

# SERMON NOTES

## HOW TO WIN SPIRITUAL BATTLES

March 19, 2017

“Learning to depend on God and encouraging yourself in the Lord helps you win spiritual battles.”

### **Ecclesiastes 10:10 (NIV)**

<sup>10</sup> If the ax is dull and its edge unsharpened, more strength is needed, but skill will bring success.

- Skills are learned not given.
- Take time daily to sharpen your skills. Tools and skills are needed to be successful.
- The battle you are in is all about your future. God has a great plan for your life.

### **Tools For Winning Spiritual Battles:**

#### **1. Learn to control your thought life**

- Be intentional about your thoughts.
- Life is shaped by your thoughts. You control your thought life.
- Don't believe every thought you have.
- When you shift your focus, you shift your life.

### **Proverbs 4:23 (TEV)**

<sup>23</sup> Carefully guard your thoughts because they are the source of true life.

#### **2. Learn how to encourage yourself in the Lord**

- Learn to depend on God and encourage yourself in the Lord.
- When God is “in” you, God is “for” you!
- When God is “in” you, God has made you bigger than any problem.
- If we stay in defeat and stay in the problem, we will miss our destiny.
- God has a purpose for your life, the devil has a problem.
- How we respond to problems determines how we are freeing our mind and what we are focusing on in our mind.
- Praise brings power!
- Praise God and pursue God to get into His presence and receive His promises!
- Possess God's best for your life!

### **I Samuel 30:1 – 7 (KJV)**

<sup>1</sup> And it came to pass, when David and his men were come to Ziklag on the third day, that the Amalekites had invaded the south, and Ziklag, and smitten Ziklag, and burned it with fire;

<sup>2</sup> And had taken the women captives that were therein: they slew not any, either great or small, but carried them away, and went on their way.

<sup>3</sup> So David and his men came to the city, and, behold, it was burned with fire; and their wives, and their sons, and their daughters, were taken captives.

<sup>4</sup> Then David and the people that were with him lifted up their voice and wept, until they had no more power to weep.

<sup>5</sup> And David's two wives were taken captives, Ahinoam the Jezreelitess, and Abigail the wife of Nabal the Carmelite.

<sup>6</sup> And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the LORD his God.

<sup>7</sup> And David said to Abiathar the priest, Ahimelech's son, I pray thee, bring me hither the ephod. And Abiathar brought thither the ephod to David.

### **How to Encourage Yourself in the Lord:**

#### **1. Focus on the goodness of God**

- God is a good God and He wants to be good to you all the time!

#### **2. Focus on the faithfulness of God**

#### **3. Focus on the love of God**

- The most powerful force on the earth today is God's love!
- Think and focus on God's love when you need a breakthrough.

### **I Corinthians 13:13 (NLT)**

<sup>13</sup> Three things will last forever—faith, hope, and love—and the greatest of these is love.

### **How to Manage Your Mind & Control Your Thought Life:**

#### **1. Feed your mind daily**

- Read and study the word of God.

#### **2. Free your mind**

- Free your mind of offenses and painful, hurting thoughts.
- Free your mind of negativity.
- Negativity keeps you from your destiny.
- Change your atmosphere, environment, and negativity to enter into God's presence and win spiritual battles.

#### **3. Focus your mind on the right things**

- What you focus on expands and grows in your life.
- Focus on the goodness of God and that He loves you.
- You are in charge of your destiny!

## Discussion Questions:

1. What are the tools you can apply in your life to help you win spiritual battles?
2. What are the three keys to help you encourage yourself in the Lord?

## Resources:

If you would like to look at “**How to Win Spiritual Battles**” sermon series in more depth, Church On The Rock bookstore has excellent resources available.

