

SERMON STUDY GUIDE



Winning the War of Your Mind. April 19, 2026

BIG IDEA: *The battle in your mind is real—but the victory has already been won in Christ.*

READ

2 Corinthians 10:3–5; Colossians 3:1–4; Lamentations 3:19–23

“We take captive every thought to make it obedient to Christ.” (2 Cor. 10:5)

“Set your minds on things above...” (Col. 3:2)

“This I recall to my mind, therefore I have hope. The faithful love of the LORD never ends!
His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning.” (Lam. 3:21-23)

DISCUSS

1. When life gets quiet, what kinds of thoughts tend to surface for you?
2. Which “voice” do you hear most often—truth or accusation?
3. Where have you experienced an “unexpected blessing” this week?
4. The sermon says, “the voice was louder than the truth.” Why do you think that happens?

COME AND SEE

1. The War is Real (2 Corinthians 10:3–5)

Paul uses military language to describe the inner life:

- **Strongholds**—entrenched patterns of thinking
- **Arguments**—internal reasoning that opposes truth
- **Taking thoughts captive**—ongoing, intentional practice

These are not just emotions—they are **deeply formed belief systems**.

2. The Terrain is Formed by Repetition

What you think repeatedly becomes what feels true.

- Thoughts form patterns
- Patterns become pathways
- Pathways become identity

Key Insight:

You are always being formed. The question is—by what?

3. The Turning Point (Lamentations 3:21)

“This I recall to my mind...”

Hope begins when attention shifts.

Not when circumstances change—but when **the mind is redirected toward truth**.

Cross References

- Romans 12:2 — Renew your mind
- Philippians 4:8 — Think on what is true
- Proverbs 4:23 — Guard your heart (inner life)
- John 8:32 — Truth sets you free



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Discussion Questions

1. What “strongholds” (thought patterns) have become normal in your thinking?
2. Why do destructive thoughts often feel logical or true?
3. What stands out to you about the phrase “take every thought captive”?
4. How is this different from just “trying to think more positively”?
5. Why is attention so powerful in shaping our lives?

FOLLOW ME

Key Insight:

Winning the war of your mind requires intentional, repeated practice—not just good intentions.

A Simple Framework for Taking Thoughts Captive

1. Notice (Gather Awareness)

- What am I thinking?
- What am I feeling in my body?

2. Ask Why (Reflect)

- Why does this feel true?
- Where did this belief come from?

3. Name It (Write)

- What is the actual belief underneath this thought?

4. Test It (Recheck)

- Is this true in light of the gospel?
- What does Scripture say?

5. Replace It (Active Reach)

- Speak truth repeatedly throughout the day

Key Spiritual Shift

You are not replacing negativity with positivity.

You are replacing lies with truth grounded in Christ.

Discussion Questions

1. Which step in this process feels most natural to you? Which feels hardest?
2. What is one recurring thought you need to “take captive”?
3. What lie tends to define you in moments of stress or failure?
4. What truth from Scripture directly challenges that lie?
5. How might repetition of truth reshape your thinking over time?

GO AND BE

Key Truth:

You are not fighting for victory—you are fighting from victory.

Practices for the Week

1. The Morning Recall (Daily)

Before anything else:

- Pause
- Recall truth (Lamentations 3:21–23)
- Ask: What is true today because of God’s mercy?

2. Take One Thought Captive (Daily)

- Identify one recurring negative thought
- Walk it through the 5-step process
- Repeat truth throughout the day

3. Build a Truth Phrase

Create a short, repeatable statement rooted in Scripture:

Examples:

- "I am hidden with Christ in God."
- "My worth is not up for vote."
- "I am raised with Christ."

Repeat it multiple times daily.

Discussion Questions

1. What would change if you consistently took your thoughts captive?
2. When during your day are you most vulnerable to negative thinking?
3. What practical step will you take this week to "win the morning"?
4. Who can help you stay consistent in this practice?
5. How could this reshape your relationships, leadership, or faith?

Sticky statement:

Because Christ is in control, you can make the choice to rejoice—confident, caring, calm, and centered on what matters most.

CLOSING PRAYER

- Ask God to expose false strongholds
- Invite the Spirit to renew your mind
- Pray for discipline and consistency
- Thank God that the victory is already secure in Christ

