

HEALING JOURNEY

APRIL 11, 2022

LESSON 9: CHANGE YOUR LIFE BY CHANGING YOUR MIND (PART 2)

Tonight we are covering Part 2 of a topic that touched many of you in Part 1 two weeks ago. You will recall from your notes that the last part of Part 1 listed **3 Ways to Gain a Healthy Mind**. We covered the first two ways in Part 1 and tonight Pastor Rick Warren's teaching will cover the third way (change your focus). Are you struggling in some area of your life right now? We are going to overlap a bit of the teaching from our previous session in order to bring the teaching into proper perspective. Listen carefully to today's lesson and you may just find that the solution is found in focusing your mind on the right things. As we learned in the previous session, what we allow our minds to dwell on, that is what will shape us.

NOTES FROM VIDEO TEACHING

When the devil gives us a thought, we call it _____. When God gives us a thought, we call it _____.

2 Corinthians 2:11 "(I've forgiven that man) so that Satan won't _____ us. For we're very familiar with his evil schemes."

When I'm unforgiving, I'm falling into _____.

Satan wants to keep you in _____, in bondage, in _____. He tries to get you _____ and then he tries to get you _____.

The 3 enemies of your mind:

1. Your old _____.
2. Satan
3. The world's _____ system.

The world's values are promoted by advertisements, _____, TV, songs and _____.

1 John 2:16 "All that is in the world, the lust of the flesh, the lust of the eyes, and the pride of life are not of the Father, but are of the world."

Passion, possessions and position is what the world thrives for.

2 Corinthians 10:3-5 "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. (Our weapons) have divine power to demolish _____. We demolish any argument (in our mind) and every pretension that sets itself up against the knowledge of God, and we take _____ every _____ to make it obedient to Christ." A stronghold is a _____ that I _____.

World views include:

- Hedonism teaches that the whole goal in life is to have _____.
- Materialism says the only thing that matters in life is _____.

A stronghold can be an _____. Jesus says, "I am the truth, and the truth sets you free". Satan wants to _____ you.

How do we fight this mental battle?

1. Take _____ every _____. Captive means to _____, to bring under control.
2. We make it obedient. Obedient in this context means to bring every thought into _____. You have a _____. Your mind has to listen to you. God gave you a will and emotions.

How temptation works: (It always follows a pattern)

James 1:14-15 "Temptation comes from the _____ of our own evil _____. These evil desires lead to evil _____, and then the evil actions lead to _____." Temptation is a _____. It's not an isolated event.

4 Phases of temptation:

1. D _____. It starts in your mind. Temptation turns a routine desire into a _____ desire. Any desire out of control is _____.
2. D _____. Doubt that God _____ you and doubt that God knows _____. "Did God really say....?" Every time you give into temptation, you are believing a _____.
3. D _____. Satan replaces God's truth with his lies. "I am lured" (James 1:14). I am baited. What kind of bait does Satan use on you? When tempted, we know there's a hook there, but we still keep _____. Temptation always looks _____ than it is.
4. D _____ and D _____.
What began in the mind, then goes into _____.
"What's the danger of a harmless fantasy" we may think.
What I _____ with, I'll _____ for. You need to refocus our attention.
You are free to make your _____, but you are not free from _____ of those choices. The moment you make that choice, you are no longer free. What you sow, you _____.
You cannot choose the _____, and not choose the consequence. The best time to win the battle with temptation is before it _____. Psalm 119:112 "I have made up my mind to _____ your laws forever, no matter what."

Three things that will make the most difference in your mental state:

1. Think about _____. You become whatever you think about most. 2 Timothy 2:8, Hebrews 12:3
2. Think about _____. Philippians 2:4, Hebrews 10:24
3. Think about _____. There's more to life than just the here and now. Colossians 3:2, 1 Corinthians 2:9

Summary:

- I need to _____ my mind on truth every day.
- I need to _____ my mind of destructive thoughts.
- I can then _____ on the right things.

Discussion Group

1. What strongholds / lies are you believing right now, that you need to focus away from? Or had in past?
2. Have you experienced a time when you needed to take captive every thought? Share that experience.
3. What kind of lure and bait do the demons use on you, and how can you break that pattern?
4. What can you do on a regular basis to live the 3 things that will make a difference in your mental state?