic thoughts seem to grip our minds. If anything could possibly go wrong – we seem to somehow be focused on that. When there are no mountains, we seem to be able to “make mountains out of a mole hill”. When there are no problems, we seem to be able to imagine them there. And then there could be people who speak negative things to us, things that bring gloom and doom. Sometimes this could make us feel down and low.

WHEN ANXIETY AND WORRY COME VISITING

For some of us anxiety and worry have become familiar friends. They come visiting too frequently. Anxious, worrying thoughts seem to come from no where and take over our minds. We are disturbed, become sleepless, weighed down, etc. with anxiety and worry.

All of these we’ve mentioned are real life experiences. We all experience them to one degree or another. For some, the battle with these kinds of thoughts could be very intense, and mentally and physically debilitating.

WHEN TEMPTATIONS COME KNOCKING

Temptations often begin with a thought. An idea that comes into our mind. If unchecked, that thought turns into an act of sin.

So, what do we do with all these kinds of thoughts that come up in our minds or come to our minds from external sources – whether from demonic sources or from other people.

WHEN A THOUGHT BECOMES A STRONGHOLD

2 Corinthians 10:3-6



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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,

6 and being ready to punish all disobedience when your obedience is fulfilled.

The apostle Paul identifies 4 categories of things going on in the minds of people/believers.

STRONGHOLDS, ARGUMENTS, HIGH THING, THOUGHT

Strongholds

1) a castle, stronghold, fortress, fastness

2) anything on which one relies

2a) of the arguments and reasonings by which a disputant endeavours to fortify his opinion and defend it against his opponent

A stronghold can be understood as a fortress made up of thoughts, arguments, ideas and imaginations that are contrary to the word of God. These wrong thoughts and ideas have taken over and occupied an area (or areas) of the soul (mind). Many times these strongholds can become places of demonic operation or demonic domination in a believer's life.

Arguments, Computation, Imaginations, Theories, Reasonings

Another category has to do with arguments, reasonings and things that seem to logically go against the knowledge of God and what God has spoken.

Every high thing

1) thing elevated, height

1a) of space

1b) elevated structure, i.e. barrier, rampart, bulwark

These high things are thoughts and ideas that being to ascend and try to usurp the place of God and His Word in our lives. They are attempting to elevate themselves, become lofty and ascend to a higher degree of influence in our minds.

Thought, Purpose

A thought or purpose is the beginning of an idea in our minds.



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If we consider the progression from the least to the highest, we work through this backward: A THOUGHT becomes a HIGH THING which then becomes an ARGUMENT which over time, with many thoughts, high things and arguments put together, could become a STRONGHOLD.

Why do we need to deal with these things in our minds? Because in many cases, these determine our experience in life.

THE THING THAT I GREATLY FEARED

Job 3:25

For the thing I greatly feared has come upon me, And what I dreaded has happened to me.

(CEV) and my worst fears have all come true.

Job was a godly man, and yet he seemed to live with some kind of fear in his life. He confessed that he “greatly feared” that bad things would happen. And what he feared and dreaded happened to him.

Fear is the opposite of faith.

Faith believes God. Fear believes in what the devil or circumstances or other things can do.

So, let’s consider Paul’s instruction to us in 2 Corinthians 10:3-6.

He tells us to:

- Take every thought captive
- Cast down every high thing (everything that attempts to ascend, become lofty and take precedence over God’s Word in our lives).
- Cast down arguments (reasonings, imaginations)
- Pull down strongholds

Israel’s Iron Dome and David’s Sling, Arrow 2 and Arrow 3 Defence systems

We are using this just to illustrate a point. We are in no way advocating war or conflict.

(Pastors, briefly describe Israel’s Iron Dome system. Draw an analogy to how when intercept and destroy thoughts that are “fired” toward our minds. Thoughts of fear, panic, negativity, pessimism, anxiety, worry, temptation, etc. We must take every thought captive.)

CONQUERING NEGATIVE THOUGHTS



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Here are some ways, we can build an “iron dome” over our minds – this is literally the helmet of salvation that covers our minds.

PRAY

The Scriptures teach us to pray and release these to God - thoughts of fear, panic, negativity, pessimism, anxiety, worry, temptation, etc.

Philippians 4:6-8

6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

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.

1 Peter 5:7

casting all your care upon Him, for He cares for you.

Matthew 6:13

And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.

Matthew 26:41

Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.

[Share practical examples]

USE YOUR SHIELD OF FAITH AND SWORD OF GOD’S WORD

Ephesians 6:16-17

16 above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one.

17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God;

We must counter these fiery darts - thoughts of fear, panic, negativity, pessimism, anxiety, worry, temptation, etc. – with faith and with the word of God.

Think aligned to your identity (who you are) and your inheritance (what you have) in Christ.



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[Share practical examples]

PRACTICAL STEPS

Meditate in God’s Word on your personal problem areas. Be ready with Scripture.

When negative thoughts come – intercept them and destroy them. Take every thought captive. Do this intentionally – until it becomes a “normal response”.

Stop feeding your mind with negative things or impure things.

SUMMARY

GOSPEL AND SALVATION CALL

SUPERNATURAL MINISTRY TIME

Minister as the Spirit leads



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LIFE GROUP STUDY GUIDE

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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 1.5 to 2 hours. Each Life Group would have up to 12-15 people.

Preparation

Life Group Leader: To prepare for the Life Group meeting, you can listen to the Sermon or review the Sunday Sermon notes. **Please do not make your life group read through the complete sermon notes during the life group.** All you need to do is have individuals read the Scriptures listed below and then open for a time of discussion, sharing and learning using the questions given below. All these are available in the "All Peoples Church Bangalore" mobile App or online at our [sermons page](#). 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 references: *2 Corinthians 10:3-6; Philippians 4:6-8; Ephesians 6:16-17*

INVESTIGATE God's Word Together

Life Group is a discussion-based, participatory meeting with everyone given the opportunity to share their learning. Please discuss a few of 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 discussion.

#1, Discuss the 4 categories of problems in the mind Paul mentions in 2 Corinthians 10:3-6 : Thoughts, High thing, Arguments, and Strongholds.



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#2, Share examples of how thoughts of fear, panic, negativity, pessimism, anxiety, worry, temptation, etc. can affect a person, sometimes becoming a stronghold in their minds.

#3, Job was a godly man and yet he seemed to live in fear (Job 3:25). Try to imagine what his life might have been like living in fear and dread. What should/could Job have done, considering he did not have the Bible, the work of the Holy Spirit and the revelation we have today? Do you think we are in a better position than Job to deal with the wiles of the devil?

#4, Discuss practically how we can have an "iron dome" system to guard our minds, using prayer, faith and God's Word.

Each one can take a few (3 minutes max) to share one or two key insights and how they see themselves applying it to their specific life situations. 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 pray together for:

1, families to be protected and strengthened

2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.

3, for the BUILD TO IMPACT project - for all details to go well as we plan and build our Bible college and church facilities to serve the Lord and people.

Close by thanking God together.



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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>

SERMON OUTLINE

In this sermon we consider what the Scriptures teach us in 2 Corinthians 10:3-6. We learn what to do with strongholds, arguments, imaginations, theories, reasonings, every high thing, and thoughts that affect our minds. We learn how to counter thoughts of fear, panic, negativity, pessimism, anxiety, worry, temptation, etc. – with prayer, faith and with the word of God.

We can take every thought captive. We can cast down every high thing (everything that attempts to ascend, become lofty and take precedence over God's Word in our lives). We can cast down arguments (reasonings, imagination). We can pull down strongholds. We build an "iron dome" system to counter the wiles of the devil and conquer negative thoughts.

This sermon includes free audio (mp3) and video of this powerful, motivational, expository teaching, free printable PDF sermon outlines, sermon notes and small group study guide with discussion questions and presentation slides. All resources (sermon PDF, sermon MP3, sermon video, sermon presentation) are free for use in personal study, small groups, Bible study prayer groups, local churches, conferences, Bible colleges, etc.



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KEYWORDS

Take every thought captive, conquer negative thoughts, sermons, sermon notes, sermon outline, free sermon notes, free sermon outlines, Bible study resources

REFERENCES/CITATIONS

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