

WINNING THE BATTLE IN YOUR MIND: REWIRE YOUR BRAIN

Scripture used: [2 Corinthians 10:4-5 \(NIV\)](#)

OVERVIEW

In today's Scripture, the Apostle Paul describes the importance of our thoughts and how they shape and form our identity, beliefs, and sense of well-being. The path to freedom comes not from giving the world the power to shape our internal thoughts, but rather by aligning our thinking with the truth of who Jesus says we are - beloved by God, chosen by Him, called for a purpose. We are not defined by our past mistakes. We are called to a much greater purpose and we are set free by God's redemptive work through His grace and mercy. To take full advantage of this offer, we need to renew our mind, and "rewire our brain".

KEY POINTS

- 1) A powerful story comes from [2 Kings 3](#) when Israel and Judah went on a campaign against the Moabites. They faced severe drought and existential threat. The cry went out: "Is there word from the Lord?". They heard a response over the valley. Although there would be no visible wind or rain, they were instructed to dig ditches throughout the valley, and the valley would fill up with water for the animals and people to drink. Later, the Moabites were about to attack. They saw the water in the trenches that looked like blood. It was an illusion and false perception "from where they were standing". It took them into a false conclusion, and catastrophic decision and behavior that resulted in the destruction of their army.
- 2) Like the Moabites, we often believe that the view from our vantage point is the truth, even when it is an illusion or a misperception. Often, our frame of reference or our perspective can distort reality and feed our anxieties, insecurities, and fears. Instead of allowing our view to be distorted by ditches that have been dug by repetitive falsehoods, we are given the opportunity to compare our vantage point with the truth of God's Word and affirmation in our lives. When we see ourselves the way that God sees us, we are able to identify the lies, replace it with the truth, and declare that truth over ourselves until we displace the damaging distortions in our lives.
- 3) One young woman suffered from depression and debilitating perfectionism. She interpreted any midway pause in a conversation as a confirmation that others thought poorly of her. She engaged in a cycle of ruminations, and started spinning out scenarios of doom. Bias is made of subjective reality and false input - often as a result of some kind of pain, embarrassment, abuse, or trauma that we have experienced and internalized. Vulnerability, shame, guilt are omnipresent - yet we have to come to the realization that much of our internal condemnation is a false mental construct! God does not intend for us to be bound by fear, shame, guilt, or judgment; rather, He wants to set us free to fulfill His calling in our lives.
- 4) [Romans 12:2a](#) tells us to change the way we think, our very patterns of thinking. We must relabel, replace, and repeat. For example, one pattern is concern and anxiety can be about money, sometimes a poverty mentality can pass from one generation to the next, even when our actual financial situation is vastly different. We should not imprison ourselves, and where God has richly provided for us, He intends for us to respond with gratitude, thankfulness, and generosity toward others. God blesses us with resources, with guidance and provisions! We must go from negative falsehoods to holding courageously to the truth of God in our lives so we can live with boldness, faith, and redemptive purpose.

DISCUSSION

- 1) **HEAR** - What is a perspective or assumption you've had for most of your life that came about because of an experience or your family culture that you later realized was not entirely true? What was the impact of finding out that it wasn't true?
- 2) **UNDERSTAND** - One of the main points of this series is that our lives tend to move in the direction of our strongest recurring thoughts ([Proverbs 23:7](#)). What are the most frequent thoughts in your life right now? Do they align with the truth of God's Word, or are they more influenced by your past experiences, pain, or the thoughts and opinions of others? How can you apply [Romans 12:2a](#) and [2 Corinthians 10:4-5 \(NIV\)](#) to not be held captive by misleading and oppressive ways of thinking?
- 3) **DO** - Our prayer of response this week is: God help me to recognize deceptive messages and false sensations. Take some time each day to pray over a truth from Scripture about God's love and grace for you! Join us next Sunday as we continue our series, Winning the Battle in Your Mind!