

## Your Mind-The Battlefield Practical Weapons for Winning the Battle for the Mind

*As a man thinks within himself, so is he. (Proverbs 23:7)*

We \_\_\_\_\_ what we think and \_\_\_\_\_ on

### **We are Body, Soul & Spirit**

Soul = Intellect, Emotions & Will

1) Our Will (Choosing) = \_\_\_\_\_

2) Our Mind (Thinking) = \_\_\_\_\_

3) Our Emotions (Feelings) = \_\_\_\_\_

If you change your thinking, you will change your \_\_\_\_\_.

*And Jesus said, "The things that come out of people are the things that make them unclean. All these evil things begin inside people, in the mind: evil thoughts, sexual sins, stealing, murder, adultery, greed, evil actions, lying, doing sinful things, jealousy, speaking evil of others, pride, and foolish living. All these evil things come from inside and make people unclean." (Mark 7:20-23 – NCV)*

**Stinkin' Thinkin' Definition:** Internal conversations with ourselves – messages we tell ourselves about ourselves, our spouse, our experiences, the past, future, God, etc. Stinkin' Thinkin' is \_\_\_\_\_  
Thot-Talk.

1. How we \_\_\_\_\_ and how we \_\_\_\_\_ are determined by our THOT-TALK.
2. Negative THOT-TALK (Stinkin' Thinkin') is almost always \_\_\_\_\_.
3. It \_\_\_\_\_ our attention on ourselves, not on our mates or family.

**How are we Commanded to \_\_\_\_\_?**

*And now, dear brothers and sisters, one final thing. Fix your thoughts on what is **true**, and **honorable**, and **right**, and **pure**, and **lovely**, and **admirable**. Think about things that are **excellent** and **worthy of praise**. (Phil. 4:8 NLT)*

**What is Stinkin' Thinkin'?**

Results of Stinkin' Thinkin'

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## How Do You Change Your Thinking?

1. Keep \_\_\_\_\_ of your thoughts: *Gird up the loins of your mind. (1 Peter 1:13)*
2. Realize you have the Power to \_\_\_\_\_ : *So I say, "My splendor is gone and all that I had hoped from the Lord. I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is down-cast within me. **Yet this I call to mind and therefore I have hope:** Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. **I say to myself,** "The Lord is my portion; therefore I will wait for him." (Lamentations 3:18-24)*
3. \_\_\_\_\_ for help : *The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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. (2 Corinthians 10:4-5)*
4. \_\_\_\_\_ them : *Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Rom. 12:2 NIV)*
5. Put on the whole \_\_\_\_\_ of God : *A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil.(Ephesians 10:10-11)*

### Get rid of Stinkin' Thinkin'!

## Questions and Answers

1. What would help you remember to use this step?
2. Brainstorm some signals that your mate could use to help you realize you are stuck in a Stinkin' Thinkin' pattern.

*Now that you know these things, DO THEM. That is the path of blessing. (John 13:17 LB)*

**We have to change our Stinkin' Thinkin'!!!!**

## Couple Sharing

1. How has Stinkin' Thinkin' been affecting our relationship? Is there any reconciliation needed between us? (Take time to seek and give forgiveness.)
2. When your mate recognizes Stinkin' Thinkin' in you, what would you permit them to do to let you know without your taking offense? (Both answer.)
3. Talk about some definite steps you are going to take to change your Stinkin' Thinkin'.