

It's All in Your Mind

1) Destroying the Strongholds That Hold Us Back

May 5, 2019

Matthew 9: 1-8 Jesus stepped into a boat, crossed over and came to his own town. ² Some men brought to him a paralyzed man, lying on a mat. When Jesus saw their faith, he said to the man, “Take heart, son; your sins are forgiven.” ³ At this, some of the teachers of the law said to themselves, “This fellow is blaspheming!” ⁴ Knowing their thoughts, Jesus said, “Why do you entertain evil thoughts in your hearts? ⁵ Which is easier: to say, ‘Your sins are forgiven,’ or to say, ‘Get up and walk?’ ⁶ But I want you to know that the Son of Man has authority on earth to forgive sins.” So he said to the paralyzed man, “Get up, take your mat and go home.” ⁷ Then the man got up and went home. ⁸ When the crowd saw this, they were filled with awe; and they praised God, who had given such authority to man.

The Challenge

1) There is a battle going on inside our mind.

II Corinthians 10: 3-5 For though we live in the world, we do not wage war as the world does. ⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ 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.

Cognitive Distortions (Stinkin Thinkin) are ways that our mind convinces us of something that isn't really there.

2) The life we live is a reflection of the thoughts we think.

Proverbs 23: 7 (NKJV) For as he thinks in his heart, so *is* he.

3) Our life is moving in the direction of our strongest thoughts.

Lamentations 3: 19-21 I remember my affliction and my wandering, the bitterness and the gall. ²⁰ I well remember them, and my soul is downcast within me.

²¹ Yet this I call to mind and therefore I have hope:

The Solution

1) Identify the thoughts (Strongholds) that are holding us back.

Romans 12: 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

2) Think of Godly truths that demolish destructive thoughts (Strongholds).

II Corinthians 10: 5 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.