

Two Truths and a Lie

SEPTEMBER 18, 2022

Most of life's battles are won or lost in your mind. What can you do to win more than you lose?.

MESSAGE NOTES AND HIGHLIGHTS

- Most of life's battles are won or lost in our mind.
- A lie believed to be true will affect you as if it is.
- Your thought life shapes your life life.
- For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. | 2 Corinthians 10, vv.3-4
- There are patterns of thinking that hold you hostage.
- We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. | 2 Corinthians 10, v.5
- You've been given power from God to demolish patterns of thinking that are contrary to what God says is true.
- "Take captive every thought to make it obedient to Christ."
- Just because you have a thought doesn't mean you have to keep thinking it.
- You can receive it and replay it, OR you can reject it and replace it.
- No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. | 1 Corinthians 10, v.13
- When we're tempted, God's promise is that he will provide a way out.
- Living the life God wants you to live starts by learning to think the thoughts God wants you to think.
- And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. | Philippians 4, v.8
- If you want to win the battle in your mind, you have to choose to improve your mental diet.
- The absolute best way to upgrade your mind is to download Scripture to your heart.
- How is your mental diet? What needs to go because it's just not healthy?

DISCUSSION QUESTIONS

1. What negative, limiting, or untrue thoughts did you "receive and replay" this week?
2. Evaluate your "mental diet"—the voices, relationships, situations, media around you. What influences and inputs do you have that probably contribute to negative, limiting, or untrue patterns of thought?
3. "The best way to upgrade your mind is to download scripture to your heart." Have you found this to be true? Which scriptures or habits around scripture have helped you the most? What challenges do you have with using scripture to improve your thoughts?
4. What "true, honorable, right, pure, lovely, admirable" things have you discovered can help you re-focus on what is true and healthy and important?