

Living In Total Spiritual Freedom
Part IV
Winning The Battle For Your Mind.

Where do our plans and thoughts come from?

First

Your flesh still generates worldly thoughts and ideas.

Second,

We are constantly being bombarded by this world.

Thirdly

Satan has opposed the Word of God

Key: Temptation always comes by way of a thought, and the key to resisting temptations is to take the initial thoughts captive to the obedience of Christ.

Key: Our emotions are a product of our thoughts. We can't directly control our feelings, but we can control what we think.

Key: Renewing Your Mind. If you have been trained wrong, you can be retrained!

Key: If you Expose the lie you will win the battle.

To win the battle for your mind,

First

You must be "**transformed by the renewing of your mind**".

Second

Prepare our minds for action.

Third

Take every thought captive to the obedience of Christ.

Fourth

Turn to God when you are having anxious thoughts.

Fifth

Assume your responsibility to choose the truth and commit your self to live accordingly.

Key: your emotions are a product of your thoughts.

Key: You are not shaped as much by your environment as you are by your perceptions of it.

Key: If what you believe does not reflect God's truth, then what you feel does not reflect reality.

- 1 You will know the truth
- 2 You will Believe the truth
- 3 You will Live according to Faith in the truth
- 4 And your emotions will be the product of your trust in God and obedience to His Word.

Key: You don't feel your way into good behavior. You behave your way into good feelings.

Three ways of responding to your emotions.

- 1) **Suppression**
- 2) **Indiscriminate Expressions**
- 3) **Acknowledgment**

Healing our past Emotions

Fact: Bad Things Do Happen To Good People.

Two ways God has for you to resolve your past experiences.

First

Understand that you are no longer a product of your past.

Second

Forgive those who have hurt, abused, rejected and offended you.

Why should you forgive

First,

forgiveness is required by God

Second

Forgiveness is necessary to avoid Satan's trap of bondage.

Third

Forgiveness is required to be like Christ.

Key: Forgiveness means resolving to live with the consequences of other people's sins.

Judging others.

Key: What kind of families, fellowship, and church we would have if we all **assumed responsibility** for our own character in Christ and sought to **meet the needs** of those with whom we live worship and love?