

### **Proverbs 4:23**

*23 Above all else, guard your heart, for everything you do flows from it.*

#### **The heart**

- The total inner person—the center of thinking, emotions, desires, and willpower
- The place from which all thinking, feeling, and choosing

### **2 Corinthians 10:3-7**

*3 For though we live in the world, we do not wage war as the world does.*

*4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ*

- The “arguments” are the philosophies, reasonings, and schemes of the world. The “pretensions” have to do with anything proud, man-centered, and self-confident. [gotquestions.org](http://gotquestions.org)
- A stronghold a fortified, deceptive, or sinful mindset that resists God's truth, often described as a mental, emotional, or spiritual fortress. Wrong or untrue thoughts. [gotquestions.org](http://gotquestions.org)

### **Romans 12:1-2**

*12 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

### **Philippians 4:8**

*8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

## **Take Every Thought Captive**

1. Your life is shaped by your thoughts
2. Not all thoughts are true, right, good or productive
3. Thoughts shape beliefs, expectations, attitudes, behaviors and results
4. Your mind is the battle field. The place of spiritual warfare
5. Thoughts like
  - Not good enough
  - Not smart enough
  - Not strong enough
  - Never will accomplish anything
  - Can never overcome past
  - God doesn't answer **my** prayer
  - Too old
  - Too late to change
  - It's not my faulty
6. Why is all this important?
7. Self-fulfilling prophecy
8. What the bible says
  - Guard your heart
  - We don't fight with worldly weapons
  - God's weapons have divine power
    - Demolish strongholds
    - Demolish arguments and pretentions
    - Take thoughts captive
  - Truth counteracts the lies/ thoughts
    - Renew your mind
    - Believe what God says about you
    - Think on what is true, noble, right, pure...

Family  
Friends  
Community  
Experiences  
The Enemies lies