

# Take Back Your Mind

A Lord's Flock General Assembly Topic

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From the very start, satan's only strategy was to take, capture, corrupt, and control the minds of men. That is still how he attacks us today. He knows that if he gets us to think wrongly, we are going to live wrongly. As followers of Christ, we need to understand that our mind was originally an enemy territory (Col. 1:21). But when we give our heart and life to Christ, He will storm the fortress of our mind, break down the walls, cast out the devil, and take over our mind. However, the devil will not give up without a fight. Hence, we have a constant struggle, and we need to "take back our mind." We need to renew our mind (Rom. 12:2), and set our minds on things that are above, things that are heavenly, instead of earthly things (Col. 3:2).

## 1. Our mind is a battlefield

1.1 Most of life's battles are won or lost in our mind. We are fighting the thoughts that are opposite to the knowledge of God; we need to make our thoughts obedient to Christ. *Every thought is important because our life is always moving in the direction of our strongest thought.* When we control what we think, we control what we do. For instance, if we let anger sit on our mind, and we act on this anger, then we may be doing something as revenge.

1.2 As followers of Jesus, we have good news. We do not have to fight our battles alone. We are given spiritual weapons to demolish strongholds or patterns of thinking that are wrongly-crossed in our minds (2Cor.10:3-5). We can take back our mind from the lies of the world, and start believing God's truth.

## 2. How do we train our mind?

**2.1 Meditate on the Scripture.** Let us engage in mental exercise. By training our mind to focus on the power of God's word (Ps 119:15), we will see God in every situation (Ps 143:5). For Christians, meditation means fixing our minds on God - what He has done and is still

going to do in our life. When our mind drifts, it will generally drift on our insecurities, fears, worst case scenarios, to paranoia, unresolved issues among others. Thus, we need to de-program our minds from what we have been believing for a long time. We need to grow a new pattern of thinking and meditate on what is true, honorable, lovely, praise-worthy . . . and our life will be beautiful!

**2.2 Identify a stronghold.** What is the wrong mindset that has been holding us hostage. What is that dominant thought that is stopping us from worshipping God or stopping us from moving on in our lives? Is it a family history, marriage that is not working, not getting out of debt, overcoming an addiction, etc.

**2.3 Get a spiritual truth from the Word of God.** After identifying our stronghold, get a spiritual truth. The word of God will demolish the stronghold. Spend time reflecting on the living Word of God, which is powerful enough to renew our mind. When we focus on it, we are letting it be born in our hearts and our minds. Write a Word of God, focus on it.

**2.4 Confess the word of God (the power of mention).** When we confess His Word, we are going to believe it. Then, we will be setting a new pathway or renewal of our mind. Our God says do not worry about anything because He will give us the spirit of love, peace, and a sound mind. No weapon against us will prevail (Isaiah. 54:17). Let us be ready to declare: we are strong, we have the same power as Jesus Christ, we are not going to stumble. We are not a hostage to unhealthy thoughts.

## Conclusion:

Our every thought matters. Let us take back our minds, and let the Word of God direct our paths. Write it. Think it. Confess it. Believe it.

## Reflection:

1. What lies have you been believing until now?
2. What strongholds do you need to reverse?
3. How will you go about taking back your mind?

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