

## **Guarding Our Minds**

“For The Win” Series – Part 05

**Connect:** What do you believe is standing in your way of achieving complete happiness?

**Hook:**

Today there is much talk about what is “fact” and what is “fake news”. Let me list some commonly held beliefs:

- 🍏 You use only 10 percent of your brain.
- 🍏 Eating carrots improves your eyesight.
- 🍏 Vitamin C cures the common cold.
- 🍏 Crime in the United States is at an all-time high.

Yet, none of those things are true. But the facts don't actually matter: People repeat them so often that you believe them. Welcome to the “illusory truth effect,” a glitch in the human psyche that equates repetition with truth. Marketers and politicians are masters of manipulating this particular cognitive bias—and we, ourselves, can be pretty good masters at manipulating what we believe.

What has been a recent discovery for you concerning something you thought to be true, but it was not?

**Book: 2 Corinthians 10:3-5**

2Co 10:3 We are human, but we don't wage war as humans do.

2Co 10:4 We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments.

2Co 10:5 We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

**Look:**

In our last lesson we discussed that there is an ongoing “spiritual” battle for our minds. It is a battle that can be won through the power of Jesus Christ. Pastor Brandon returned to this passage again this week to teach about the strongholds of the minds. His key thought was: *“When you rehearse and believe a lie on repeat, you’re in what the Bible calls a “stronghold,” and God gives you the power to break free.”*

Today we will discuss further how to guard our minds against the setting up of strongholds within them. Looking at various scriptures we can develop a game plan to prevent the building up of strongholds!

**1.** Psa 19:7 The instructions of the LORD are perfect, reviving the soul. The decrees of the LORD are trustworthy, making wise the simple.

Psa 19:8 The commandments of the LORD are right, bringing joy to the heart. The commands of the LORD are clear, giving insight for living.

Where do we find the instructions and commandments from the Lord?

According to the Psalmist, what are the benefits that can be won from embracing God's Word?

How could one use these "benefits" to guard your mind and heart?

**2.** At the end of His temptation in the Wilderness, Jesus said:

Mat 4:10 "Get out of here, Satan," Jesus told him. "For the Scriptures say, 'You must worship the LORD your God and serve only Him.'"

Mat 4:11 Then the devil went away, and angels came and took care of Jesus.

Christ is our perfect model for everything in life, including spiritual warfare. What actions did He take when Satan attempted to set up a stronghold in His mind?

What actions can we take to follow His example?

**3.** 1Co 6:18 Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body.

1Co 6:19 Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself,

1Co 6:20 for God bought you with a high price. So you must honor God with your body.

What does it mean to you when the Scriptures says our bodies do not belong to us?

How is sexual immorality a sin against one's own body?

How can lusts and immorality build a stronghold in our minds?

Why is the mind so important in our battle for purity?

How can a person tell when certain strongholds, especially sexual ones, are also demonic?

What does it look like when we resist the devil so that he flees?

**Took:**

In what ways is God calling you to better guard your mind?

What other questions or thoughts do you have about this study?

How are you prompted to pray in response to this discussion? Take some time to pray as the Lord leads.