

# The Helmet of Salvation

Spiritual Warfare series  
Lenten Campaign 2010

# The Battle of the Mind

*Winning the battle of the mind is  
foundational to mental,  
emotional and spiritual health  
as well as  
marital and family health and often  
physical health as well*

# THE INFLUENCE OF THE MIND

Our bodies respond to internal stimuli in our minds as well as to external stimuli around us

Painful experiences in the past can wound us deeply at the time – and sometimes bring long-lasting consequences

- *Unless that painful experience is kept alive by faulty and unhealthy thinking on our part – that past event can only harm us for a limited time*


**Nothing in your past can  
doom you to unhappiness for  
the rest of your life**

- Only your own thought life has the power to make you chronically miserable because of something that happened in the past


*The mind is the strategic battlefield in which decisive spiritual battles are won and lost*

*Once you were (spiritually) dead, doomed forever because of your many sins. <sup>2</sup>You used to live just like the rest of the world, full of sin, obeying Satan, the mighty prince of the power of the air. He is the spirit at work in the hearts of those who refuse to obey God. <sup>3</sup>All of us used to live that way, following the passions and desires of our evil nature. We were born with an evil nature, and we were under God's anger just like everyone else.*

*Ephesians 2:1-3 (NLT)*



*Not all your thoughts are yours –  
some are lies planted by the  
devil and must be --  
decisively rejected and replaced  
with truth*



Wherever the lies come from – they have the power to destroy you and the relationships in your life

When we believe the enemy's lies – *we give the devil a foothold in our lives* – a base of operations from which he can work to deceive us and turn us away from God and distort our thinking and damage our relationships



# **WINNING THE BATTLE FOR THE MIND**

Winning the battle for the mind is a  
process of:

- 1) Recognize**
- 2) Reject & Rebuke**
- 3) Replace the lies with Scriptural  
truth**

# *Recognize that the thought in your mind is not from God*


**First Step** is to: **Recognize** those lies for what they are – they are not just a normal part of your thinking process – they are **LIES**

# Reject & Rebuke that Lie

*You are the Gatekeeper to your  
mind – it is only by your  
permission that a particular  
thought can stay in your  
mind*

*“For the weapons of our warfare are not carnal, but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ”*


*2 Corinthians 10:4-5*

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- 1. We monitor and evaluate every thought that enters our mind**
  - 2. We recognize all lies and sinful thoughts and false beliefs that do not come from God**
  - 3. We refute all lies that enter our minds**
  - 4. We take every thought and idea captive to make it obedient to the truth and authority of Jesus Christ**

# Replace Lies With Scriptural Truth

*“When an unclean spirit goes out of a man, he goes through dry places, seeking rest; and finding none, he says, ‘I will return to my house from which I came.’<sup>25</sup> And when he comes, he finds it swept and put in order.<sup>26</sup> Then he goes and takes with him seven other spirits more wicked than himself, and they enter and dwell there; and the last state of that man is worse than the first.”*

*Luke 11:24-26*




*Just as light casts out  
darkness – so also truth must  
be stated and believed in  
order to dispel lies*


*“The LORD our God spoke to us in Horeb, saying: ‘You have dwelt long enough at this mountain. <sup>7</sup> Turn and take your journey, and go to the mountains of the Amorites, to all the neighboring places in the plain,<sup>[a]</sup> in the mountains and in the lowland, in the South and on the seacoast, to the land of the Canaanites and to Lebanon, as far as the great river, the River Euphrates. <sup>8</sup> See, I have set the land before you; go in and possess the land which the LORD swore to your fathers—to Abraham, Isaac, and Jacob—to give to them and their descendants after them.’”*

*Deuteronomy 1:6-8*






*We must actively and  
aggressively guard our minds to  
keep our minds focused  
on what is true and pure and  
edifying*




*“Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed.”*

*1 Peter 1:13 (NIV)*




*“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.”*

*Philippians 4:8*



Our thought life needs daily  
cleansing and changing and  
refocusing and renewal



*“For God did not give us a spirit of  
timidity – but He has given us a  
spirit of power and of love and of  
calm and well-balanced mind and  
discipline and self-control”*

*2 Timothy 1:7 (Amplified)*