

## 050921 Message Notes

### WINNING THE WAR IN YOUR MIND: KEEP YOUR GUARD UP

#### **We Declared War**

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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 10:4-5 NIV

#### **Rewiring Our Thoughts**

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. Philippians 4:8 NIV

#### **Reframing Our Thoughts**

Thank God For What Didn't Happen  
Practice Pre-framing  
Look For God's Goodness

#### **Reclaiming Our Thoughts**

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6 NIV

#### **Keep Your Guard Up**

Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. 1 Peter 5:8 ESV

#### **Experience Today's Message**

1. What thoughts do I need to rewire?
2. What situation do I need to reframe?
3. What anxious thoughts do I need to give God?

#### **Resources**

[Winning The War In Your Mind, Craig Groeschel](#)  
[Cleaning Up Your Mental Mess, Dr. Caroline Leaf](#)  
[Armed and Dangerous, Ken Abraham](#)

#### **Today's Music**

This Is Amazing Grace, Phil Wickham  
Hope Has A Name, River Valley Worship