

Last week spoke on the power of our perspective... and if you were to ask me... joe in your 30 years of ministry what would you say is the most difficult thing for Christians or people in general to overcome? Without hesitation I would say winning the battle of their thought life. how our perspective have been created

*Solomon wrote... PR 18:21NLT The tongue can bring death or life; those who love to talk will reap the consequences. ..*

**Tongue is another name for words.. how do words bring death or life?**

*PR 12:18 Reckless words pierce like a sword, but the tongue of the wise brings healing.*

- **Reckless Words** are like someone slashing with a sword with the power to gravely wound the core of our being by piercing our hearts ... wisely spoken words...carefully chosen words bring healing to the core of our being.

*our problem is we all love words and therefore we reap what they produce ...for good or bad...and for those who say I am not much of a talker...know this... your thoughts are words? Your thoughts are simply self talk... Let me ask you a question...who do you Who do you have the most conversations with on a daily basis? the correct answer is yourself...so it is most important to examine what you talk to yourself about and how you talk to yourself...the tone you use on yourself...*

You know some of us are good company to our selves ..were wise in the way we speak to our selves... and some of us are horrible company to our selves... piercing our own hearts, continually wounding ourselves...

That is why some of us don't like to be alone...were not good company to us how will we be good company to others? that is why some of us are uncomfortable in our own skin...we have a dangerous thought life...

**For “As a man thinketh so he beleives...is true”** Our life expresses loud and clear the result of our dominant thoughts. Words are like seeds. All words, whether they are true or not, root in us and grow, just as seeds have the potential to root and grow in the earth.

**Good words have an origin...God...whose first words after all his creation the creation of Man Said:** *Gen 1:31 Then God looked over all he had made, and he saw that it was very good!*

**And the origin of reckless condemning words also have an origin...**

*Rev 12:10 .... For the accuser of our brothers and sisters, who accuses them before our God day and night, has been hurled down.*

- **and we have the solution...connection with God and our Testimony...Salvation Through Jesus and our testimony...which ought to line up with that...our testimony...the words we say about ourselves...**

*Rev 12:11 They triumphed over him by the blood of the Lamb and by the word of their testimony...*

- **the cleansing power of Jesus and the words of our testimony...ongoing words of our life..**

**Then we have other words spoken over us through out lives ....**

- **We have all heard the saying, "Sticks and stones will break my bones, but names will never hurt me!"** Children learn to say this usually after being the object of name-calling. But this saying couldn't be further from the truth .
- **Broken bones mend, but we do not always recover from cruel words. The truth is that sticks and stones may indeed cause painful injury but it's usually the wounds we receive from hurtful remarks that scar us the most. This is yet another aspect of the power that words carry. They can hurt us, and usually with a more deep and lasting effect than a physical injury could cause.**
- **Wounding Words can prevent us from becoming the best we might be, and we often use them as weapons against others.**
- **But the opposite is true as well. Words can be healing; they can transform us. "You're not alone; I'm here" can give us strength and courage. "There is definitely power in words...Remember thoughts are words to ourselves...and our words to others reveal our thoughts about them.**
- **When we pierce one another we diminish ourselves...and the image of God within us...and in them**
- **And also to heal wounds...they have great power...**

- **This is How words influence us....Words create impressions, images and expectations. ....They build psychological connections. ...They create how we think. ...Since thoughts (which are words in our minds) determine actions, there's a powerful connection between the words we use and the results we get.**

**Take a moment to think about how the words of family and friends affected you as you were growing up..and notice how they still effect you...**

- **If you had parents who were encouraging and supportive, it most likely gave you strength, courage, and a strong sense of self, and the motivation that you can accomplish**
- **If your friends were supportive as well, then you were made to feel increasingly confident and at ease in your environment. and to think well of yourself...But none of us grew up in a perfectly supportive family, and many of us had friends and family who loved us but could still at times be cruel or thoughtless.**
- **In fact, if we are honest, we often say the very worst things to the people we love the most.**
- **if we think back through our lives, we can all remember moments in time where the words of others shaped us for good or for ill.**
- **Never underestimate the ability of words, whether they are good and true or evil and false, to root deep within our consciousness and grow to become attached to us actually forming our identity,**

**Listen....You win the thought battle you win the life game!!**

**You have to change the way you speak to yourself if you want to change the way you think about yourself. and changing the way you think about yourself changes your behavior. and your words and behavior effect others who are in relationship with you.**

**Your thought life... is the place where the everyday battle of life rages...and it can be won!! In the Gospels Jesus asks people over 19 times .... To Think... or asks them What do you think? then he presents a scenario for them to ponder.... He challenges their thinking about a subject**

**After he tells a paralyzed man his sins are forgiven.....then challenges the religious leaders to rethin what they think of this man and Jesus...**

**Luke 5:21-23 (NIV)** <sup>21</sup> *The Pharisees and the teachers of the law began thinking to themselves, “Who is this fellow who speaks blasphemy? Who can forgive sins but God alone?”* <sup>22</sup> *Jesus knew what they were thinking and asked, “Why are you thinking these things in your hearts?”* <sup>23</sup> *Which is easier: to say, ‘Your sins are forgiven,’ or to say, ‘Get up and walk’?*

- **In the good Samaritan story...he ask them to think about who a neighbor is differently than what they thought.....**

**Luke 10:35-37 (NIV)** <sup>35</sup> *The next day he took out two denarii and gave them to the innkeeper. ‘Look after him,’ he said, ‘and when I return, I will reimburse you for any extra expense you may have.’* <sup>36</sup> *“Which of these three do you think was a neighbor to the man who fell into the hands of robbers?”*

**Listen to this story...about the power of our thoughts..** On Sunday, February 18, 2001, NASCAR lost one of its greatest drivers. Dale Earnhardt Sr., also known as "The Intimidator," was in third place on the last lap of the Daytona 500 when his car was tapped from behind and sent head-on into the wall at 180 mph. In a matter of moments it was evident something was terribly wrong. Dale Earnhardt died in the crash. On the following Monday an autopsy report revealed he had died of blunt force trauma to the head.

It is believed that if Earnhardt had been wearing the HANS (Head and Neck Safety Device) he would have survived the crash. Although this device was available, Earnhardt, like many other drivers that day, neglected to use it. His neglect of this safety device may have cost him his life.

- **Dale is no different than any one of us... He had a choice to wear proven protection for his head and neck...and he was tempted not too... why?**
- **he did not think he needed it...Dale had been driving for many, many, years...he did not consider a new HANS safety device...advantageous to his health....after all he survived many, many, many, races...why change...this is the way he always drove...it was good enough according to his thinking.**
- **In Dale Earnhardt’s thinking ...he did not believe it necessary nor really advantageous to wear better head gear to protect his skull and brain in**

case of an accident than he already wore. So he acted in accordance with that belief... it was a lie...Sadly, his belief on accidents and head protection was faulty...**his own reasoning convinced him to believe something as truth ...that was not!!**

**He chose to believe his own version of reality ... over what was really true and paid a great price for that believing that lie!!!!**

- **No slam on Dale...we can all relate to that kind of thinking!! for we all have done it!! Something is obviously not working or not true...but we hold on to it anyway...thinking this is the way I always did it...**
- **we all determine in our minds by words how we view the world and it's many facets.... However many times what we hold as true and what we believe is in reality not truth...**
- **How?? We tend to think our perspectives are objective and true...the problem is no one is objective in their evaluations...we are all tainted and prejudiced and have limited knowledge...therefore quite fallible....**

**Paul calls this thinking like a child...**

*1CO 13: 11 When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, **I put the ways** of childhood behind me. 12 For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.*

**Paul says that childish thinking once beleived ...stays with us ...until it is put away... **what is childish thinking? To believe you know when you dont****

- **PUT AWAY...has the idea of intentionally taking that thinking, one thought at a time , and forcibly discarding it...**
- **Why? for it no longer works as an adult!!**
  1. **An adult understands we don't know everything.....we do not see everything clearly...and in fact the more we know the more we realize there is more to know!**
  2. **an Adult looks into the mirror and Learns to handle life face to face...and when you look in the mirror you look at yourself!! does not**

**run away or reject...they are teachable!!... new truth... we know in part...don't know everything...we still need to learn**

**3. And that I will grow in fullness as the one who knows me fully teaches me..about me...and truth...**

**So how are is our childish thinking developed...we have been formed by our individual world**

*Rom 12 : 2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

**understand you have copied in your mind the behavior and customs of your world... our piece of the world is what you copy...**

**What was that world?**

- 1. The family** we were raised in...nuclear-single mom or dad, foster...safe-scary, abusive-nurturing, loving-neglectful...godly-godless..functional-dysfunctional...
- 2. Neighborhood**...upper-middle-lower...safe or dangerous
- 3. School life**...involved-disengaged... excel-fall behind ... popular-bullied... graduate-dropout...
- 4. Social life**... isolation- friends...conforming -rebellling... directional-directionless... boyfriend's-girlfriend's how did that turn out....the old saying show me your friends...
- 5. Traumatic events**...abuse, death, divorce, accidents, **trauma**
- 6. Religion**...some-none...good experience, hypocritical...loving accepting...or condemning...

**We have all been customized....now we must be rebuilt...by the renewing... of our minds...**

- You see...We live in the world but each of our world views are not the same...we all have our own customs internalized by our piece of the world!! This is a stronghold**

- so our thinking must be transformed by copying new thoughts and forming new customs...
- to renew means to start over make new again...to be retaught...which is all about teaching ourselves new words about life. And those words will give us a new way of thinking!
- And as our thinking is transformed and our doing of God' way is embraced we will find his will is:
- Good! it is good for us! it does us well..
- pleasing...I will find it pleasing....pleasing means it works!!
- Perfect...holistic... healthy well rounded...
- this thinking transformation is a progressive... just as our childish thinking was formed over time.. ...mature thinking forms over time
- And that I will grow as the one who knows me fully teaches me..about me...and truth...

**What makes this so hard????** Because our childish thinking has developed Strongholds of thoughts/words in our Minds regarding everything in life...and we can't just change those words and thinking ...they hold us very strongly....We need power greater than ourselves to overcome them

*2 Cor 10: 4 We use God's mighty weapons, **not worldly weapons**, to knock down the strongholds of human reasoning and to destroy false arguments.*

- what is a stronghold? A stronghold refers to a fortified city... These strong cities had wall erected around them.. These walls were the city's assurance of protection. They kept unwelcomed visitors and invaders out. All entrants were screened. Those who owed taxes were not allowed in until they paid.
- Those considered a threat to the city's safety or health were refused entry.
- When attacked the walls provided a safeguard for the people.

**Paul tells us the same type of strong hold/walls are erected in our thinking to protect us from hurts and harm.**

- We construct walls when we are hurt to safeguard **our hearts and prevent any further and future wounds**
- We become selective, denying entry to all we fear will hurt us. and we bar re-entry to those who have hurt us in the past.
- We filter out any one owes us a debt of some kind, and we withhold access until these people have paid their amount outstanding in full... or as we judge appropriate
- **And we open the stronghold only to those we believe are on our side.** Yet often those people who are on our side, have offended us been offended by us also ...resulting in the stacking of additional stones on our existing walls...furthering the inability to reconcile...namely family and loved ones...
- **And without knowing exactly when it happens, these walls of protection built over the years become a prison ...holding us strongly inside.**
- **At that point we are not only extremely cautious about who's allowed in...but in terror we infrequently or even will not venture outside our fortress into something challenging or new.**

**Listen to this proverb:**

*Proverbs 18:19 NLT* *An offended friend is harder to win back than a fortified city. Arguments separate friends like a gate locked with bars.*

**The walls built through woundedness are more unyielding..then a real fortified city! Incredible...but we can all attest to that.**

- **and unforgiven disputes are like the gates of a castle...unable to be entered...**

**The result:** **The focus of a wounded person...is inward and ruminating! we diligently protect our woundedness and are on guard for any attacks! and scrutinize every personal relationship carefully for signs we might be hurt again by some else**



- **A Massive amount of energy is expended in making sure no future injuries will occur....thereby excluding future relationships...to our detriment missing out on their additions to our lives...**

**\*\*\*Every Stronghold needs guards....**And the guardians of our Strongholds... those who keep us locked inside...thinking it is for our best ....

*2 Cor 10:5NIV We demolish arguments and every pretension that sets itself up...*

**#1The sharp shooting Arguments... and the Many, Many Powerful Well Armed PRETENSIONS**

Lets take a moment to examine these guardians of the Strongholds of our minds.. The first guardian of the strongholds the ARGUMENTS

- **Every time we try to let someone new or try something different ...the Arguments have a perfectly kill shot lined up of why it won't work and is a bad idea.... Rarely do they get outwitted... arguments always pull up the past! Our past failed attempts, past mistakes, past heartaches, past disappointments, past failed relationships, they beat us with put downs and name calling,...**
- **And they usually have a lot AMMUNITION at their disposal... and they know exactly which ones to use for maximum stopping power.**

**And when they not able to kill the idea .....They call in the Calvary...the Pretensions...pretend outcomes of the future...**

**These Imagined devastating OUTCOMES OF THE FUTURE... Relentlessly terrorizing us.. by carefully explaining the horrendous and painful future you will have by even attempting something different like this... skillfully painting picture after picture of an apocalyptic future...**

**The result we are so beat up we retreat ....**

**\*\*\*\*It takes Divine power to demolish them...and overcome the enemy guards**

<sup>4</sup> *The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.* <sup>5</sup> *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.*

- Although these arguments and were originally erected for self protection they become a source of torment and distortion, and hindrance to us because they war God...and his way of doing life ...
- How? by filtering and screening everything God says through our past hurts, rejections and experiences via imaginations of the future so we find it impossible to believe God!
- We cannot believe he is really meaning what he is saying, or that what he is saying is actually good...or even will work?
- This is what opens God's kids to deception...when I don't believe God...I will believe something or someone else...
- I destroy it the stronghold by taking captive the guards of Argument and vain imaginations I give it no place to hoist its flag...putting them in prison...

We are to demolish these anti-Christ arguments in our heads....not debate them, romance them, feed them, nurture them, obey them...

- So we demolish by divine power strongholds, arguments and pretended outcomes raised up against by holding fast to his word through obedience to it...
- God's Word is truer than anything I may think. It is truer than anything I feel or have been told... Here are some healing wise words of scripture to hold on too....words of truth your testimony speak these words to yourself ...until they become your Identity

I have been bought with a price: I belong to God 1 Cor 6:19-20

I am redeemed and forgiven of all my sins Col 1:14

I am born of God and the Evil one cannot harm me 1John 5:18

**I am filled by the Holy Spirit Eph 2**

**I am God's child John 1:12 I am God's Friend John 15:5**

**I am free from all condemning charges against me Rom 8:31-34**

**I may approach God with Freedom and confidence Eph 3:12**

**I find grace and mercy to help me in my times of need Heb 4:16**

**I cannot be separated from the love of God Rom 8:35**

**I am confident that the good work God has begun in me will be completed  
Phil 1:6**

**I am the salt of the earth and the light of the world Matt 5:13-14**

**I am God's workmanship, created for good works Eph 2:6**

**I have been chosen and appointed by God to bear fruit John 15:16**

**I can do all things through Christ who strengthens me Phil 4:13**

**I am a citizen of Heaven Phil 3:20**

**end**

*JN 8:31 To the Jews who had believed him, Jesus said, "If you **hold** to my teaching, you are really my disciples. <sup>32</sup> Then you will know the truth, **and the truth** will set you free."*

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- **there are two ways we wage battle in the world ...**
  - we battle as the world has trined us..the weapons we have attained in our life's journey
  - or we wage Battle as the Spirit directs and empowers us...
- What are the weapons of the Spirit... Divine Power

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- **we can**  
**, hope, Patience, love, Peace, Joy, long suffering, self control, generosity, wisdom, forgiveness, faith , hope, encouragement...**

**Storms bring out the false beliefs and test faith..**

Cast the thoughts out that are not of God, by building a new stronghold based on His words.... 1) **We Believe God...** then learning to live in it! then our thinking changes...

1. *Psalm 9:9 The Lord is a refuge for the oppressed, a **stronghold** in times of trouble.*
2. *Psalm 27:1 The Lord is my light and my salvation— whom shall I fear? The Lord is the **stronghold** of my life— of whom shall I be afraid?*

2) **And We take opposing thoughts captive... I take this thought captive in the name of Jesus.. disarm it by taking I captive...**

- Then we will be Free to live the life God has for us...not entrapped in a prison of our own making!!

\*\*\*\*\***This transformation of thinking teaches us to live by facing life forward toward a desired future as opposed to facing life backward glancing at the future over our should but always directionally oriented to our past our ... it is stronghold and moving to another stonghold** **What does that look like and how do I know I am being transformed...**

- **My thinking progressively reflect the way God thinks! and if we think the way God thinks...we become more like God in our actions...**

**We are actually visibly, transformed... ...it can be seen**

- In a world conformed to worrying the follower of Jesus should stand out as calm
- In a world conformed to greed the follower of Jesus stands out as generous
- In a world conformed to depression world the follower of Jesus should be the light of hope
- In a world conformed to fear the follower of Jesus should stand out as fearless
- In an world conformed to instability the follower of Jesus should stand out as a model of stability and steadfastness in the midst of change

- In a world conformed to selfishness the follower of Jesus increasingly lives selfless life
- In a world conformed by pain, follower of Jesus should stand out for their compassion a healing balm
- In a world conformed with confusion, the follower of Jesus increasingly lives by conviction with understanding...
- in world conformed to control others the follower of Jesus increasingly lives under self control..
- In a world conformed to immorality and corruption... we should stand out as people of integrity and honesty
- In a world conformed to hate...we should stand out for our love..

Let us be people who are used by God to change that perception... as those perception and blind spots are changed in us ...we will be used of God to reflect him...in every place we find ourselves... end

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*James 3:2 We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check.*

- the first part we all get to well..we all stumble in many ways..
- but the second is very interesting, James tells us the person who is correct in their speech ...the words they speak to themselves and others... can keep their body in check...or control what they do...

Do you know

*Numbers 23:19* God is not human, that he should lie, not a human being, that he should change his mind. Does he speak and then not act? Does he promise and not fulfill? His ways are not our ways...

*Isa 55:8* “For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD. <sup>9</sup> “As the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.

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### **Interesting that Paul says see to it that no one takes you captive**

*COL<sup>2</sup> 8* See to it that *no one* takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental *spiritual forces of this world* rather than on Christ.

- **Interesting that Paul says see to it that no one takes you captive...think about who you have listened to....is what they have taught you in line with Jesus teaching? some probably yes and some no...which do you listen too?**
- **ever notice that some people whom you dislike the most captivate your thinking?? which in turn determines your actions!! including the enemy!!**
- **\*\*\*we get taken captive by hollow philosophy...that which appears solid but is not... \*\*\*deceptive philosophy...that which appears true but is not...**
- **or human tradition...the way it's been done before is the correct or only way...i.e. man always walked therefore flying is wrong...**
- **basic principles of the spiritual forces operating in the world...get all you can, can all you get, sit on the lid...pride and selfishness!!**
- **Rather than on Jesus and his thinking..**

**\*\*\*\*\* what we think we will eventually do!! thoughts precede actions!!**

## From Jesus perspective... two things are required to live a free life...

*JN 8:31 To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. 32 Then you will know the truth, and the truth will set you free."*

- **One...One must believe him**
- **Two.. one must hold to what he teaches as truth..** Faith is holding on when confused...Faith is holding on until the end is revealed
- **Then we will Free from what?** Believing in and living according to lies...
- **Free to what?...live life to the full!!**
- **Freedom will be experienced...it will become visible...**
- **Just as living by lies becomes ...visible..**
- **You live transformed it is visible...**

## So how do we do this...

*2CO 10: 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.*

- **From God perspective the war is in the invisible realm ...nor are the weapons we use visible...the words we speak to our selves...invisible to the world but active in our minds...**
- **The strongholds are the works, desires, perspective on life. Which have been built in order to protect us...but end up imprisoning us..hold us captive**
- **the war is against strongholds in the mind...a stronghold is a belief that holds one strongly....** **Examples..."I can never stop doing this" I can't control myself....i am no good, I cannot change, God does not love me...maybe he loves me because he has to, but he certainly does not like me... life has no purpose...I will never find fill in the blank...good job, husband, wife, "I cant" fill in the blank..**  
**I need fill in the blank to be ok...**

*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 power is not natural...it is supernatural... For it demolishes the invisible...the visible cannot demolish the invisible**



- The word arguments here could be translated reasonings. These are our reasonings, they seem logical and believable and plausible they, **are little more that imaginations...** funny how our imaginations almost always run to the extreme worst possible outcome!!
- So we must cast down such false reasoning for truth.
- Listen there was nothing more foolish or many of us at one time in our lives than the Gospel!! And look at us now....
- And we will find walking in his ways...will still be wrestled with in our reasoning
- Not only are we to cast down (get rid of) such reasoning's,
- **but we must also rid ourselves of every thought exalts it self in my mind... lifting itself above what I know God wants...and attempting to get me to follow it...I take captive...to bring it below what I know is right and true...**
- **This supernatural power can demolish the fear of pretensions.. pretending things...false pride...showboat...not real...false ...lies**
  - **that which exalts it self in my mind... lifting itself above what I know God wants... or says and attempting to get me to follow it**

**How do we apply the power? take it captive in Jesus name!!**

- **I take it captive in my mind...and bring it below what I know is right and true...**

**So how should we live....We live with a big whatever!!!!**

*PHP 4: 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. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.*

*2CO 3: 18 And we all, who with unveiled faces **contemplate** the Lord's glory, **are being transformed into his image with ever-increasing glory**, which comes from the Lord, who is the Spirit.*

- **Nothing changes in my outward appearance...I look the same**

- but what I contemplate inwardly changes...to the Lord's Glory...I advertise him in my mind!!
- My thinking progressively reflects the way God thinks! And my actions reflect the way Jesus lived!!

**What does it look like outwardly..... We are actually visibly, transformed... ...it can be seen**

- In a worried world the follower of Jesus stands out as calm
- In a greedy world the follower of Jesus stands out as generous
- In a depressed world the follower of Jesus has joy
- In a world consumed with the negative...the follower of Jesus see hope!
- In a society emotionally riding the roller coaster of circumstances the follower of Jesus lives by faith that there is a plan of God at work!...
- In a fearful world the follower of Jesus stand out as courageous
- In an unstable world the follower of Jesus stand out as reliable
- In a selfish world the follower of Jesus increasingly lives selfless
- In a world filled with pain, follower of Jesus should stand out for their compassion a healing balm
- In a world filled with confusion, the follower of Jesus increasingly lives by conviction and understanding...
- in an out of control world the follower of Jesus increasingly lives under self control..
- In a world filled with immorality and corruption... the followers of Jesus should stand out as people of integrity and honesty
- in a world bent on revenge for wrongs...the follower of Jesus freely forgives..
- In a world filled with hate...we should be known for our love..

**We are actually visibly, transformed... ...it can be seen**

**Our thoughts are our self talk...listen to them... perfect them and the rest of your life follow suit!! Fight to Win!!**

- **That is how we defeat the enemy!!! And win the battle of the mind!!!**