

The Struggle is Real, part 4  
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## **Guard Your Mind**

Your life moves in the direction of your strongest thought.

### **1. Fight distorted thinking (2 Cor. 10:3-5)**

- Kinds of distorted thinking
  - ....lies
  - ....worldviews
  - ....personal attitudes
  - ....distorted thinking traps (all or nothing thinking, overgeneralizing, catastrophizing, filtering, mind reading, and emotional reasoning).
- Ways to fight
  - ...capture and bring them to Christ (did he say it, would he say it)
  - ...monitor what you're thinking
  - ...don't believe everything you think

### **2. Feed your mind truth (Phil. 4:8)**

- Dwell = focused attention
- Through Scripture meditation (Psalm 119:15)
- Ways to meditate
  - ....Ready
  - ....Read
  - ....Reflect
  - ....Respond
  - ....Return
- Results of meditating on truth
  - ....A flourishing life (Psalm 1:1-3)
  - ....A sense of peace (Isaiah 26:3)