

## **Take Your Mind Back**

Series: Winning the War in Your Mind

Text: **Romans 12:1-2 (NIV)**

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### **1. The \_\_\_\_\_ Principle**

Romans 12:2

2 Corinthians 10:3

Ephesians 6:12

### **2. \_\_\_\_\_ God's Truth to Renew Your Mind!**

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you.”

**Philippians 4:8-9**

Psalm 119:15

Psalm 143:5

Romans 8:37-39

2 Timothy 1:7

“As you go through a normal day, take stock of your thoughts. Write them down, type them into the notes on your phone, or record them in your voice memo app to transcribe later. Once you see your thoughts in black and white, you can begin to work on your thought life...”

Craig Groeschel, *Winning the War in Your Mind*

### **Defense**

- Are my thoughts tearing me down?
- Do I think worried thoughts?
- Does my self-talk cause me to shrink back in fear?
- Do my thoughts cause me to keep people at a distance?
- Are my unhealthy thoughts keeping me from the life I want?
- Are my unhealthy thoughts keeping me from the life God wants for me?
- Are my thoughts negative, toxic, or self-deprecating?
- Does my inner voice tell me I'm helpless or that life is hopeless?
- Do I find myself skeptical of others?
- Do I lean toward imagining worst-case scenarios?

### **Offense**

- Are my thoughts building me up?
- Do I think peaceful thoughts?
- Does my self-talk inspire me to take faith risks?
- Do my thoughts help me to get closer to others?
- Do my thoughts reflect my faith?
- Are my thoughts God-honoring?
- Do my thoughts reflect my hope in Christ?
- Do they inspire me to believe I can make a difference in the world?
- Do they equip me to become more like Jesus?
- Do my thoughts connect to the vision God has for my life?

**Remember, the goal is to think about what you think about!**