

# WEEK 8 DAY 3

## MAIN POINT:

Our minds lead us astray. Let's seek stability through scripture.

## KEY SCRIPTURE:

"For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ."

(2 Corinthians 10:3-6)

# THE BATTLE FOR YOUR MIND

**PRAYER:** Dear God, give me the strength to fight the battle to renew my heart and mind, not with armor or swords, but with your power. Give me the faith to trust in your truth, not in my own thinking.

Our minds are the front line in the battle for recovery. What makes us do what we do? How do we decide which actions to take? It is our minds that direct our decisions. Our minds are also affected by our feelings, circumstances, and beliefs. They are constantly under attack from many directions, including doubts, fears, and the desires of our own impure hearts. This is *especially* true when we are in recovery.

Furthermore, the Bible tells us that human nature is sinful and easily deceived. We are hostile toward God and his ways (Romans 8:7-8). Our minds are tempted to entertain impure thoughts, justify sin, and shift blame for our actions.

So how do we combat temptation and ensure that we are ready to recover from hurt, pain, and sin? As always, we can look to the example of Jesus (Matthew 4:1-11). Jesus anticipated temptation and prepared his heart by praying. When Jesus faced temptation, he quoted scripture, reminding himself (and his tempter) of God's truth.

To fight temptation, the Bible tells us to be strengthened through prayer and knowing God's word.

Philippians 4:6-7 says, *"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."*

Romans 12:2 says, *"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."*

By praying continually, we rely upon God's strength to prepare us for battle. By understanding and memorizing God's word, our minds are informed, aligned, and reminded of God's truth so that we are not easily deceived. In doing so, God changes us to become more like Jesus—strong in the Lord to outlast the battle and equipped with God's word to fight the lies of temptation.

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**APPLICATION:** The next time you are faced with temptation, pray. Consult scripture and seek the council of trusted friends who know where to find truth. Pray that your mind would be aligned with God's desire for you.