



WHO'S CONTROLLING YOUR THOUGHTS?

How To Control Your Thoughts and Emotions?

Brought to you by:

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Lesson 4: Your Battle Plan for Victory

Reflection Scripture

*...Resist the devil
[stand firm against him],
and he will flee from you.
-James 4:7b (AMP)*

Guided Notes:

Use these guided notes to guide you through this lesson.

Scripture References: James 4:7b, 2 Corinthians 10:3-5, Mark 14:35-36

Don't Just Surrender...

- When you begin to have emotions...
 - Thoughts and emotions that are threatening your _____ and _____
 - Feelings that urge you to stray from God's _____ for your _____,
 - You do not have to bow your knee to the _____ that Satan tries to play on your _____...
 - _____ the devil's attacks!
 - Resist the devil's _____!
 - God's Word Promises...
...Resist the devil
[_____ against him],
and he will flee from you.
-James 4:7b (AMP)
 - But how do you _____ the enemy?
 - What does the Bible tell us to do?
 - To _____ take any thought that comes against God's _____ captive.
- Grab hold of it with the _____!**

Scripture Reference: 2 Corinthians 10:3-5

Don't Battle Alone!

- You don't have to be strong enough to do this _____.
- One of the biggest mistakes that Christians make...
 - They think they have to be _____ enough to handle everything on their own.
- I am going to repeat that statement again...
 - One of the biggest mistakes that Christians make is thinking they have to be strong enough to _____ Satan's _____ on their own.
 - But, you don't.
- Even _____ didn't depend on His own

Additional Notes

strength.

– When He needed to bring those thoughts running around His mind into _____, what did He do?

• He called on _____

• He began to _____.

Scripture Reference: Mark 14:35-36

Your Plan of Attack...

- Next time you have a thought that _____
_____ what God says...
 - What He says about who _____ are in Him.
 - What He says about His will for _____
- Follow these simple steps to bring those thoughts **Captive to your _____ of God.**
 1. **Consciously _____ the thought as a _____.** Don't receive it and then start _____ it over and over in your mind.
 2. **Rebuke it.** _____ out against the lie and state _____ it is a lie.
 - *Example:* "I am good enough because Jesus died to make me good enough. I don't have to earn my righteousness. It is a free gift and I receive it in Jesus name."
 3. **Take it to God.** If the thought comes up again or starts to activate your negative _____...
 - Run to the throne of God.
 - Tell Him what the thought is, why it is a lie, and that you need His _____.
 - Ask Him to give you power through His _____ to renew your mind.
 4. **Use the Word to renew your mind!**
 - When a lying thought is allowed to stay, it eventually becomes a _____.
 - If this has happened, _____ in prayer.

Additional Notes

What's On Your Heart...

Lesson 3: *What Would Jesus Do?*
Reflection Questions

1. Have you ever believed what the world says: You have absolutely NO control over what you think or how you feel? Why do you think that lie about our ability to control our thoughts and emotions has become such a dominant thought in our world today? _____

2. When you hear that it is your responsibility to resist Satan and bring your thoughts into “captivity” to what you know to be true through God’s Word, how does that make you feel? Shocked? Scared of the responsibility? Excited that there is a way out? Etc. _____

3. Why do you think that one of the biggest mistakes that Christians make is thinking that they have to resist the enemy all on their own? Have you ever made this mistake? _____

4. Do you think that the plan of attack that we laid out today would work for you personally? Why or why not? _____
