

Proverbs 4:23 "Be careful how you think; your life is shaped by your thoughts."
(TEV)

1. The battle for your life is won or lost IN YOUR MIND.
2. Your thoughts will control you, so you HAVE TO CONTROL your thoughts.

BASHING BRAIN BARRICADES

2 Corinthians 10:3-5 "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 pretention** that sets itself up against the knowledge of God, and we **take captive every thought** to make it obedient to Christ." (NIV)

1. REMOVE the lies.

2 Corinthians 10:5a "We **demolish arguments and every pretention** that sets itself up against the knowledge of God ..." (NIV)

Genesis 3:1-5 "¹ Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?" ² The woman said to the serpent, "We may eat fruit from the trees in the garden, ³ but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'" ⁴ "You will not certainly die," the serpent said to the woman. ⁵ "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil." (NIV)

John 8:44 "You belong to your father, the devil, and you want to carry out your father's desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies." (NIV)

1 Peter 5:8-9 "⁸ Be alert and of **sober mind**. Your enemy the devil prowls around like a roaring lion looking for someone to devour. ⁹ Resist him, standing firm in the faith ..." (NIV)

Proverbs 14:12 "There is a way that appears to be right, but in the end it leads to death." (NIV)

2. REPLACE with the truth.

2 Corinthians 10:5b "... we **take captive every thought** to make it obedient to Christ." (NIV)

Psalms 33:4 "For the word of the Lord is right and true; He is faithful in all He does." (NIV)

Proverbs 30:5-6 "⁵ Every word of God is flawless; He is a shield to those who take refuge in Him. ⁶ Do not add to His words, or He will rebuke you and prove you a liar." (NIV)

Mark 13:31 "Heaven and earth will pass away, but my words will never pass away." (NIV)

Luke 1:37 "For no word from God will ever fail." (NIV)

2 Timothy 3:16-17 "¹⁶ All Scripture is inspired by God and is useful to teach us **what is true** and to make us realize **what is wrong** in our lives. It corrects us when we are wrong and teaches us to do what is right. ¹⁷ God uses it to prepare and equip His people to do every good work." (NLT)

APPLICATION:

1. God's Word says I Am ACCEPTABLE.

Romans 15:7 "Accept one another, then, just as **Christ accepted you**, in order to bring praise to God." (NIV)

Ephesians 1:4-5 "⁴ Long ago, even before He made the world, God chose us to be His very own through what Christ would do for us; He decided then to make us holy in His eyes, without a single fault—we who stand before Him covered with His love. ⁵ His unchanging plan has always been to adopt us into His own family by sending Jesus Christ to die for us. And He did this because He wanted to!" (LB)

2. God's Word Says I Am VALUABLE.

1 Corinthians 7:23 "You have been bought and paid for by Christ, so you belong to Him—be free now from all these earthly prides and fears." (LB)

Isaiah 43:4 "... you are precious to me and honored, and I love you." (LB)

3. God's Word Says I Am LOVABLE.

Isaiah 54:10 "'The mountains and hills may crumble, but my love for you will never end; I will keep forever my promise of peace.' So says the Lord who loves you." (TEV)

Romans 8:38-39 " ³⁸And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. ³⁹No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord." (NLT)

4. God's Word Says I Am FORGIVABLE.

Isaiah 43:25 "... I am the God who forgives your sins, and I do this because of who I am. I will not hold your sins against you." (TEV)

1 John 1:9 "But if we confess our sins to Him, He is faithful and just to forgive our sins and to cleanse us from all wickedness." (NLT)

Isaiah 1:18 "Come now, let's settle this," says the Lord. "Though your sins are like scarlet, I will make them as white as snow. Though they are red like crimson, I will make them as white as wool." (NLT)

5. God's Word Says I Am CAPABLE.

Ephesians 1:18-21 "¹⁸ I pray that your hearts will be flooded with light so that you can understand the confident hope He has given to those He called—His holy people who are His rich and glorious inheritance. ¹⁹ I also pray that you will understand the incredible greatness of God's power for us who believe Him. This is the same mighty power ²⁰ that raised Christ from the dead and seated Him in the place of honor at God's right hand in the heavenly realms." (NLT)

Philippians 4:13 "For I can do everything through Christ, who gives me strength." (NLT)

BOTTOM LINE

Psalm 25:4-5 “⁴ Show me **your ways**, Lord, teach me your paths. ⁵ Guide me in **your truth** and teach me, for you are God **my Savior**, and **my hope** is in you all day long.” (NIV)