

# Mind Games

Part Four: *guarding your mind*

February 25, 2024

This month, I have been teaching you how to stand against the Devil's mind games. I began this message series by telling you three things you must remember about the Devil. One, the Devil wants to destroy your life. Two, the Devil wants to control your thinking. Three, the Devil's a liar.

## ***What do you need to do to stand against the Devil?***

1<sup>st</sup> – You need to be strong in the Lord. Ephesians 6:10-17

2<sup>nd</sup> - You need to use Scripture to renew your thinking. Romans 12:1-2

3<sup>rd</sup> – You need to capture your wrong thoughts. 2 Corinthians 10:3-5

4<sup>th</sup> - You need to **guard** your mind. Proverbs 4:23

*“Guard your heart above all else, for it determines the course of your life.”* (Proverbs 4:23, NLT)

The word translated heart in Vs. 23 is not referring to the blood pumping organ that is inside your chest. The ancient Hebrews commonly used the word heart to refer your moral center, or the part of you that determines what you do with your life.

## ***What does Solomon want you to do in Proverbs 4:23?***

- Solomon wants you to protect your mind from anything trying to corrupt it.

Solomon wants you to be alert and ready for the Devil's attack on your mind, and to stop whatever and whoever is trying to corrupt your mind and divide your devotion to God.

*“But I fear that somehow your pure and undivided devotion to Christ will be corrupted, just as Eve was deceived by the cunning ways of the serpent.”* (2 Corinthians 11:3, NLT)

## ***Why does Solomon want you to guard your mind?***

- Your mind determines the course of your life!

Your mind directs the rest of your body where to go, what to do, and how to do it. That's why Solomon says, “Guard your mind above all else, for it determines the course of your life.” You need to guard your mind because you go where it leads you!

## ***You must do five things to guard your mind:***

1. You must praise the Lord. Psalm 95:1-7

Praise keeps you focused on loving God instead of the things of the world (1 John 2:15-17). Praise is a combination of exaltation and gratitude. Exaltation is rehearsing the greatness and goodness of God, and gratitude is thanking the Lord for all He has done for you.

2. You must be careful what you watch.

Psalm 101:2-3a

Your eyes are the doorway to your brain, so you must be careful what you look at. Garbage In - Garbage Out.

3. You must not hang around with the wicked.

Psalm 101:3b-8

You will corrupt your thinking if you spend too much time with wicked people. *“Bad company corrupts good character”* (1 Corinthians 15:33).

4. You must meditate on Scripture.

Psalm 1

Meditation is thinking about a Bible verse so much it becomes a part of you. Meditation on God’s Word will keep you from taking advice from sinners.

5. You must not worship idols.

1 Corinthians 10:14; 1 John 5:21

An idol is anyone or anything that you allow to take the place of God in your heart. A good way to identify if you have false gods in your heart is with two questions:

(1) *Who or what do I love the most?*

Matt. 22:34-40; Lk 14:25-27

(2) *Who or what do I give most of my time, energy, and money to?*

Matt. 6:19-21

A divided heart always produces a divided life. If you are devoted to someone or something in this world, you cannot be fully devoted to Christ. Satan knows this, and he is working overtime to put people, places, things, and activities in your life that can pull you away from God. Don’t allow the Devil to get you to worship idols!