

# SERMON NOTES

## HOW TO WIN SPIRITUAL BATTLES

March 5, 2017

“Win spiritual battles by training your mind and thought life.”

### **2 Corinthians 10:3 (KJV)**

<sup>3</sup> For though we walk in the flesh, we do not war after the flesh.

- God has a plan for you to have life and have it more abundantly.
- The battle is over your future.
- Spiritual warfare takes place in your thought life.
- Learn how to control your thought life to win spiritual battles.
- Win spiritual battles by training your mind and thought life.
- You control your thought life not God.

### **3 Ways to Win Spiritual Battles:**

**1. Acknowledge there is an enemy, the devil.**

**2. Arm yourself with God's armor**

- God has armed you to live in power!

**3. Authority released**

- Learn how to release your authority.
- Demolish strongholds in your mind to live an abundant life.
- A stronghold has control over you. Moves from a thought, to imagination and then becomes a stronghold.
- Tear down walls that are restricting you and holding you down.
- We determine what thoughts are in our mind.
- Take authority over every thought that does not line up with the word of God.

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

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

- Be intentional about your thoughts
- Life is shaped by your thoughts. You control your thought life.



## **Keys to Control Your Thought Life:**

### **1. Our thoughts control our life.**

- Every action is a product of a thought.
- Change the way you act and behave, then change your thoughts.

### **2. Don't believe every thought.**

- Beliefs shape your life.
- Don't set limits on your life according to other people's beliefs and opinions.

### **Romans 7:22 – 23 (TLB)**

<sup>22</sup> I love to do God's will so far as my new nature is concerned; <sup>23</sup> but there is something else deep within me, in my lower nature, that is at war with my mind and wins the fight and makes me a slave to the sin that is still within me. In my mind I want to be God's willing servant, but instead I find myself still enslaved to sin. So you see how it is: my new life tells me to do right, but the old nature that is still inside me loves to sin. Oh, what a terrible predicament I'm in! Who will free me from my slavery to this deadly lower nature? Thank God! It has been done<sup>[a]</sup> by Jesus Christ our Lord. He has set me free.

### **3. My thought life is key to my happiness.**

- Peace and happiness is a result of controlling your thought life.

### **Romans 8:4 (NLT)**

<sup>4</sup> He did this so that the just requirement of the law would be fully satisfied for us, who no longer follow our sinful nature but instead follow the Spirit.

## **How to Manage Your Mind:**

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

- Read and study the word of God.

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

- Free your mind of negative, painful, and hurting thoughts.

### **3. Focus your mind**

- What you focus on 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. How can you win spiritual battles and live an abundant life?
2. What are the keys to control your thought life and manage your mind?



## **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.

