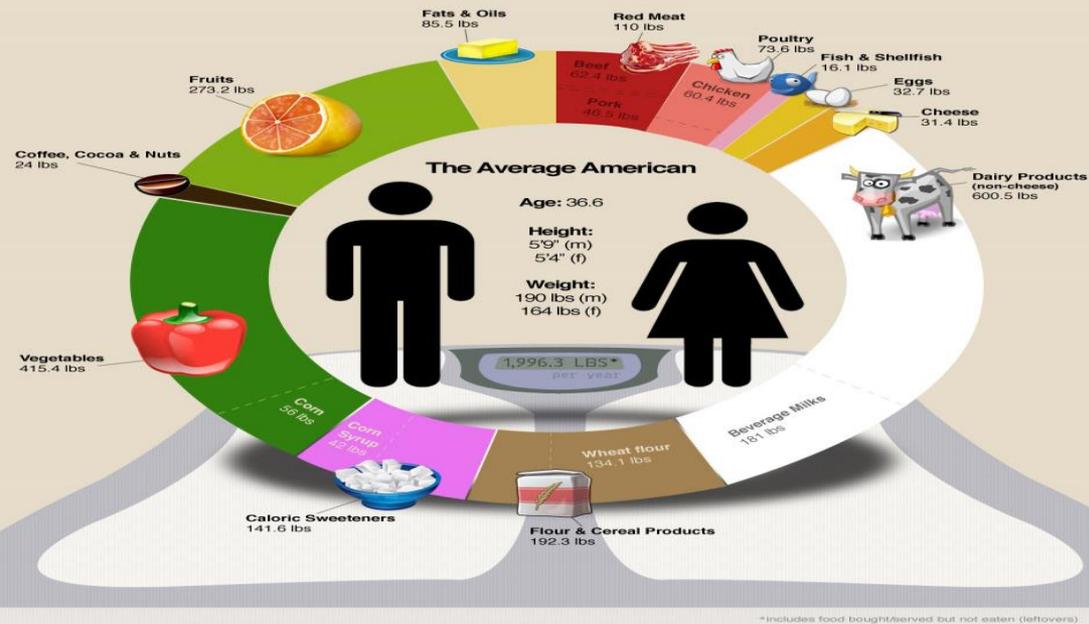


**WHAT WILL YOU  
CONSUME IN  
2017?**



# WHAT ARE WE EATING?

What the Average American Consumes in a Year



## That includes:



visualeconomics.com

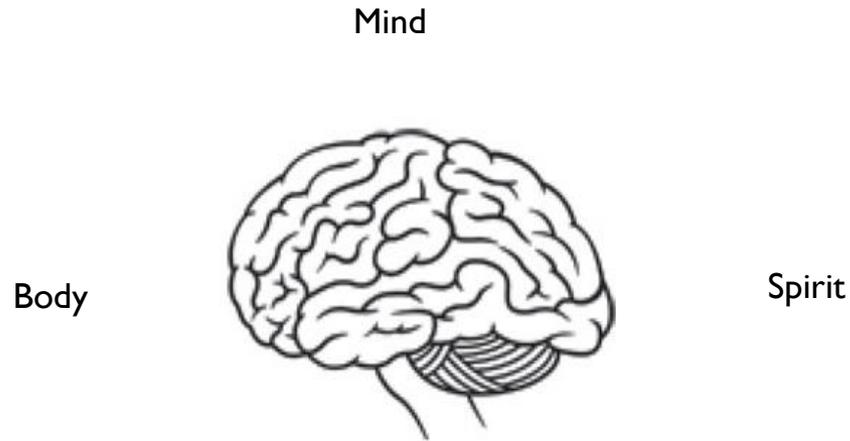
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- 415 lbs. of veggies
- 273 lbs. of fruit
- 600 lbs. of dairy
- 29 lbs. of French fries
- 23 lbs. of pizza
- 24 lbs. of ice cream
- 53 gallons of soda
- 141 lbs. caloric sweeteners
- 24 lbs. artificial sweeteners

**1996 lbs. PER YEAR!**

# THE MIND IS THE GATEWAY TO THE SPIRIT



**“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”**

I Tim. 4:8 NLT

## THE BATTLE WITHIN

We are human, but we don't wage war as humans do. We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. <sup>5</sup> We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

2 Cor. 10:3-5



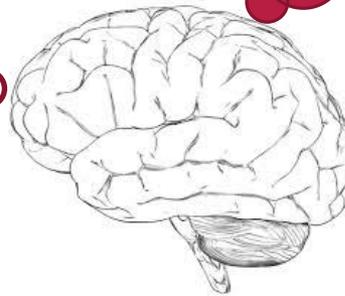
## TWO TYPES OF STRONGHOLDS

### WORLDVIEW

- Materialism
- Hedonism
- Darwinism
- Secularism
- Relativism
- Communism
- Atheism

### PERSONAL ATTITUDES

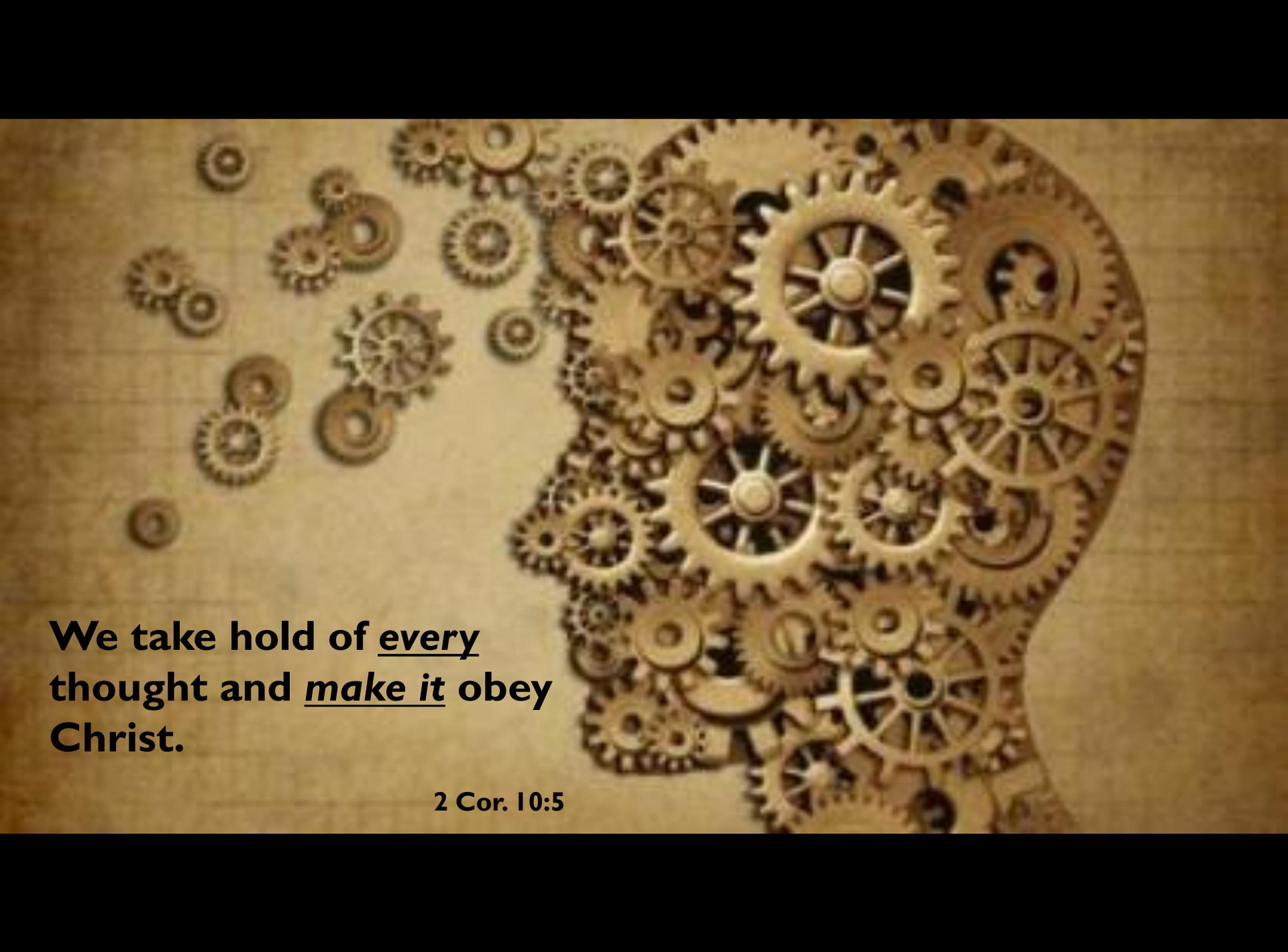
- Worry
- Seeking Approval of Men / Women
  - Fear
  - Guilt
- Resentment
- Insecurity



# DEMOLISHING STRONGHOLDS

**Destroying the strong-places of the devil**





**We take hold of every  
thought and make it obey  
Christ.**

2 Cor. 10:5

## THE REBELLIOUS MIND

But how do you do that?

How do I make my mind, mind? I have noticed that my mind doesn't always mind.

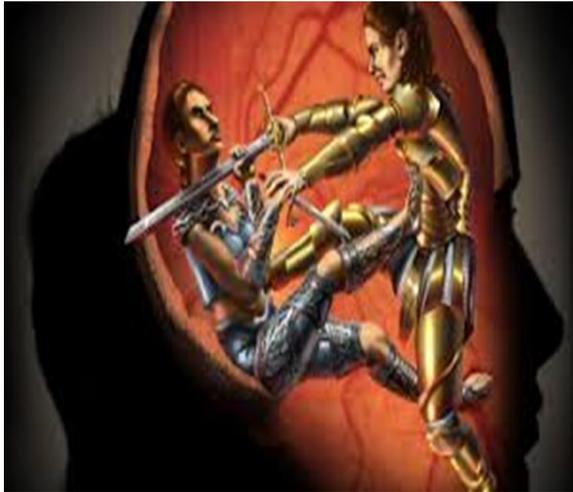
It is often disobedient. It is often very rebellious. It wants to go in a different direction. When I want to think a certain way, it wants to go another way.

When I need to ponder, it wants to wander.

When I need to pray, my thoughts want to float away.



## THE REBELLIOUS MIND



I do not do the good I want to do. Instead, I am always doing the sinful things I do not want to do. 20 If I am always doing the very thing I do not want to do, it means I am no longer the one who does it. It is sin that lives in me. 21 This has become my way of life: When I want to do what is right, I always do what is wrong. 22 My mind and heart agree with the Law of God. 23 But there is a different law at work deep inside of me that fights with my mind. This law of sin holds me in its power because sin is still in me. 24 There is no happiness in me! Who can set me free from my sinful old self? 25 God's Law has power over my mind, but sin still has power over my sinful old self. I thank God I can be free through Jesus Christ our Lord!

Rom. 7:19-25

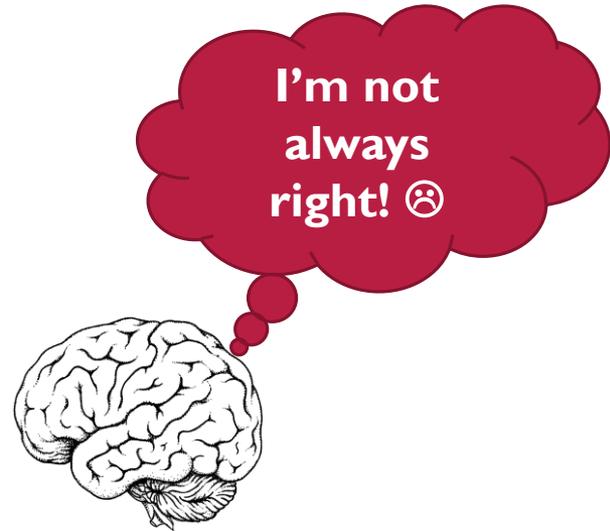
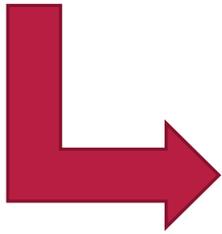
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# 3 STRATEGIES FOR WINNING THE BATTLE OF THE MIND

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# I. DON'T BELIEVE EVERYTHING YOU THINK!

“I just know I’m right with the Lord. I just feel it in here.”



The world & Satan are constantly putting suggestions into our mind false & against God's Word

# **I. DON'T BELIEVE EVERYTHING YOU THINK!**

And the Bible uses at least a dozen different phrases for the condition of our minds under sin. Our minds are:

- confused (Deuteronomy 28:20)
- anxious, closed (Job 17:3–4)
- evil, restless (Ecclesiastes 2:21–23)
- rash, deluded (Leviticus 5:4; Isaiah 32:4 NIV)
- a troubled mind (2 Kings 6:11)
- a depraved mind (1 Timothy 6:5)
- a sinful mind (Romans 8:7 NIV)
- a dull mind (2 Corinthians 3:14 NIV)
- a blinded mind (2 Corinthians 4:4)
- a corrupt mind (2 Timothy 3:8)

# I. DON'T BELIEVE EVERYTHING YOU THINK!

## Our minds are broken by sin

9 “The heart is fooled more than anything else, and is very sinful. Who can know how bad it is? 10 I the Lord look into the heart, and test the mind.

Jer. 17:9-10 NLT



# I. DON'T BELIEVE EVERYTHING YOU THINK!

## We tell ourselves

- Things aren't as bad as they are
- Things are better than they are
- We're doing OK when we aren't doing OK
- It's no big deal when it is big deal

**In fact, the Bible tells us that you cannot be trusted to tell yourself the truth!**



# I. DON'T BELIEVE EVERYTHING YOU THINK!

...for he is a liar and the father of lies.

John 8:44 NLT

If he can get you to believe a lie, he can  
get you to sin!

If we claim we have no sin, we are only  
fooling ourselves and not living in the truth

I John 1:8 NLT

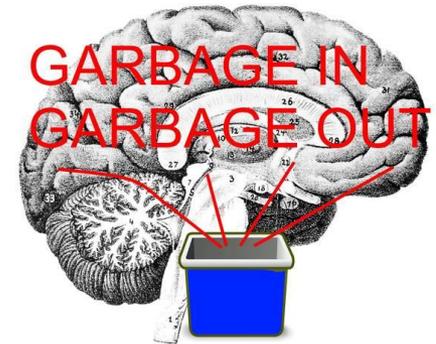


## 2. GUARD YOUR MIND FROM GARBAGE!

**“A wise person is hungry for knowledge,  
while the fool feeds on trash”**

Proverbs 15:14 (NLT)

Maybe I should put  
this verse on a  
post-it note and  
stick on every TV &  
device I own..



**Are we mentally  
feeding on trash?**

## 2. GUARD YOUR MIND FROM GARBAGE!

Any nutritionist will tell you that there are three kinds of food for your physical body.

- There is brain food that makes you smarter (food that actually makes you smarter!).
- There is junk food, which is simple calories — it's not poison, but it's just empty calories.
- And then there are toxic foods, which are poison.



## **2. GUARD YOUR MIND FROM GARBAGE!**

**The same is true in what you see, what you hear, and what you allow into your mind.**

**Think of those things as “brain food.”**

**Some brain food is good. It will make you smarter, more godly, and more emotionally mature**



## **2. GUARD YOUR MIND FROM GARBAGE!**

**Some is neither good or bad,**

You say, “I am allowed to do anything”—but not everything is good for you. And even though “I am allowed to do anything,” I must not become a slave to anything.

1 Corinthians 6:12 (NLT)

**In other words, some things  
aren't necessarily wrong,  
but they aren't necessary.  
They have no value.**

**So why would we  
knowingly ingest harmful  
things or things of no  
value into our minds?**

## 2. GUARD YOUR MIND FROM GARBAGE!



**I will not set before my eyes anything that is worthless.**

Psalm 101:3

If we actually took the psalmist advice, how many channels or streaming video feeds would we need?

Would you invite somebody into to your living room and say, “Why don’t you murder somebody right here in my living room?”

But isn’t that what we do when we ingest evil into our minds?

“Some people are so open-minded that their brains fall out.”

If you think you allow into your mind with no effect, you are only kidding yourself!



## **GUARD YOUR MIND**

6 Do not worry. Learn to pray about everything. Give thanks to God as you ask Him for what you need. 7 The peace of God is much greater than the human mind can understand. This peace will keep your hearts and minds through Christ Jesus.

8 Christian brothers, keep your minds thinking about whatever is true, whatever is respected, whatever is right, whatever is pure, whatever can be loved, and whatever is well thought of. If there is anything good and worth giving thanks for, think about these things

## BREAK IT DOWN

# 1

# 2

6 Do not worry. **Learn to pray about everything.** Give thanks to God as you ask Him for what you need. 7 The peace of God is much greater than the human mind can understand. This peace will keep your hearts and minds through Christ Jesus.

8 Christian brothers, **keep your mind thinking** about whatever is true, whatever is respected, whatever is right, whatever is pure, whatever can be loved, and whatever is well thought of. If there is anything good and worth giving thanks for, **think about these things**

Philippians 4:6-8 (NLV)

**Prayer & Focus**

# GUARDING OUR MIND

Everything that you ingest into your mind should be tested.

The Christian's Test Kit - Philippians 4:6-8					
Is it true?	Red	Orange	White	Light Green	Dark Green
Is it respected?	Red	Orange	White	Light Green	Dark Green
Is it right?	Red	Orange	White	Light Green	Dark Green
Is it pure?	Red	Orange	White	Light Green	Dark Green
Is it loved from God's perspective?	Red	Orange	White	Light Green	Dark Green
Is it well thought of according to His standard?	Red	Orange	White	Light Green	Dark Green
Is it worth giving thanks for?	Red	Orange	White	Light Green	Dark Green



Is it something that you would not mind having done in your living room?

## **GUARDING OUR MIND**

Paul to “keep your mind thinking” or “fix your thoughts”

One of the keys to overcoming temptation: don't merely resist it; replace it.

When we say, “I don't want to think about this” what are we doing?

Whatever gets our focus, get us!

### **Sin's Progression**



**These desires give birth to sinful actions.  
And when sin is allowed to grow, it gives  
birth to death.**

James 1:15 NLT

### 3. NEVER LET UP ON LEARNING!

Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

Matt. 11:28-29 NIV

**You can not be a disciple of Christ without being a learner**

**Christians Are Life Long Learners!**



# THINK!

“**T**” – test every thought

Search me, O God, and know my heart; **test me**  
and know my anxious thoughts.

Point out anything in me that offends you, and lead  
me along the path of everlasting life.

Psalms 139:23-24

# THINK!

“**H**” – helmet your head

Take the helmet of salvation and the sword  
of the Spirit, which is the word of God.

Eph. 6:17



**THINK!**

**“I” – imagine great thoughts**

**Think about the great promises of God**

I CAN DO ALL THINGS THROUGH *Christ*  
WHO *Strengthens Me*  
-PHILIPPIANS 4:13

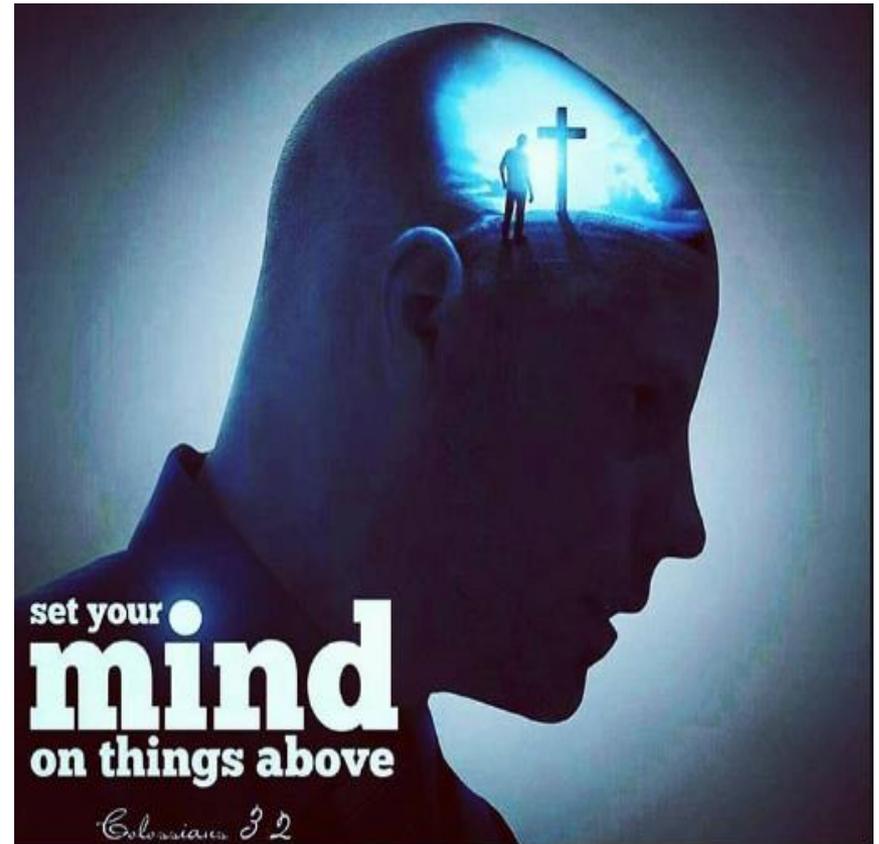
# THINK!

**“N” – nourish a godly mind. “Eat the right stuff!”**

**I will meditate on your precepts and fix my eyes on your ways.**

Psalms 119:15

**Make sure you are growing & developing**



# THINK!

“**K**” – keep on learning

**Continue to do those things;  
give your life to doing them so  
your progress may be seen by  
everyone.**

I Tim. 4:15





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.

Rom 12:2

The battle for sin is fought in our minds, every second of every day. May we not only resist but may we refocus. May we fill our minds with the cleansing power of the Word. May we be transformed by the renewing of our minds so that we will know His will.

**BE TRANSFORMED**  
+ BY THE RENEWING OF YOUR MIND