

Personal testimony

Introvert, isolated, made fun of, bullied, punched, gay.

We often all struggle with negative thoughts toward ourselves that are related to circumstances we have grown up in or have become accustomed to. It takes the power of the holy spirit to reverse our negative thinking and agreements with lies from the enemy.

2 Corinthians. 10:4-5

4For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity [firm agreement] to the obedience of Christ. (2 Cor. 10:4-5)

- **Not carnal** - The strength of our our own resolve to do better.
- **Mighty in God** - The weapons are powerful and come from God. We need supernatural help.
- **Pulling down strong holds** - Pulling down areas in our heart that the enemy has taken ground.
 - The comparison Paul is making here is a fortified city or built brick by brick. Lie upon lie.
 - The grace of God doesn't apply to you. You're too messed up.
 - Your too unique for God to help you.
 - The word of God has no power.
 - Jesus loves everyone except you.
 - Everyone else gets it, you don't get it.
 - You're hopeless.
 - You're a hypocrite.
 - You're going to sin again
 - If people really knew you, they wouldn't like you.
 - People don't really like you.
 - God is going to expose you for who you really are.
 - Nobody understands you or knows how you feel.
 - Everyone is better than you.
 - You should quit trying.
 - Your life is worthless and has no meaning.
 - Jesus will never satisfy you.
 - Jesus didn't die for you.
 - You are on your last chance with God.
 - You blew it.
 - You will never walk in victory or freedom.
 - You're a failure.

- You should give in and hurt yourself.
- (Extreme cases) Self harm and suicide.
- **Satan builds this stronghold to keep Jesus out**
 - Satans primary strategy is to keep us operating in shame by reminding us of our recent failures.
- **Casting down arguments and high things** – Lies about Jesus, his leadership and who you are in God, insurmountable arguments crafted by the enemy.
- **Every thought into captivity** – We don't allow lies to overtake or to roam free in our mind.
 - Lies about ourselves, lies about other people, lies about Jesus.

Satan has 2 legal access points to your thoughts.

1. Sin Make no mistake. When we sin, Satan has access to to create confusion and chaos. This is one of the primary ways Sin shipwrecks our lives.
2. Incorrect doctrine or beliefs of about Jesus.

Though we received the spirit and have been fully justified because of the cross our mind still has a lot of wrong ways of coping with negative emotions and circumstances. We need to take a pro active approach to renewing our mind.

1 Peter 5:8 (NASB)

⁸Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith.

- **Be sober-minded** – Have your mind full of truth the word
- **Prowls like a roaring lion** – Hes all talk and intimidation, he uses fear tactics to pull us into his lies.
- **Seeking someone to devour** – The enemies main plain is to isolate you and then attack you.

<http://lionalert.org> “Most successful hunts are on dark nights in dense cover against a single prey animal”

James 4

⁷Submit yourselves therefore to God. Resist the devil, and he will flee from you. ⁸Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.

2 Corinthians 1:6

6 And working together with Him, we also urge you not to receive the grace of God in vain— ²for He says,

- Many believers do not ever use the weapons or the power given to them.
- Live like unbelievers in their approach to negative circumstances and emotions
- instead of leaning into the power of God they double down on their own resolve (Carnality).

- Depression, anxiety overwhelming sadness, thoughts of harming yourself.
- Wait it out and let it dissipate,
- Satan has no mercy, often times we can think that because we are sad or having a tough season the enemy should have a cease fire.
- There is no cease fire. He continues his demonic attacks regardless of how you feel
- He will surround you with 4 sad friends, so that you can all vent together further defiling your heart and your mind, throwing you into a deeper pit of confusion.
- This is what it means to receive the grace of God in vain.

2 Corinthians 1-10

6 And working together with Him, we also urge you not to receive the grace of God in vain— 2 for He says,

“At the acceptable time I listened to you,
And on the day of salvation I helped you.”

Behold, now is “the acceptable time,” behold, now is “the day of salvation”— 3 giving no cause for offense in anything, so that the ministry will not be discredited, 4 but in everything commending ourselves as servants of God, in much endurance, in **afflictions**, in **hardships**, in **distresses**, 5 in **beatings**, in **imprisonments**, in **tumults**, in **labors**, in **sleeplessness**, in **hunger**, 6 in **purity**, in **knowledge**, in **patience**, in **kindness**, in the **Holy Spirit**, in **genuine love**, 7 **in the word of truth**, in the **power of God**; by the weapons of righteousness for the right hand and the left, 8 by glory and dishonor, by evil report and good report; regarded as deceivers and yet true; 9 as unknown yet well-known, as dying yet behold, we live; as punished yet not put to death, 10 as sorrowful yet always rejoicing, as poor yet making many rich, as having nothing yet possessing all things.

- Unusual amount of or sadness, loneliness, insecurity isn't because of ADD, hormones, bad food. Its a flaming arrow, a demonic attack and we need to learn how to extinguish it.

How to use the weapons Jesus has Given you.

3 weapons of warfare

1. The Holy Spirit - A helper
2. The Grace of God - Fruits of the Holy Spirit
3. The Word of God - Authority and sword of the spirit **Ephesians 6:17**.

Ephesians 5:25b-27

...as Christ also loved the church and gave Himself up for her, ²⁶ so that He might sanctify her, having cleansed her by the washing of water with the word, ²⁷ that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless.

John 17:17

“Sanctify them through thy truth: thy word is truth.”

2 Timothy 3:16-17

All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works.

Ephesians 6:16-18

16 in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God. 18 With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints,

Hebrews 4:12

12 For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.

Jesus resisted Satan 3 times

Luke 4

- **v3 Turn these stones to bread** - Self indulgence
- **v6 Worship Satan** - A kingdom, unprecedented glory, honor and power
- **v9 “If” you are the son of God throw yourself down** - Question your identity ,who you are in God, create insecurity, plant the ideas of self harm and suicide.

Jesus replies all 3 times using the sword of the word. “It is written”

- v4 “It is written, ‘Man shall not live on bread alone.’”
- v8 ‘You shall worship the Lord your God and serve Him only.’
- v12 ‘You shall not put the Lord your God to the test.’

Jesus doesn’t try to devise a slick answer, sulk in sadness or respond out of his own power. He combats it with the word of God.

Paul tells us that the way we are transformed

Romans 12:2

2 But be transformed [emotions] by the renewing of your mind. (Rom. 12:2)

How do we renew our mind and go to war with the demonic strongholds? By continually speaking and meditating on the word of God.

Matthew 12:37

³⁷ *For by your words you will be justified, and by your words you will be condemned.”*

Proverbs 18:21

²¹ *Death and life are in the power of the tongue, And those who love it will eat its fruit.*

- What we speak with our mouth directly effects what believe with our mind.
- The way change the thoughts in our mind is to speak true ones with our mouth. This is how we extinguish flaming arrows.
- Over time this will tear down the strong holds of the enemy stone by stone.
- **This process has a cascading effect.** When our mind gets renewed it changes how we respond emotionally. Depression, anger, anxiety, sadness and loneliness begin to dissipate we begin to experience greater measures of Love, Joy, Patience, Peace, Kindness, Goodness, Faithfulness, Gentleness and Self Control

John 8:32

³² *“And you shall know the truth, and the truth shall make you free.” (Jn. 8:32)*

Luke 24:32

*They said to one another, “Were not our hearts **burning within us** while He was speaking to **us** on the road, while He was explaining the Scriptures to **us**?”*

Jeremiah 23:29

²⁹ *“Is not My word like fire?” declares the Lord, “and like a hammer which shatters a rock?”*