

PRE-TEENS/TEENS (AGES 12 to 17)

Winning the Battle For Your Mind

Facilitator: Sister Brenda Wilson

Victory in the battle for our minds is the inheritance of everyone who is in Christ.

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.

(Philippians 4:8-9)

I. Introduction

Many Christians are spiritually out of touch and defeated in their daily lives. They don't understand that Satan is battling to control their minds and ruin their lives. Struggling believers need a true picture of what is happening in their minds. They also need to realize that God can renew their minds and free them from the struggle.

II. God's Way Versus Man's Way

We walk the high road in our lives when we determine to learn God's plans for us in the Bible and commit ourselves to obey Him. We walk the low road when we think thoughts and consider plans that are opposite of what God's Word says.

III. The Source of the Low Road

First, our flesh still sparks low-road thoughts and ideas. The flesh is that part of us that was trained to live independently from God before we became Christians. Even though we now have a new nature in Christ, the sinful world still tempts us to return to those old ways of thinking and living.

The battle for our minds is a conflict between the high road (living God's way by faith) and the low world (following the desires of the world, the flesh, and the devil).

IV. Strongholds are the Prime Target of Our Warfare

The battle for the mind is explained in 2 Corinthians 10:3-5:

*For though we walk in the flesh, we do not war after the flesh:
(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;*

A. Our Environment

We were designed to live in fellowship with God and fulfill His purposes. But we were born physically alive and spiritually dead in a world opposed to God's design. Before we came to Christ, all our experiences came from this sinful environment. Every day we lived in this environment we were influenced and shaped by it.

The worldly influences we have been exposed to include people, places and events that have tempted us to travel the low road. We have also been influenced by books we read, movies we watched, music we listened to and even shocking events.

B. Temptation

Whenever we feel attracted to the low-road plan instead of God's high-road for our lives, we are experiencing temptation. The purpose of all temptation is to get us to take the low road, to fill our genuine needs through the world, the flesh and the devil instead of in Christ.

C. Consideration and Choice

The moment we are tempted to get a need met in the world instead of in Christ, we are on the threshold of a decision. If we don't immediately choose to "take captive every thought to make it obedient to Christ (2 Corinthians 10:5), we will begin to consider it as an option.

D. Action, Habit, and Stronghold

If we exercise a habit long enough, a stronghold will be established. A stronghold is a low-road pattern of thinking that is deeply burned into our minds.

V. In Order to Win the Battle For Your Mind, You Need a Plan

Must these negative patterns of behavior control you? Absolutely not! Anything that has been learned can be unlearned. If your mind has been programmed wrong, it can be reprogrammed.

Victory in the battle for our minds is the inheritance of everyone who is in Christ.