

How to Be Free

A Mind Set Free - Day 1

Freedom begins as you surrender your mind to Jesus

Have you ever experienced a rogue thought before? Maybe you're in a conversation with a spouse or family member and your mind begins to fill with accusations towards this person. Or, maybe you're thinking about your life and who you would like to become – a better friend, more financially savvy, more physically fit...and your mind begins to fill with negative thoughts that lay out all of the reasons why that kind of "success" just isn't for you! If this sounds familiar, you are not alone – we've all been there!

The truth of the matter is that we are ALL engaged in a very real battle against a common enemy, the devil. And, his primary place of attack is in our minds. All of those rogue thoughts aren't random...they're an attack designed to start a pattern which will ultimately hold us captive. Paul backs this up in *2 Corinthians 10:3 TPT* when he says, "*For though we walk in the flesh, we are not waging war according to the flesh.*"

The good news, however, is that while the enemy does love to attack our thoughts, we don't have to be victims. We get to fight back...and win! In that same passage, *2 Corinthians 10:4-5 TPT*, Paul goes on to explain how we can defeat the enemy. "*For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ!*" In other words, when we take our thoughts and submit them to Jesus – we make him the Lord of our minds...and in doing so, we remove any authority that the enemy has to twist around our thinking. We win the battle because Jesus has all of the power!

As you are thinking about the battlefield of your mind, consider the following:

- First, recognize the attack of the enemy in your thinking. This looks like places of accusation or fear towards yourself, others, and even God.
- Second, take those thoughts captive. You can pray like this – Father, in Jesus name I take each and every thought captive and I submit my thoughts to the obedience of Christ!
- Third, seek out the truth of what God has to say!