

# THE BATTLE OF THE MIND

(Are You Winning The Battle?)



Bill Loveless  
Christ Is Life Ministries

# ***The Battle of The Mind?***

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***(Are You Winning The Battle?)***

***Bill Loveless***

***Christ Is Life Ministries***

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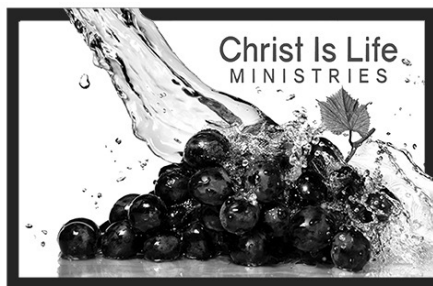
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## **INTRODUCTION**

### **Do You Think About What You Think About?**

I have been ministering for over 15 years and throughout that time I have come to the conclusion that the key to living out the Christian life is in large part based on what you think and believe is true. In light of this, think about this statement and this question:

***You will not live beyond what you THINK and BELIEVE.  
Is what you THINK and BELIEVE the TRUTH?***

Proverbs 23:7 bears this out:

*“As a man thinks in his heart so is he”*

Therefore, what you think about will determine how you live life. Have you thought about how many thoughts run through your mind every day? The count is approximately 50,000. With this many thoughts a day, stop and ponder this question:

***Do you THINK about what you think about?***

It is interesting the looks I get when I ask this question to a live audience. It is as if no one has ever asked them this question. However, if we don't think about what we think about then it is possible that many of those unexamined thoughts are doing great harm to our minds which may lead to sinful, fleshly choices and behaviors.

In addition to thinking about what we think about, we must realize that there is a battle in our minds between truthful thoughts and sinful thoughts. Therefore, we will explore in this booklet the battle that is going on in our minds and what it looks like to engage God to win this battle.

## CHAPTER ONE

### The Battle

#### ***There Is A Non-Stop Battle For Your Mind***

There is a non-stop battle being waged in our minds according to Romans 7:23:

*“... I see another law at work in the members of my body, **waging war against ..... my mind.**” Romans 7:23*

Concerning the battle of the mind, please remember this:

***There is not only a battle IN your mind, there is  
a battle FOR your mind.***

The battle “for” your mind is one to control what you think by the enemies of your mind. We will talk about the enemies of your mind in Chapter Two.

#### ***God’s Truth Versus Sinful, Fleshly Thoughts***

As I said in the introduction, that battle involves a choice between you thinking spiritual, truthful thoughts versus sinful, fleshly thoughts. Another way of expressing this is that the battle is between the truth and the lie. You may know John 8:32 which says:

*“And you will know the truth and the **truth will set you free.**” John 8:32*

We know the truth that John is referring to is God’s truth. The good news is that God’s truth will set us free. Think about the converse of this question

***If the truth will set you free, what are the results  
of LIVING from the LIE?***

The answer to this question is that living from the lie will keep you in bondage to the lies that you believe. I know this to be true because I was in bondage for 30 years of my Christian life because I believed the #1 lie of the Christian life. Let me share part of my story to reveal to you the consequences of living from the lie.

I was told at the beginning of my Christian walk that it was up to me with God's help to live the Christian life. In other words, I was to use my ability, intellect, willpower, and self-discipline to live a successful Christian life.

I call this form of living the Christian life "A" life. It was a "self-sufficient, God help me" Christian life. I was told that THE Christian life was about me:

- Trying to keep a set of rules.
- Trying to keep God's commands.
- Trying to change or transform myself.
- Trying to stop sinning.
- Trying set myself free.
- Trying to produce the fruit of the Spirit

I "tried" for 30 years to do these things because I believed it was the truth. The problem is that the "truth" that I was told was actually a lie (false belief). I am not saying that the person who shared these things with me were intentionally lying to me. They were only sharing with me what they believed to be true.

However, after 30 years of living "A" Christian life, I experienced no victory, no freedom, no healing of my deep woundedness and no spiritual transformation. In fact, over

those thirty years my sin strongholds of fear, anxiety, rejection and unworthiness actually got worse. These were the devastating consequences of my living from a lie or a false belief instead of living from the truth.

However, in 1998 I heard the truth about living “THE” Christian life from a man named Ian Thomas. When he came to speak at my church these were the first words out of his mouth:

***God NEVER intended for YOU to live “THE” Christian life  
that ONLY CHRIST can live in and through you***

The truth is that I can’t live THE Christian life. Only Christ can because He is the only One capable of living it. Look at the following scripture that back this up:

*“...I AM the way, the truth, and the LIFE...” John 14:6*

*“...I AM the resurrection and the LIFE.” John 11:25*

*“For me, to live IS Christ....” Philippians 1:21*

*“He is the SOURCE of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption.” 1 Corinthians 1:30 (RSV)*

The Lord revealed to me through these verses that there is only One Person who can live THE Christian life and that is Christ who is THE Life. You see, I was told to be the “source” with God’s help to live THE Christian life. However, we see in 1 Corinthians 1:30 that there is only One Source and that is Jesus.

As I began to learn, believe and walk in the truth that only Christ can live THE Christian life, my life began to radically change. God began to set me free from my sin strongholds of fear, anxiety, rejection and unworthiness. He transformed me to

a point that I could forgive my father who severely wounded me through physical, emotional, and verbal abuse. The bottom line is this:

***The LIE kept me in bondage with no transformation.***

***The TRUTH set me free and transformed my life.***

Therefore, the battle is between God's truth and the lies/false beliefs.

[Note: If you are hearing about Christ being THE Christian life for the first time, I have materials on our website ([www.christislifeministries.com](http://www.christislifeministries.com)) that explain this truth further. Under the Discipleship Booklets tab you will find a booklet called "A" Life? Or "THE" Life. I also have another booklet and curriculum called "Living Life From A New Source" under the Discipleship tab. These resources will give you a deeper understanding of "THE" Christian life].

### **Without Knowing God's Truth, The Battle CAN'T Be Won**

In order to recognize there is a battle, you need to learn God's truth. Hebrews 4:12 gives us one of the key reasons we need to learn God's truth.

***"For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart." Hebrews 4:12***

This verse is telling us this:

***God's truth is able to discern the ORIGIN of our thoughts  
and to evaluate them so that we will know if  
they are of GOD or NOT.***

God's truth is like the X-ray machines at airports. It reveals which of your thoughts are the truth versus those that are false. Let me give you an example to explain. The Secret Service deals with all criminal cases concerning counterfeit money. To teach their agents how to detect counterfeit money, they have them learn all the characteristics of a real dollar bill. As a result of teaching them about a real bill, their agents can easily spot the counterfeits. It is the same way in the Christian life.

***God's truth will EXPOSE your counterfeit thoughts.***

However, a key thing to remember in the battle of the mind is that just intellectually learning God's truth is not enough to win the battle. We must seek the Holy Spirit to take His truth and make it personal revelation. Another way of obtaining, "personal revelation of God's truth" is by believing God's truth. Let me sum it up this way:

***Intellectual learning of God's truth is simply accumulating  
information. Whereas, REVELATION is a result of  
the Holy Spirit's giving you divine understanding of  
God's truth to enable you to BELIEVE it.***

The following verse confirms why we need personal revelation of God's truth by the Holy Spirit.

*"For who among men knows the thoughts of a man except the man's spirit within him? In the same way **no one knows the thoughts of God except the Spirit of God.**" 1 Corinthians 2:11*

Through the Holy Spirit, God will move you from intellectual understanding of the Bible to personal revelation of what it means to you. This revelation will lead to belief.

Let me end this chapter with this thought. Ephesians 6:17 tells us that God's divine sword is His word.

*"...**the sword** of the Spirit, which is the **word of God**."  
Ephesians 6:17b*

*This is significant because:*

***The Holy Spirit uses God's truth as the DIVINE SWORD  
to battle with the enemies of your mind and  
the fleshly thoughts that they produce.***

### **Summary**

Let's look at the key points of this chapter.

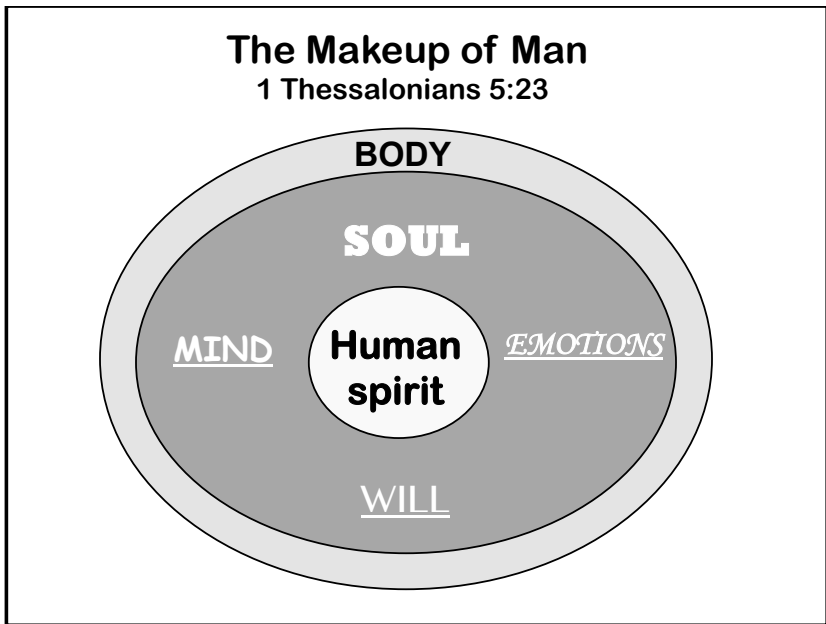
- There is a non-stop battle IN and FOR your mind.
- The battle is between God's truth and sinful, fleshly thoughts.
- Without knowing and believing God's truth, the battle cannot be won.
- God's truth is our divine sword to defeat our enemies in this battle.

## CHAPTER TWO

### ***The Enemies In The Battle***

#### **Introduction**

One of the key axioms of warfare is to know your enemy. It is no different with the battle of the mind. It is essential in fighting the battle of the mind to know your enemies. But before we discuss the enemies, let me give you a diagram illustrating and explaining man's makeup. I will be using this illustration from this point forward to talk about the battle of the mind.



#### **God's Design Of Man**

1 Thessalonians 5:23 reveals to us God's design of man:



*“Now may the God of peace Himself sanctify you entirely; and may your **(human)spirit** and **soul** and **body** be preserved complete....” Parenthesis mine*

(We know that spirit in this verse refers to human spirit because it is spirit with a small “s.”)

This verse reveals that man is a three-part being. We are made up of a **body**, a **soul**, and a **human spirit**.

**Body** – The body represents the **physical** body or that part of you which is seen. This is how you relate to the physical world. This is the place of your five senses. This is the dwelling place of the next two parts of your being: the soul and the human spirit. They may be a little more difficult to understand because they are unseen. The body will pass away, but the soul and the spirit are eternal.

**Soul** – The soul is your **personality** or the psychological part of you through which you relate to people and to the circumstances of life. The soul is made up of your **mind** (Proverbs 23:7), **will** (1 Corinthians 7:37a), and **emotions** (Luke 10:33).

**Human spirit** – The third part of your being is your human spirit. When God said in Genesis 1:26 that He created man in His likeness, He meant that He created man first and foremost as a “**spirit**” being. John 4:24 reveals that we, as spirit beings, can worship God:

*“God is Spirit, and those who worship Him must worship in spirit and truth.”*

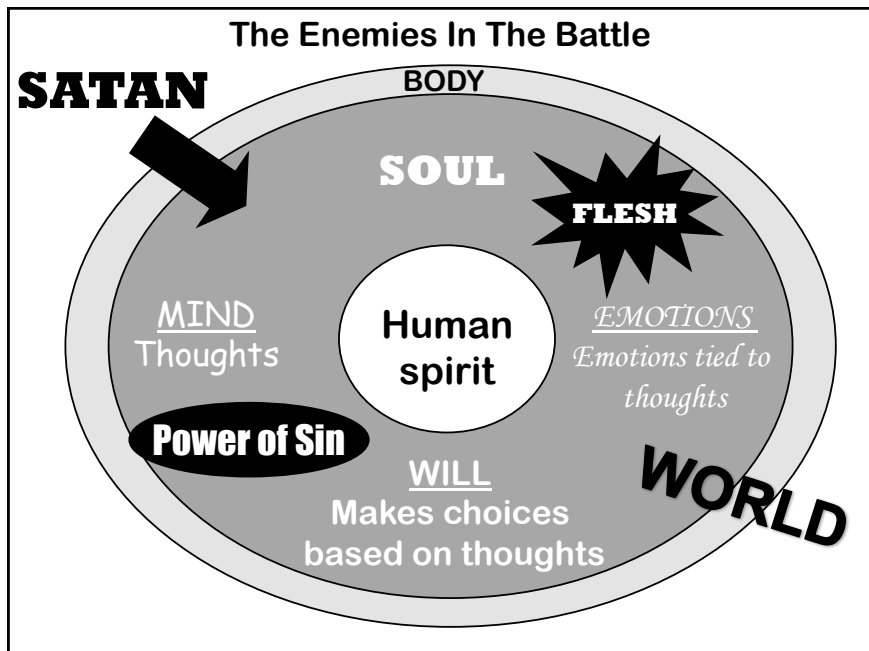
In addition to worshiping God from our human spirit, it is also from our human spirit that we learn from God (Job 32:8); commune with Him (Psalm 51:12); receive His revelation and

wisdom (Ephesians 1:17); and, most importantly, are able to have an intimate relationship with God (Romans 8:16). However, this ability to have an intimate spiritual relationship with God is only available after you received the Holy Spirit who is in union with your human spirit, which began at the point you trusted Christ by faith for salvation.

The human spirit is not to be confused with the Holy Spirit because all people have a human spirit from birth. It is only through acceptance of Christ that someone's human spirit comes alive to God through the Holy Spirit's union with that human spirit.

### **Who Are The Enemies In The Battle?**

There are four enemies in the battle of the mind: the flesh, the power of sin, Satan/demons, and the world. Let me illustrate these enemies using the makeup of man diagram.



As you can see from the diagram, you are being bombarded internally and externally with thoughts from these enemies that result in emotions tied to those thoughts. If you accept, without examining them, these thoughts and resulting emotions will negatively impact your will such that you make fleshly choices based on those thoughts. Before going further, let's get some insight into these four enemies of our minds.

### **Enemy #1 – The FLESH**

*“The **mind set on the flesh is death**, but the mind set on the Spirit is life and peace.” Romans 8:6*

Let me first define the flesh:

***The FLESH is an INDEPENDENT attitude or pattern of behavior within you that says, “I can, APART from God, solve my problems, meet my needs, and resolve my internal and external problems.***

Living from the “flesh” results in fleshly thinking which says:

- I can be in control.
- I can meet my needs.
- I can handle or overcome all of my problems.
- I can deal with every circumstance concerning my marriage, family, job, finances, etc.
- I can be a success.
- I can be my own god.

Living from the flesh will always bring our focus back to self resulting in a constant battle between the flesh and the Spirit. We see this battle in Galatians 5:17:

***“For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.”***

*Galatians 5:17*

What will be the outcome of this battle if we live from the flesh versus living from the Spirit? We will not do the things that we please (i.e., be dependent on the Spirit, walk in the Spirit, live from the Spirit). Paul makes this flesh/Spirit struggle very personal in Romans 7:15:

***“For that which I am doing, I do not understand; for I am not practicing what I would like to do, but I am doing the very thing I hate.”*** Romans 7:15

What we “would like to do” is to live dependently on Christ. However, the flesh is like the wolf at the door ready to drag us back to self which produces what Paul says, “the very thing I hate.”

If you choose to live from fleshly thinking, where will that lead? Romans 8:6 tells us that it leads to “**death:**”

***“.. the mind set on the flesh is DEATH, but the mind set on the Spirit is life and peace.”***

This “death” is defined in Strong’s Lexicon as “**the misery of our soul as a result of sin.**” If you continue to think and live independently of God, the inevitable result will be “misery” in your soul.

Concerning the battle of the mind, the problem with living from the flesh is this:

***It leads to fleshly THINKING which will result in ONGONG defeat and misery in the battle for your mind.***

### **Enemy#2 - The Power of Sin**

*“But if I am doing the very thing I do not wish, I am no longer the one doing it, but **(the power of) sin which dwells in me.**”*

*Romans 7:20 (Parenthesis mine)*

### **What is the power of sin?**

***The power of sin is an INTERNAL power in your SOUL that CONSTANTLY seeks to draw you away God or tempt you to sin.***

The power of sin is in partnership with your flesh. To give you a picture of how they work together, imagine eating at your favorite restaurant. The server brings you the dessert tray with all of your favorite desserts. You can't resist, so you take one or more of the desserts. The power of sin is the server in this example, and the desserts are your fleshly thoughts. The power of sin is always serving up fleshly thoughts for you to choose to live from.

A key truth in understanding the power of sin is that your willpower is no match for the power of sin. Living independently of the Holy Spirit's power will always result in defeat by the power of sin with the result that you will consistently lose the

battle in your mind.

### **Enemy#3 - Satan and His Demonic Forces**

*“For our struggle is **not** against **flesh and blood**, but against the **rulers**, against the **authorities**, against **the powers of this dark world** and against the **spiritual forces of evil** in the heavenly realms.” Ephesians 6:12*

*“...for **he (Satan) is a liar** and the **father of lies**.”  
John 8:44 (Parenthesis mine)*

We are in a fierce battle with Satan and his demons. These enemies are formidable foes. The problem is that we are dealing with an unseen enemy who knows the Bible only too well and what God can and will do in our lives if we walk by faith. Therefore, Satan and his demon's objective is to prevent us from walking by faith, experiencing transformation, and developing a personal, intimate relationship with God. Satan's strategy is summed up in three words in John 10:10: **steal, kill, and destroy**.

***He accomplishes his strategy through inserting fleshly, tempting, condemning, etc. thoughts in your mind.***

### **Enemy #4 - The World**

*“See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and **the basic principles of this world** rather than on Christ.”  
Colossians 2:8*

***“For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world.” 1 John 2:16***

Turn on the TV, pick up a newspaper, or read a magazine and you are immediately bombarded by the world’s thinking. Remember that Satan is the god of this world, and he is using all that the world offers to tempt you to try to compare, to succeed, to win, to be strong, to be self-sufficient, and, most importantly, to be independent. It is the only message that you will ever get from the world. Why? All that the world can serve up to you, as it says in 1 John 2:16, is the lust of the flesh, the lust of the eyes, and the boastful PRIDE of life.

In addition, world events, politicians, etc., can invoke fearful, angry and anxious thoughts. I know Christians that can’t get past their anger about what the government is doing or is not doing. They let politicians and governmental action (or inaction) steal their peace and rest in Christ. They are stuck in “wallowing” in their “stinking” thinking. I believe that we would be surprised to know how deeply our culture influences our thought life and how much it can trigger fleshly thoughts of lust, anger, anxiety, etc.

Now that we have identified the enemies of the battle let’s look at the consequences if we succumb to these enemies.

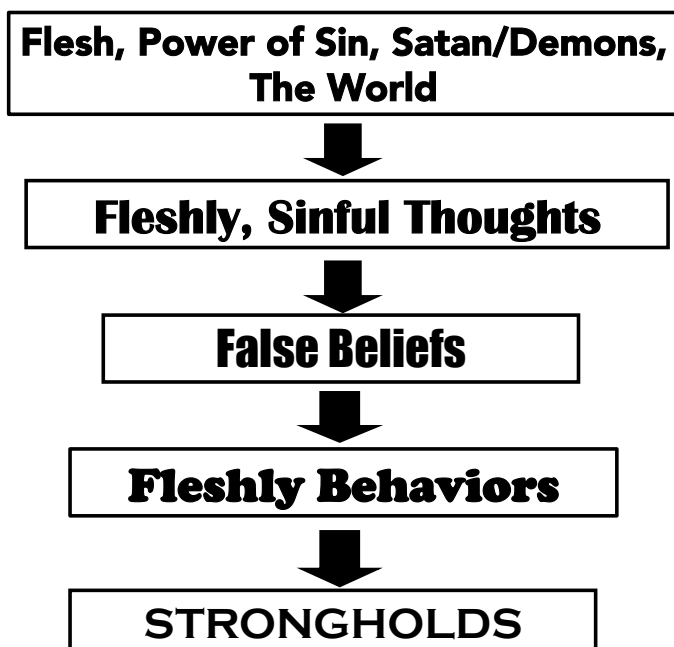
## CHAPTER THREE

### The Results Of Not Fighting The Battle

#### Introduction

Now that we understand the four enemies in the battle, I want to look at the consequences of not engaging God to take our fleshly thoughts captive.

The enemies of your mind will insert fleshly, sinful thoughts into your mind. Unchecked, these thoughts become reinforced and will eventually become false beliefs. Out of your false beliefs flow fleshly behaviors which can eventually become sin strongholds. The following diagram illustrates the progression from fleshly thoughts to sin strongholds.





Let's break each one of these down to better understand why every thought must be taken captive.

### **1. FLESHLY THOUGHTS**

Since all of our sinful thoughts flow from our flesh, let's look at some of the types of fleshly thoughts.

**a. Lying Thoughts** - Any thought that contradicts God's truth.

Lying thoughts primarily come from your false beliefs about yourself, God, and living the Christian life. (I will discuss false beliefs later in this lesson.)

**Example of a lying thought:** "I am unworthy and rejectable."

**b. Deceiving Thoughts** - Thoughts that come in first person that are designed to deceive us and keep us from walking by faith in God's truth.

Deceiving thoughts primarily come from Satan and his demonic forces. They are deceiving because they come disguised in first person and sound like you.

**Example of a deceiving thought:** "I have the right to reject that person for what they said to me."

**c. Tempting Thoughts** - thoughts that tempt you to live out of your flesh.

Tempting thoughts are thoughts usually attached to our false beliefs and our defeating sin patterns. Since we are most susceptible in these two areas, tempting thoughts will most likely be centered around them.

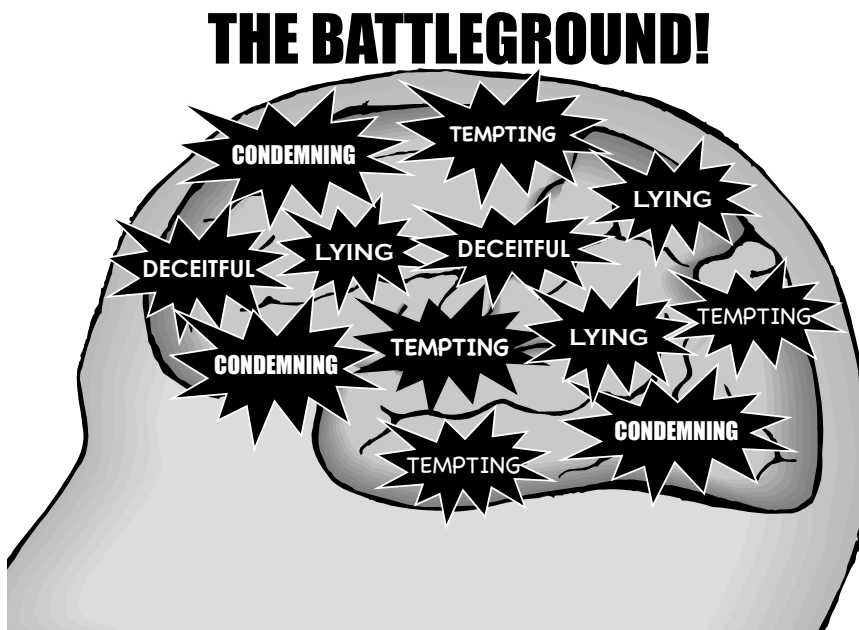
**Example:** "I could fudge on my taxes and no one would know."

**d. Condemning Thoughts –thoughts that produce guilt, shame, or self-condemnation.**

We tend to experience these thoughts after we commit a sin. Instead of repenting of it and moving on we tend to wallow in guilt, shame, and condemnation. These kinds of thoughts are a favorite from Satan. He loves for you to wallow in these condemning thoughts.

**Example:** “I can’t believe I rejected that person again. I feel so ashamed.”

These are just a few examples of the multiple thoughts that bombard your mind throughout the day. If these thoughts are not taken captive then eventually they become false beliefs. Here is a visual that illustrates the battleground of our thoughts.



## **2. FALSE BELIEFS**

What flows out of recurring fleshly thoughts are false beliefs about ourselves, God, others, and living the Christian life. I define a false belief as follows:

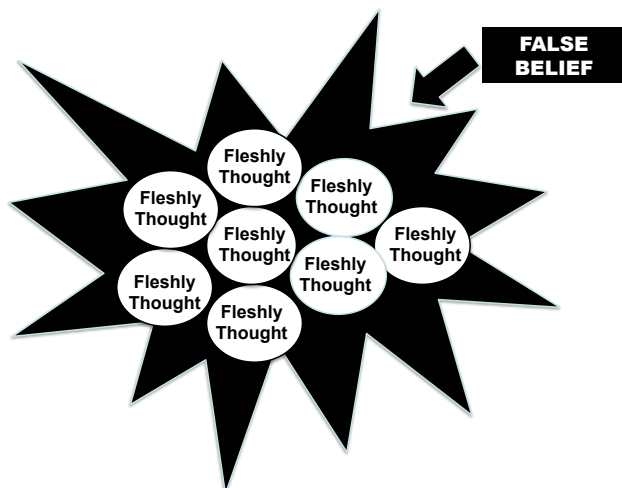
***A FALSE belief is any belief that does NOT line up  
with God's truth.***

### **a. How false beliefs are formed.**

A key truth to understand in the formation of your false beliefs is that they all began with one fleshly thought. If you take ownership of that thought and continue taking ownership of similar fleshly thoughts then they will start accumulating which will eventually result in a false belief.

Building false beliefs is much like building a brick wall. Each brick laid represents a fleshly thought that is being laid on top of another thought until a false belief is formed. Look at the following diagram to get a picture of what I am talking about.

### **How False Beliefs Are Formed**



Let's look at an example of how false beliefs are formed. Let's assume you had a rejecting father. Over and over again he would say rejecting remarks like, "You are a failure or You can't do anything right." The very first rejecting statement from your father had no long lasting impact.

However, as he continued rejecting you, the thought came to mind that said, "I am rejectable or I am a failure." Each time the recurring thought came to mind it started connecting to the previous thoughts with the result that you came to believe that you were rejectable and a failure.

### **3. FLESHLY BEHAVIORS**

*"Now the **works of the flesh** are obvious: **fornication, impurity, licentiousness, idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, carousing, and things like these....."***

*Galatians 5:19-21a*

Out of your false beliefs will flow **fleshly attitudes** or **fleshly behaviors** like those listed in Galatians 5:19-21.

Fleshly behaviors and attitudes come in two forms: **positive** flesh and **negative** flesh. Below are some examples of negative and positive flesh.

**Examples of NEGATIVE flesh:** anger, inadequacy, unforgiveness, envy, controlling, fear, worry

**Examples of POSITIVE flesh:** self-confidence, self-reliance, self-sufficiency, success, strong in self

**Note:** Positive flesh is harder to recognize because it can look very appealing, but it is still the flesh. The key word in defining positive flesh is "self."

Let's go back to the previous example of the person with the rejecting father. Your false beliefs were that you were rejectable and a failure. From those beliefs will flow fleshly behaviors. Since these were part of my false beliefs, the fleshly behaviors that flowed out of my false beliefs were anger, unforgiveness, being critical of others, and envy. Through my false beliefs, my fleshly behaviors were toxic to me and everyone around me. However, the problem only got worse as you will see in the next section.

#### **4. STRONGHOLDS**

Once a false belief is formed, every time that thought comes into your mind it reinforces your false beliefs. If these false beliefs are reinforced long enough, they become strongholds. I simply define a stronghold as:

***A REINFORCED false belief that is so strong that  
apart from the power of the Holy Spirit, you will  
NOT be set free from it.***

The bad news gets worse because the flesh patterns that grow out of these strongholds result in fleshly strongholds. As my false beliefs continued to be reinforced, my fleshly behaviors of being rejectable, my anger, unforgiveness, and critical attitude became deep-seated strongholds. (Another form of strongholds is addictions.)

#### **Summary**

I hope this chapter was a sobering one. If you find yourself experiencing a sin stronghold(s), the good news is that you can be set free. However, this can only happen if you first learn and then engage God to win the battle for your mind.

## **CHAPTER FOUR**

### **Key Truths About The Battle Of The Mind**

#### **Introduction**

Now that we know there is a battle and we know the enemies that we face in the battle and the results of not engaging in the battle, let's look at some key truths about winning the battle of the mind.

#### **Truth #1 - The VICTOR In The Battle Lives Within You.**

The good news about winning the battle of the mind is this:

***The VICTOR of the battle for your mind lives within you.  
The victor is the HOLY SPIRIT.***

We see the Holy Spirit as the Victor in Romans 8:13:

*“for if you are living according to the flesh, you must die; but if **by the Spirit** you are putting to death the deeds of the body, you will live.” Romans 8:13*

#### **a. Why can't you win this battle?**

You do participate in the battle but you are not the Victor. Look at the last part of John 15:5 which says:

***“apart from Me you can do nothing,”***

When I teach this verse in a conference, the question I always ask is, “What does nothing mean?” The answer: Nothing. In

reference to the battle of the mind “nothing” means that apart from the power of the Holy Spirit, you cannot win the battle of the mind. This is another reason why God put the fullness of Himself in us.

*“For in Him all the **fullness** of Deity dwells in bodily form, and in Him you have been made **complete**, and He is the head over all rule and authority.” Colossians 2: 9, 10*

God knew that without His power indwelling us, we would never overcome the power of the flesh, the power of sin, or Satan/demons.

**b. What are some reasons we need the Holy Spirit to do battle for us?**

- We can be deceived in our thinking
- We can't discern between the truthful thoughts and the lying thoughts.
- We have taken ownership of thoughts that do not line up with God's truth for so long that they have become reinforced false beliefs that we cannot free ourselves from.
- Our willpower is no match for the thoughts inserted into our minds by the flesh, the power of sin, and Satan/demons.

**c. As your Victor the Holy Spirit will:**

- Teach you God's truth.
- Make God's truth become revelation to you.
- Renew your mind to believe God's truth.
- Discern the truthful versus lying thoughts.
- Remind you of God's truth in the midst of the battle.
- Overpower your enemies in this battle.

***There is NO victory in the battle of the mind apart from PARTICIPATING WITH and ENGAGING the Holy Spirit***

**Truth #2 - Taking Your Thoughts Captive – Can You Do It?**

***“...we (Christ in us) destroy arguments and every proud obstacle raised up against the knowledge of God, and we (Christ in us) take every thought captive to obey Christ.”***

*2 Corinthians 10:4b, 5 (Parentheses mine)*

You will see that I have inserted parentheses within this verse. It is key to understand that Paul is **not** saying that the responsibility for destroying speculations or taking every thought captive is your responsibility.

***The truth is that APART from the Holy Spirit taking those thoughts captive THROUGH you, you CANNOT take your thoughts captive.***

What Paul means through this verse is that the Holy Spirit can discern and can tell you whether that thought is from God, the flesh, or Satan. In addition to the Holy Spirit discerning our thoughts, He wants to build within our minds a “divine filter.” Let’s look for a moment at the meaning of a divine filter.

**Truth #3 – You Have A “DIVINE” Filter**

***“...but we have the mind of Christ.”***

*1 Corinthians 2:16*

What does it mean that you have the mind of Christ? It means that you have available to you every moment the eternal



wisdom, discernment, and understanding of Christ. It is like having the “divine internet” where you can go to 24/7 to draw on the mind of Christ. In addition to drawing on the mind of Christ, God’s truth is part of the “divine filter” whereby we will be able to filter our thoughts to determine their origin.

**Truth #4 – Your Part Is To PARTICIPATE With God In The Battle Of Your Mind**

*“Therefore, **prepare your minds for action**, keep sober in spirit, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ.” 1 Peter 1:13*

You do have a part to play in taking your thoughts captive.

***YOUR part is to ENGAGE the Holy Spirit to take your thoughts captive and to do battle for you.***

Engaging God is an intentional and active dependence on the Holy Spirit to enter into and win the battle of your mind. Without engaging God you will not be able to take thoughts captive with the result that you will consistently lose the battle in your mind. Therefore, let’s look at some key truths in engaging God to take our thoughts captive and win the battle in our minds.

## **CHAPTER FIVE**

### **Engaging God To Win The Battle In Your Mind**

#### **Introduction**

In this chapter, we will look at some key truths in winning the battle of the mind. Keep in mind that this is not a checklist. These are practical, applicational truths that hopefully will be of help in engaging God to win the battle in your mind.

#### **1. THINK About What You Are Thinking About**

*“As a man thinks in his heart, so is he.” Proverbs 23:7*

The first thing that we need to do is to be more aware of what thoughts are coming into our minds. The key is to take steps of faith in bringing God’s discernment to bear on your thought patterns. A step of faith might look like this:

**Step of Faith:** “Lord, I am asking You to give me a greater awareness of what I am thinking. Expose any thinking that is sinful or based on a false belief.”

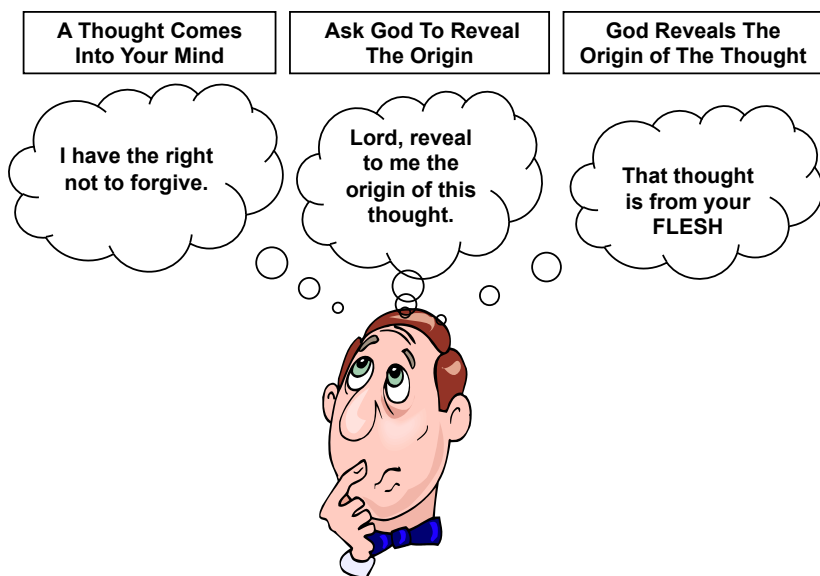
**Engaging God:** Ask the Holy Spirit to give you a greater awareness of what you are thinking about.

#### **2. Ask God To Reveal The ORIGIN of Your Thoughts**

**“Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you— unless, of course, you fail the test?” 2 Corinthians 13:5**

The key thing we need to understand in 2 Corinthians 13:5 is that when Paul is telling us to examine ourselves he means to

bring the Holy Spirit's discernment into play to examine that thought and tell us the origin of that thought. The diagram below illustrates engaging God to discern for you the origin of your thoughts.



If the Spirit reveals to you that this thought is from the flesh, the power of sin, Satan/demons, or the world, you refuse to take ownership of that thought. Here is an example of a step of faith:

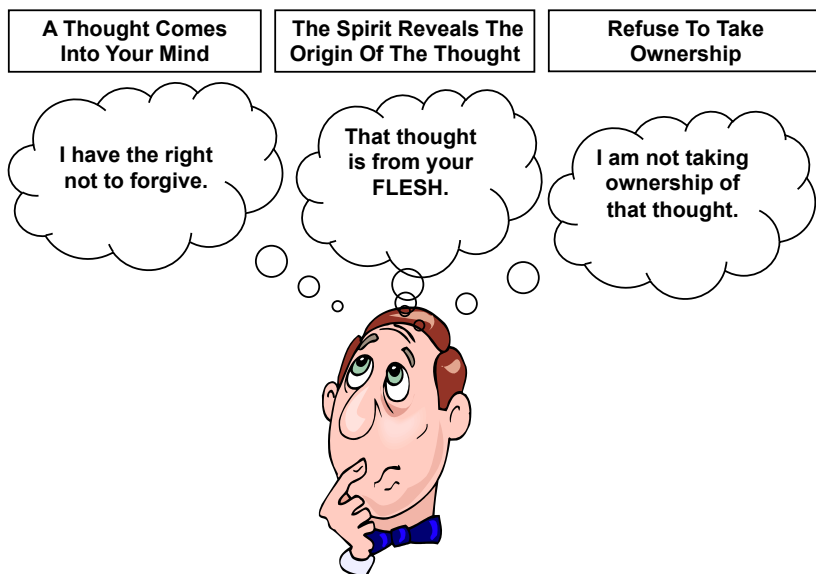
**Step of faith:** "Since that thought is from my flesh, I refuse to take ownership of it."

**Engaging God:** Ask the Holy Spirit to give you a greater awareness of what you are thinking about. Ask Him to reveal the origin of your thoughts.

**3. If The Holy Spirit Reveals To You That The Thought Is A Fleshly Thought, DON'T Take Ownership Of It**

***“do not let sin reign in your mortal body so that you obey its evil desires.” Romans 6:12***

Many Christians believe they have to take ownership of all their thoughts. The truth is that you can refuse to take ownership of any thought that is not of God. In Christ's power, you have His power to say NO to any sinful, fleshly thought. As someone once said, “If a fleshly or lying thought comes through the front door of your mind, simply open the back door and let it out.”



***Since our DEFAULT is to AUTOMATICALLY take ownership of our recurring fleshly thoughts, we may find it to be difficult at first to learn to say NO to those thoughts.***

**Engaging God:** Ask God to reveal to you some of the fleshly, lying, or condemning thoughts that you automatically take ownership of without presenting them to God for Him to tell you whether they are true or not. He will reveal the truth concerning those thoughts, as you seek Him.

#### **4. Ask God to REVEAL The Truth Concerning Your Thoughts.**

*“But when he, the **Spirit** of truth, comes, **he will guide you into all truth.**” John 16:13a*

Since one of the responsibilities of the Holy Spirit is to reveal to you the truth, ask God to reveal to you what the truth is concerning the thoughts that you are thinking.

Early on in engaging the Spirit in the battle of the mind, you will need to spend more time intentionally asking Him to tell you the origin of your thoughts. However, the more your mind is renewed by the truth, the easier you will be able to recognize the truth versus the lie.

**Step of faith:** “Lord, I am asking You if this thought is the truth or a lie.”

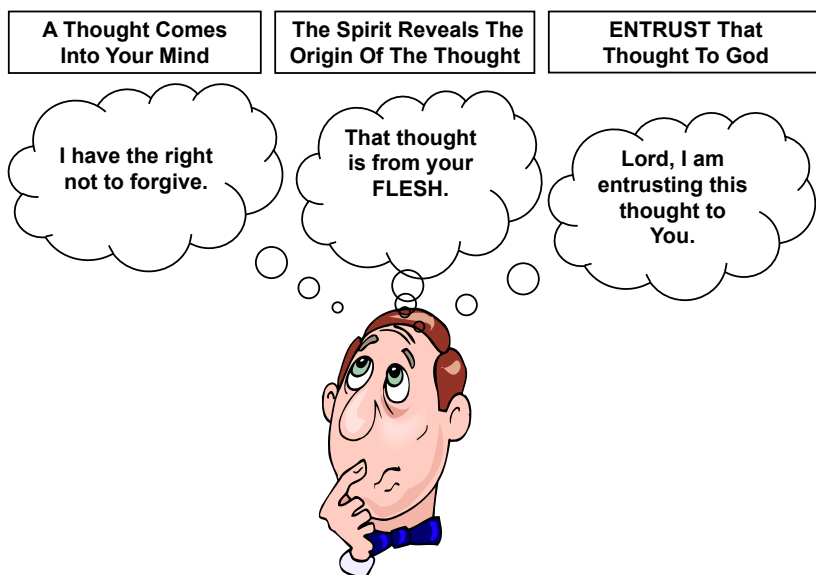
**Engaging God:** Begin asking God to reveal to you what is the truth concerning your thoughts.

#### **5. ENTRUST Your Fleshly Thoughts To God.**

*“**Throw all** your worry **on Him**, because He cares for you.”  
1 Peter 5:7 (ISV)*

Once the Spirit has revealed to you the truth of the thought, He wants you to entrust that thought to Him by faith for Him to take captive. **Entrustment means that you give God the ownership of that thought.** If you don't entrust that

lying/fleshly thought to God, you will be tempted to continue thinking this thought until you take ownership of it and let that thought cause you to sin.



This is why you can't waste time with your fleshly or lying thoughts. It is crucial that you entrust them to God immediately. That is why Peter says in 1 Peter 5:7 to "throw all your worry on Him." Throw your temptations, your lies, and your condemnation on the Spirit for Him to take captive.

**Engaging God:** As God reveals the truth about your thoughts, learn to entrust those fleshly and lying thoughts to God.

### **Summary**

I hope this chapter has practically helped you better understand what it means to take your thoughts captive. In this last chapter we will look at how Satan/demons try to win the battle of our minds and we will examine what victory looks like.

## **CHAPTER SIX**

### **Spiritual Warfare With Satan/Demons**

#### **How Satan and His Demonic Forces Come Against Us**

*“Be of sober spirit, be on the alert. Your adversary, **the devil**, prowls about like a roaring lion, **seeking someone to devour.**”*

*1 Peter 5:8*

**Satan and his demons come against you to keep you:**

- Distracted from your faith walk with God.
- In bondage to your false beliefs.
- In ongoing defeat concerning your defeating sin patterns.
- Turning back to yourself as the source for living life.
- Trying to deal with your problems independently of God.

***Even though Satan and his demons CANNOT INDWELL you as a Christian, they CAN negatively INFLUENCE your soul.***

Satan/demons, flesh, and the power of sin work together to defeat you in the battle for your mind. Let's look at an example of how they work together.

[Note: From this point on when I use the term Satan that will include his demons as well.]

#### **Satan's Strategy – Insertion, Reinforcement, Conclusion**

It is important to remember that Satan and his demonic forces know your past history. They know your strengths and weaknesses. They know intimately your flesh patterns and the strength of those flesh patterns. Therefore, they can strategize on how best to keep you focused on yourself and will use your

fleshly behaviors and false beliefs against you. They have a three-fold strategy when it comes to your thought life.

- Insert fleshly thoughts into your mind.
- Insert a reinforcing thought to reinforce your false beliefs.
- Insert a concluding thought to reinforce your fleshly choices.

Before we look further into Satan's strategy, remember this key truth concerning Satan and your thought life:

***Satan is a DECEIVER and the ultimate deception is for him to insert thoughts that always come into your mind in FIRST person and sounding like you.***

**a. Insert fleshly, lying, condemning, and tempting thoughts.**

Read Matthew 16:21-23 below to see a perfect biblical example of Satan's strategy to insert thoughts into our minds:

*"From that time on Jesus began to explain to his disciples that he must go to Jerusalem and suffer many things at the hands of the elders, chief priests and teachers of the law, and that he must be killed and on the third day be raised to life. <sup>22</sup> **Peter took him aside and began to rebuke him. 'Never, Lord!' he said. 'This shall never happen to you!'**" "But He (Jesus) turned and said to Peter, '**Get behind Me, Satan!** You are a stumbling block to Me; for you are not setting your mind on God's interests, but man's.'"   
Matthew 16:21-23 (Parenthesis mine)*

When Peter responded to what Jesus told His disciples about His death and resurrection, Jesus's response was, "Get behind Me, Satan." Jesus knew that Satan was behind the thoughts that were verbalized by Peter. Now let's look at an



example of how Satan fulfills his strategy.

**Example:** Let's assume that you were wounded by your dad. Satan inserts a thought like this: "Why did God allow this to happen to me?"

**b. Satan inserts thoughts that REINFORCE your false beliefs.**

That first thought is followed by a reinforcing thought that reinforces or affirms your false beliefs.

**Example:** Continuing our previous example, Satan inserts a reinforcing thought like this: "I don't believe God is trustworthy." This thought reinforces your false belief that God is not trustworthy because He allowed your father to wound you.

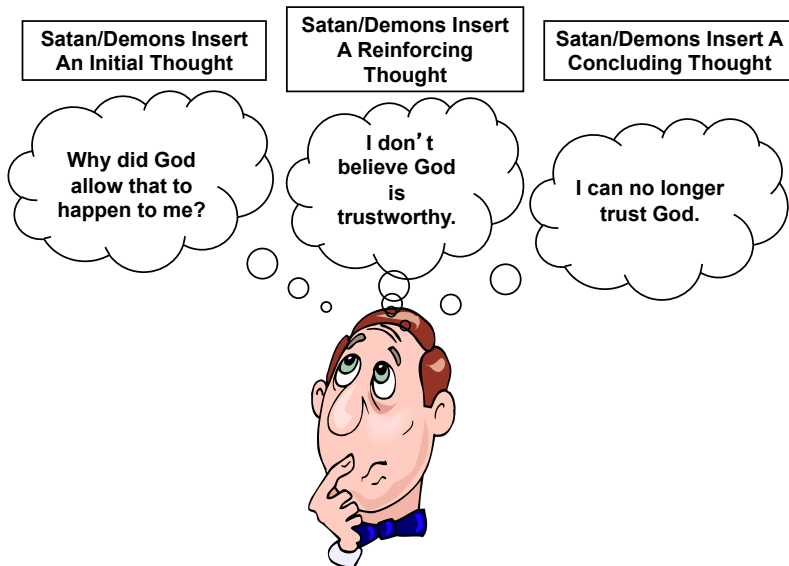
**c. Satan inserts CONCLUDING thoughts.**

Ultimately, Satan want you to come to a false conclusion concerning what you are thinking. Therefore, they will insert a concluding thought that results in a false conclusion.

**Example:** Satan inserts a concluding thought like this, "I can no longer trust God because He let that happen to me."

If Satan can your reinforce your false beliefs and bring you to false conclusions, (in this case to no longer trust God), then he has won the battle.

The following is an illustration of Satan's three-fold strategy



## **Engaging God To Do Battle With Satan**

### **A. Two Key Truths To Remember**

Before we look at practical applications of engaging God to battle Satan I want to share two key truths with you.

**Truth #1 - You, in your own power, are POWERLESS to fight Satan and his demons.**

Since you are fighting an unseen, powerful, and deceiving enemy, you can't possibly win the fight against Satan. Therefore, do not talk directly to or try to engage Satan or his demons. That is God's job. Your part is to engage God and His power to deal with these enemies.

**Truth #2 - Satan and his demons are powerless when we walk in God's POWER.**

*"Therefore, since the children share in flesh and blood, He Himself likewise also partook of the same, that through death **He***

***(Jesus) might render powerless him (Satan) who had the power of death, that is, the devil.” Hebrews 2:14 (Parentheses mine)***

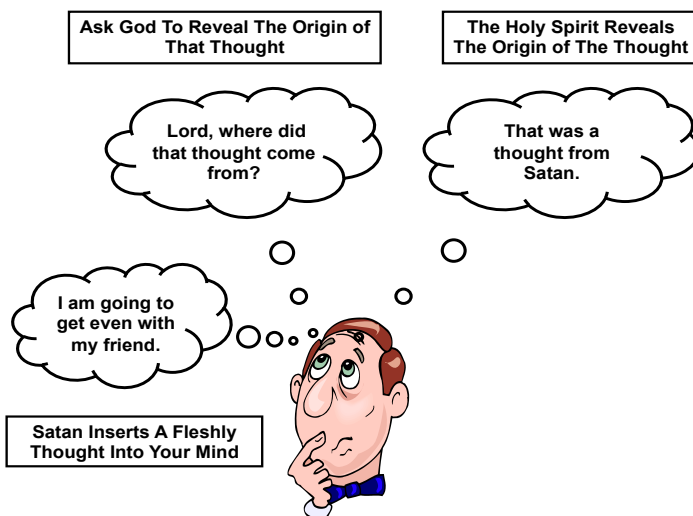
As we walk by faith, we are walking in the Holy Spirit’s power over Satan. Satan is a “toothless” lion when we depend upon, rest upon, and draw upon God’s power.

### **B. Engaging God To Do Battle With Satan**

#### **1. Ask God to REVEAL to you whether the thoughts that you are thinking are of Satan.**

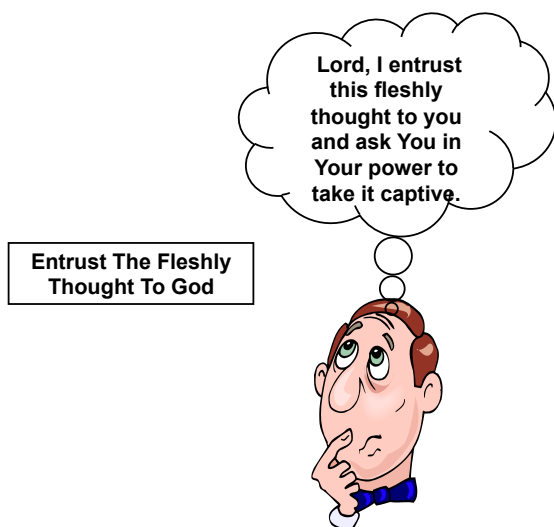
***“Dear friends, do not believe every spirit, but test the spirits to see whether they are from God..” 1 John 4:1***

Let’s assume that you have a thought that originated with Satan to get even with a friend who rejected you. The thought is, “I can’t believe that my friend said that to me. I can’t let this go. I am going to have to get even with this person.” Before you act on that thought, ask God to tell you who was the origin of that thought. Below is an illustration of what this might look like:



## **2. ENTRUST The Satanic thoughts to God and ask Him to take those thoughts captive.**

Once the Holy Spirit reveals to you that the thoughts are coming from Satan, then entrust those thoughts to God so He will take them captive. Remember that entrusting the thoughts to God means that you are not taking ownership of those Satanic/demonic thoughts. Instead, you are handing them over to God for Him to take captive.



## **3. If the thoughts continue coming. KEEP drawing on God's POWER to remove those thoughts.**

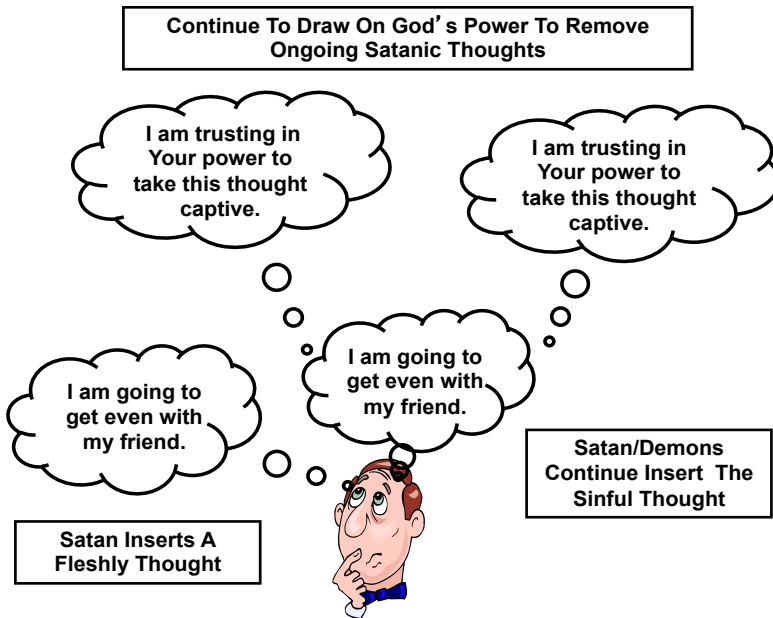
***"Submit therefore to God. Resist the devil, and he will flee from you."** James 4:7*

Many times Satan will not insert a thought only one time. He may continue to insert the same thought over and over again in order to wear your faith down to a place where you will finally take ownership of that thought and give in to your flesh. Therefore, you must persist in drawing on God's power to

remove those thoughts. In James 4:7 you can see that you must submit your thoughts to God, and God will resist Satan through you.

***It may take REPEATED entrustment of your thoughts to God before Satan GIVES UP on inserting those thoughts in your mind.***

The diagram below illustrates how we continue to draw on God's power to deal with the Satanic/demonic thoughts



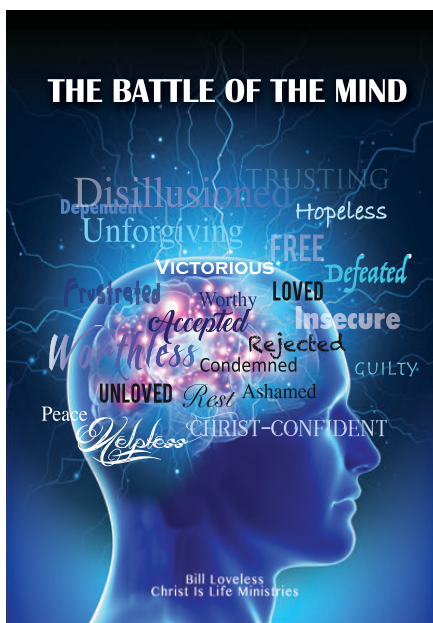
### **Summary**

There is much more that can be said about spiritual warfare. However, in this booklet I want to give you some practical applications of what it looks like to engage the Holy Spirit to do battle with Satan.

## CONCLUSION

I hope this booklet has given you deeper insights into why we must know: (1) there is a real ongoing battle for your mind; (2) the enemies we are facing in this battle; and (3) how to engage God to win this battle for us. However, there is much more I want to share with you if you are willing to learn more.

### *How Can I Learn More?*



I have written a follow-up study to this booklet called *The Battle Of The Mind*. In this study, I go into greater depth on the topics I discussed in this booklet. I hope you will take advantage of this study and seek the Lord for a deeper understanding of what it means to engage God to win the battle in your mind.

*Blessings in Christ,*

*Bill Loveless*

P.S. If you would like to download this study for free please go to the **Discipleship** tab on our website below or you can look under the **Store** section of our website to purchase a hardcopy. There are many other studies, discipleship booklets and videos to offer as well. I hope you will take advantage of these materials.

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(2025-06-24)

# THE BATTLE OF THE MIND

After all my years of teaching and discipling, I believe the key to God's transformation process starts with our thought life. When I teach on the battle of the mind, the first question I ask is, "Do you think about what you think about?" I have discovered that many Christians don't really think about the thoughts that come into their minds. They take ownership of every thought without questioning the origin of them.

This can be dangerous because there is a non-stop battle going on for the control of what you think. In this battle, you have internal enemies: the flesh and the power of sin and external enemies: Satan and his demonic forces and the world. These enemies' objective is to steal, kill, and destroy your walk with God. Their primary way of accomplishing this goal is through your thought life. Since this area of our Christian walk is so crucial, I trust the truths that I share in this booklet will help you better understand the battle and give you a greater willingness to engage God to win the battle in your mind.

Here are the key points we will focus on in this booklet:

- What is the battle of the mind.
- Who are the enemies in this battle.
- What are the consequences if we don't engage God in the battle.
- How we engage God to win the battle of the mind.



Bill Loveless is the founder of Christ is Life Ministries (CILM), a non-profit, non-denominational discipleship ministry. CILM's focus is teaching Christians that Christ is their only source for living the Christian life, what it looks like to be transformed into Christ-likeness, and how to be drawn into a deep relationship with Him. Bill finished his earthly journey in 2024 and is now with the Lord he loves.

For further information and to see other discipleship materials being offered, please go to our website: [www.christislifeministries.com](http://www.christislifeministries.com)

