

WINNING THE WAR IN YOUR MIND--Change Your Thinking, Change Your Life

By Craig Groeschel

Rob Abstract—

Many familiar scriptures and concepts on guarding your mind. Meaningful illustrations, helpful insights, and practical applications for getting our mind right. Well written. Easy to read. Covers a very important topic as we become what we think and how we think. We need to close the door on destructive thoughts and filter out negative, fearful, and irrational thinking. The 4 Parts to the book give a good framework for seeing the “big picture” and direction of the book.

Intro

- 1—Where are your thoughts taking you?
- 1—Our lives are always moving in the direction of our strongest thoughts.
- 2—Phil 4:8,9—Paul says our thoughts shape our lives.
- 3—Prov 23:7 KJV—as he things...so is he
- 3—Decide to change your mind so that God can change your life.
- 4—Change your thinking, change your life.

PART 1: THE REPLACEMENT PRINCIPLE

- 5—Remove the lies, replace with truth. (2 Tim 1:7—God has not given us a spirit of fear.)

Chapter 1: Perception is Reality

- 7—Funny Story—“Trapped in a self-made prison?”
- 9—2-Step Process—Remove the lie. Replace it with truth.
- 10—Mind is battlefield—battle for your life is won in your mind.
- 10—You cannot change what you do not confront.
- 11—Satan--steal and kill and destroy and stop you and devour you.
- 11—Lies (John 8:44). Rob—lots of lies circulating. Considerable deception.
- 12—Good illustration—Flat Earthers. A lie believed as truth will affect your life as if it were true. Swim after eating illustration. No big deal...but what about others lies.
- 13—Faithless life—Ps 42:5
- 16—No by ordination committee. Wow.
- 18—Our choice—what will we believe. Lies or truth.
- 19—Houdini believed a lie and the lie held him captive.

Chapter 2: Becoming A Thought Warrior

- 27—Paul wrote some of his teachings while in prison. (this vs. Houdini story). Paul’s mind was free. How? He had taken his thoughts captive.
- 27—Paul knew two truths we need to know: 1)The battle for your life is won or lost in your mind. 2)Your thoughts will control you so you have to control your thoughts.
- 31—Normandy vs. Neutrality. WW2, we spent the first years maintaining a neutral position. We believed that because the war was “over there,” it wasn’t impacting our lives. Then Pearl Harbor (Hitler and the Axis powers would not stop). On D-Day, we joined Allied forces as 150,000 troops stormed the beaches of Normandy. The Germans had about 4 million land mines. They also rained down gun fire on our men. But, the engagement was necessary because there was no other way to defeat evil.
- 32—Strongholds—Greek word ochuroma, which means to fortify. In ancient times, a stronghold waws a building, a fortress built on top of the highest peak in the city. This citadel was surrounded by a

reinforced wall up to twenty feet thick. During battle, the stronghold was seen as unapproachable and impenetrable. Paul compares the lies we believe to those fortresses.

34—Demolish. Greek word *kathaireo*, “destruction requiring massive power.” Like destroy with a wrecking ball. God’s power is sufficient to tear down strongholds.

35—What is your stronghold? What lie is holding you hostage? What mistruth keeps you from taking a step of faith. What wrong thought pattern robs you of living a life of freedom and joy?

35—You cannot defeat what you cannot define. So define it...then demolish it.

37—Good illustration—shovel power vs. tractor power.

37—Don’t give up. Look up.

Chapter 3: Old Lies, New Truth

41—The power lies have over us.

41—Invisible fence illustration—funny. (kind of like the baby elephant and the stake). When fence is gone (or collar off)...still won’t venture out. Like us. We are bound by what is not real or true.

43—Greatest weapon of Satan=lies. (first act, deceiving Adam and Eve)

45—Satan’s lies vs. God’s truth (our weapon). Jer 17:9, Heb 4:12, Prov 14:12, Rom 12:2, 2 Tim 2:25-26, John 8:32.

52—The replacement principle—remove the lies, replace with truth.

54—Lie. Truth. Declaration. (remove and replace with truth)

PART 2: THE REWIRE PRINCIPLE

62—Rewire Your Brain, Renew Your Mind—Rom 12:2

Chapter 4: Crossed Wires and Circular Ruts

67—“Choose your ruts carefully, you’ll be in it for the next sixty miles.” Alaska.

67--Ruts in the brain, neural pathways.

70—Repetition forms helpful ruts.

77—Unless we decide to break the pattern, our lives will continue moving in the wrong direction. Break the pattern, find a good rut.

Chapter 5: Creating a Trench of Truth

85—Good analogy of tree—root system is problem, not branch. (getting rid of a branch will not get rid of a tree)

85—Attacking symptoms vs. the source.

85—Remove and replace. The behavior will come back unless I: 1)Remove the lie at the root of the behavior, and 2)Replace the neural pathway that leads me to the behavior.

86—Rut vs. trench—1)Rut is typically formed in mud and becomes a nuisance, even a danger. A rut is unintentionally created, has no purpose, and requires repair. 2)Trench is intentionally dug to deliver a necessary resource. A trench has a specific purpose and fixes an existing problem.

86-87—Tool #1—The Replacement Principle. Tool #2—The Rewire Principle.

88-89—Determining Declarations. Affirmations of truth they are.

94—Turn ruts into trenches. If you want to change your life, change your thinking.

95-97—Track trenches. (like “principles that guide my life”)

Chapter 6: Rumination and Renewal

101-102—Great illustration of cows and cud. Scriptures that tell us to ruminate—Josh 1:8, Ps 1:2, and others. Meditate is same word a ruminate. Ruminates is what cows do with their cud. Cows chew the grass, swallow it, throw it back up in their mouths, chew it some more, swallow it again, throw it back up

into their mouths again, chew it some more, swallow it again, throw it up again, chew it some more, swallow it. And they do this over and over. That is what it means to ruminate. And that is the idea behind meditate. Why do cows ruminate on their cud? Because it allows them to get the max amount of nutrition out of the grass. We must meditate on Scripture to get max spiritual nutrition.

102—Lies and mental ruts. “Increasing research proves that the way to get someone to believe a lie is to simply repeat the lie. Psychologists call this the illusory truth effect. It’s been called a glitch in the human psyche.”

103—Repetition is the reason for ruts. Our spiritual enemy is good about whispering the same lies to us repeatedly our entire lives.

104—Start your day in God’s Word, digging trenches of truth and finding your declarations.

104--New word developed every 98 minutes.

105—Good quote—“Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny.” The journey to your destiny starts with your thoughts. The right thoughts lead to the right life.

106—Zig Ziglar—“Repetition is the mother of learning and the father of action, which makes it the architect of accomplishment.”

PART 3: THE REFRAME PRINCIPLE

113—Reframe Your Mind, Restore Your Perspective—Prfv 3:5,6

Chapter 7: Lenses and Filters

116—Defective lenses. (get an eye exam to see clearly)

117—Cognitive Bias. (Social psychologists have a name for our distorted lenses.)

117--If you have cognitive bias, you create a subjective reality. That construction of your reality, not actual reality, will dictate how you respond and behave in the world.

120—Social psychologists have a name for taking control of how we perceive things. They call it cognitive reframing. It’s when we learn to identify and correct irrational thinking. We could say this happens when we unbias our bias.

120—Reframing is when we decide we are not going to hang on to old perceptions that have worked against us.

121—You cannot control what happens to you, but you can control how you reframe it.

123—Reframe principle=reframe your mind, restore your perspective.

Chapter 8: What God Didn’t Do

127—Unfreeze our frames. Don’t become stuck in the bad experiences of life. (Rob—Rise Above)

127—Do you need to re-write your narrative, rewire your mindset?

132—Some prayers are best unanswered—or answered in a different way.

Chapter 9: Collateral Goodness

135—Like any good habit, looking for God’s collateral goodness requires practice. If you want to see bad, you will see it. If you want to see God’s goodness it is there...everywhere.

137—We find what we are looking for and we reframe by looking for God’s goodness.

138—“This is the day the Lord hath made; let us rejoice and be glad in it.” Ps 118:24.

141—We find what we are looking for. Vultures vs. hummingbirds. Vultures soar high in the sky searching. They can sniff a dead critter from more than a mile away and have been known to cruise 30 to 50 miles in search of rotting food. Contrast with Hummingbird, with wings flapping twenty beats a

second, this mall bird finds what it wants—not disgusting, rancid rotting meat, but sweet, life-giving nectar. They find what they are looking for. And so will we.

142—When we reframe what happened in our yesterdays, that changes our todays.

143—Sometimes other people force the frame on you. And a cognitive bias grow. Break free and reframe.

PART 4: THE REJOICE PRINCIPLE

149—Revive Your Soul, Reclaim Your Life—Ps 106:1

Chapter 10: Problems, Panic, and Presence

152—What perceived threats cause you to panic?

153—Our runaway negative thoughts can spiral out of control and lead our lives in the wrong direction.

156—Parts of the brain—1)Amygdala—fight or flight (emotional) 2)Prefrontal cortex (logical).

160—We get fixated on the presence of a problem and we lose focus on the presence of God.

162—When you’ve had enough, God is more than enough.

Chapter 11: The Perspective of Praise

169—Practice God’s presence.

170—If it is big enough to worry about it is big enough to pray out.

170—"Runaway thoughts" – pray.

173—Don’t let the presence of your problems cause you to ignore the presence of Jesus (Winds and Waves on boat story)

173—Tithing illustration—decades of tithing has taught me that 90% of what I have, with God’s blessing, is way more than 100% without God’s blessing.

174—Prayer works, prayer changes things, perhaps more important prayer changes your brain.

175—Prayer is like a physical workout for your brain and changes its chemistry. (Dr. Newberg)

183--Praise God for WHO He is.

Chapter 12: Look Through, Not At

189—Praising God is all about perspective.

190—Paul was not looking at it, but through it. (Phil 1:18-21)