

Master, Mind

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Different people react in different ways to the exact same situation. What's going on in your mind as you interpret life's experiences matters. You may feel you've inherited all the struggles you may be experiencing right now in life, or you might think that your life directly reflects your mind's thoughts. Whatever the case, there is hope for you.

Did you know...

- **Your life is always moving in the direction of your strongest thoughts.**

The life you have is a reflection of the thoughts you think. If you change your thinking, you will also change your life's outlook. Most of life's battles are won or lost in the mind.

- **What wins the war in your mind oozes out in your life.**

2 Corinthians 10:3-5 New Living Translation

We are human, but we don't wage war as humans do. 4 We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. 5 We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

We must realize that Paul is speaking to Christians here. He wants you to know that you can have wrong thinking or strongholds. We are told to wage war on the lies by using God's weapons to knock down these strongholds and capture the thoughts so we can know and obey Christ. We are His (1 Co. 6:19-20, NLT)

Stronghold: Stubbornly wrong thoughts and perceptions, contradicting the true knowledge and nature of God. They are strongly held false beliefs we firmly grip.

1st – Identify the number one stronghold that is holding you back.

Write the stronghold down! Name the stronghold in detail.

- **You cannot defeat what you cannot define.**

Maybe you feel you are not good enough, or your past is "too bad." God died for you regardless, and He didn't expect you to "clean up" first—you can't! God bought you at a price, as-is and sight-seen!

Romans 12:2 New Living Translation

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Well, after you identify the number one stronghold in your life...

2nd – Name the truth that breaks down that stronghold.

When we start to think in this worldly way, we must stop our thoughts and fill our thoughts at the same time.

- **Be careful! If you empty your mind, it can be filled with anything.**

You must fill your mind with the right things.

Psalm 119:15 English Standard Version

I will meditate on your precepts and fix my eyes on your ways.

Psalm 143:5 English Standard Version

I remember the days of old; I meditate on all that you have done; I ponder the work of your hands.

The proper definition of meditation is “To engage in mental exercise. To focus your thoughts.” Meditation takes practice.

- **To think differently forges a new path in your brain.**
- **If you cannot control what you think, you can never control what you do.**

Write the truth, think the truth, and confess the truth, until you believe the truth. Create new mental pathways!

John 8:31-32 New Living Translation

Jesus said to the people who believed in him, “You are truly my disciples if you remain faithful to my teachings. 32 And you will know the truth, and the truth will set you free.”

- **Thoughts don’t set you free; the truth sets you free.**

So, after you name the truth that breaks down strongholds...

3rd – Look for God’s goodness.

If you look for negatives, you will find negatives. If you choose to look for where God is working, you will find it!

- **You will find what you are looking for.**

Life coaches might say, “You determine the meaning of what happened to you.” Jesus says, “Let Me help you determine the meaning of what’s happening to you!” The pain that you're experiencing in life is best interpreted by the Author who is the Person that created you and your strengths. (Ro. 12:2, NLT)

2 Corinthians 10:5 New Living Translation

We capture their rebellious thoughts and teach them to obey Christ.

- **Look for where God is already working; go there and join Him.**

Your life is always moving in the direction of your strongest thoughts. Be careful what you think. 1) Identify the stronghold that is holding you back. 2) Identify the truth that breaks that stronghold. 3) Look for God’s goodness.