

## Faith Fight Podcast - Battle for the Mind

Your mind is the battle ground and it can determine almost every possible outcome that you can receive in your life. It's for this reason that the enemy is after your mind. He tries to make you think that you are nothing, that you are defeated, that you have no hope and are fearful. But God says that you are his child, that you are victorious in Jesus, that you have a bright future and that he has overcome this world. Today's episode is on the battle for the mind.

*For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee. - Proverbs 23:7 KJV*

Your actions will always follow what you are thinking. Therefore, make sure your thoughts and the motives in your heart are pure so that your actions will follow.

*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. - Philippians 4:8 NIV*

This is how to get good and pure thoughts into your mind. Think only on things that are true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, excellent and praiseworthy. Make sure you filter what is going into your mind so that you can keep your thoughts pure.

*Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. - Romans 12:2 ESV*

This transformation will take place in your mind. This process begins when you are converted but continues every day until you go to Heaven. This is a daily process of erasing the worldly habits in your mind and replacing them with habits that feed your spirit. The result is that you will know what the will of God is for your life.

*For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. - Romans 8:5-6*

This verse shows that whatever your mind is set towards that is where you will reap the most fruits in your life. Since as Christians we are called to crucify the flesh, we should then focus our minds on the Spirit so that we can have life and peace.

*The proverbs of Solomon son of David, king of Israel: for gaining wisdom and instruction; for understanding words of insight; for receiving instruction in prudent behavior, doing what is right and just and fair; for giving prudence to those who are simple, knowledge and discretion to the young— let the*

*wise listen and add to their learning, and let the discerning get guidance—for understanding proverbs and parables, the sayings and riddles of the wise. **Proverbs 1:1-6***

This is how the Book of Proverbs begins. If you ever read anything from this book, you will know that it is full of wisdom and practical guidance for certain situations. What I want to submit to you from these verses that I mentioned is that those who think they are wise should listen and add to their learning and those who have discernment add to their guidance. If you think you are smart, there is still more for you to learn so listen.

*I will meditate on your precepts and fix my eyes on your ways. - **Psalms 119:15***

To meditate means to think deeply or focus your mind for a period of time. Don't allow distractions to move you away from meditating on the Word of God.

*Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. - **Joshua 1:8***

When you meditate on the word of God it will cause you to be successful. God has placed promises and principles in His word that when followed always become fruitful. Along with your daily devotions you should take the time to commit the word of God to memory. Just like in Sunday school when they gave you memory verses to memorize for that week.

*As iron sharpens iron, so one person sharpens another. - **Proverbs 27:17***

This verse is simple but very powerful. We know that iron sharpens iron, so if we are hanging out with people who are sharper than us in their mind, we will eventually become sharp as them through association and application of what we learn and practice.

*Let no one deceive himself. If anyone among you thinks that he is wise in this age, let him become a fool that he may become wise. - **1 Corinthians 3:18***

This verse is not saying for you to be foolish, but to ensure that you position yourself so that you are always willing to learn something new from others. A fool doesn't know anything. But you want to learn more about Godly wisdom, seek to attain knowledge.

*The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction. - **Proverbs 1:7***

The foundation of knowledge is to fear the Lord. To honor and respect him. To live in awe of his power and to obey his word. Faith in God should be the controlling principal for your understanding of the world, your attitudes and you actions. Trust in God, He will make you truly wise.

*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 10:5***

## Weekly Prayer Plan - Overcoming Depression

### How to Use this Template:

Download and save this document to begin using at the beginning (Monday) of every week. Every Week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

Time: \_\_\_\_\_

Place: \_\_\_\_\_

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

1. **DRAWING NEAR TO GOD** - Matt. 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

*God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.*

2. **CONFESSION** - Matt. 6:12 “Forgive us our sins as we forgive those who sin against us”

*When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.*

3. **GOD CENTERED PETITIONS** Matt 6:10 “Your kingdom come. Your will be done, On earth as it is in heaven.”

*Prayer should reflect a desire to align ourselves with God’s goals and purposes, not to get Him to follow our plans.*

4. **PERSONAL PETITIONS** Matt 6:11 “Give us today our daily bread.”

*We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.*

5. **MEDITATION Joshua 1:8** “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

*Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.*

**Read through the scripture passages for today as listed below:**

Meditational Verses

Monday: Philippians 4:8

Tuesday: Romans 8:5-6

Wednesday: Proverbs 1:1-7

Thursday: Proverbs 23:7 KJV

Friday: Joshua 1:8

Saturday: 2 Corinthians 10:5

Sunday: Romans 12:2

**Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.**

1. Is there a promise to claim?
2. Is there a lesson to learn?
3. Is there a blessing to enjoy?
4. Is there a command to obey?
5. Is there a sin to avoid?
6. Is there a new thought to carry with me?

6. **PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

*We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.*