

Last week we talked about how receiving something is not the same as applying it.

Our helmet of protection, like that of the Roman soldier, must cover the brain which controls the mind, body and all our actions. Actions from wiggling our pinkie finger to being able to drive a car or for some to perform heart surgery. These actions are directed by the signals and impulses your brain sends. If your brain is **impaired** because of injury, disease or poor thinking patterns, then your body will also be impaired, no matter how healthy the individual parts of your body may be.

How is that a problem? Your mind is the control center of your:

1) thinking 2) will 3) emotions 4) conscience 5) heart In other words, your soul.

If your mind does not send out healthy impulses, your soul will not respond in healthy ways. Not wearing our helmet of salvation every single day is like not even owning one. It leaves us unprotected right to our very soul. That is why the enemy works so hard to cripple you through negative thoughts and unhealthy patterns of imagination. Beside each thought listed below describe the negative effects---in your feelings and actions you might experience as a result of these thought patterns. Then chose a scripture from "My Inheritance in Christ" for the truth.

THINK	FEEL	ACT	TRUTHS
I am not worthy			
I am not loved			
I am not capable			
I am not desirable			
I am not forgiven			
My life is not significant			
I can lose my salvation			
My ideas are most often best			
My thoughts are the most creative			
I have uncontrolled thoughts			

How have your emotional health and behavior indicated any patterns of defective thinking that the enemy has suggested and that you have acted on?

The health of your mind has everything to do with your overall ability to **function**.

This is true both **behaviorally** and emotionally. *If your mind's thought processes are unhealthy and toxic, your emotions and actions will expose it.*

Poisonous thinking will also cripple your ability to clearly:

- 1) detect the leading of God's Spirit. As an heir, you're meant to know and discern His will.
- 2) hear His guiding voice behind you.

When your mind isn't thinking like someone who wears salvation:

- 1) your conscience (your moral compass which is part of your soul) fails to turn in the direction of the Spirit's **conviction**.
- 2) the enemy's lies, when you believe them, **distort** your ability to hear God's voice clearly and respond accordingly.

The truths that you listed to combat the lies and deceptions of the enemy need to be posted where every time you wake up to a "partly cloudy day" your inheritance speaks to every single area of your mind targeted by the enemy. Reading these truths over and over again will renew your mind and create the health you need for making wise choices and living in a way that is pleasing to the Lord.

Dr. Caroline Leaf, a neurologist who is a strong believer seeks to help God's people understand the effects of toxic thinking on their overall well-being. She explains how by submitting their thinking patterns to Christ they can create an amazing impact.

Dr. Leaf studies neuroplasticity. It is the brain's ability to reorganize itself by forming new neural connections. She says our thoughts are active; they grow and change. Every time you have a thought, it is actively changing your brain and your body—for better or worse. Yes, you get to decide which side you will swing toward. And guess what! The Bible tells us how it's done.

2 Corinthians 10:4-5 "The weapons of our warfare are not worldly but are powerful through God for the **demolition of strong holds**. *We demolish arguments and every high-minded thing that is raised up against the knowledge of God.* Taking every thought captive to obey Christ." HCSB (Holman Christian Standard Bible)

Let us now look at Romans 12:2 “Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.” HCSB

These two passages are the battle plan for our defense against the enemy’s attempts to get into our minds. They tell us how to transform our thinking and put on the helmet of salvation. Let’s take a look at how this can happen.

Step #1. Identify the toxic thought patterns you’ve been nursing and recognize them for what they truly are—strongholds that, along with the enemy, you’ve helped in constructing within your mind. *A stronghold in biblical times was a fortress built in the highest point of the city to warn, block and keep out intruders.*

???What negative thought processes have been elevated to the “highest point” in your mind—over God and His truth in your life? _____

According to 2 Corinthians 10:4-5 what are strongholds intended to “block” and keep out”? _____

Step #2. Confess toxic, undesirable thought processes to God and agree with Him about your responsibility in helping to construct these strongholds in your life. *The enemy cannot make us do anything. He can only lead us to do things.*

How have you cooperated with the enemy in building your strongholds to the current level of height and strength? _____

Step #3. Tear Down the stronghold by taking your thoughts captive, then renewing your perspective and understanding through the concentrated, deliberate applying of God’s truth. Destroying this stronghold requires force and power—the kind that can only come from consistently applying divinely empowered weapons, the Word of God. It means replacing the enemy’s thinking with God’s thinking at every opportunity. *When the enemies lies enter, immediately consider them in light of the freely given benefits of your salvation inheritance.* Resist the urge to agree with or rehearse the negative thought. Replace it immediately and verbally—until the stronghold comes down!!!

When we apply our spiritual heritage regularly and actively, we are truly changing our minds—renewing and rewiring them through God’s Word.

MEMORY VERSE: Philippians 4:8-9 “Finally, brothers, 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. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.”

IS THERE A NEW DIRECTION TO TAKE? If your head is stuck in a toxic pattern of thinking or your ego has taken you to places of fiction, your salvation inheritance is your liberation.

WHAT DID GOD SHOW US TODAY?

- 1) If your mind does not send out healthy impulses, your soul will not respond in healthy ways.
- 2) Poisonous thinking will cripple your ability to detect the leading of God’s Spirit.
- 3) When the enemy’s lies enter, immediately consider them in light of the freely given benefits of your salvation inheritance.

Look at “My Inheritance and Identity in Christ”. Apply this to a stronghold in you.

WORD STUDY:

- 1) behaviorally: way in which someone acts or behaves—good or bad. Behaviorally she was clearly living in her inheritance in Christ.
- 2) conviction: the Holy Spirit through the Word Of God or God’s revealing of His demands in our consciousness of a sense of right and wrong, leads us to respond and turn to God. God’s conviction of wrong helps her align her path with His.
- 3) demolition: destroy, pull down. The demolition crew leveled the home quickly.
- 4) distort: to force or put out of true direction, to twist aside mentally or morally. The enemy tries to distort our ability to hear God’s voice clearly.
- 5) function: the natural action of any power or faculty to perform; such as the soul or intellect. The health of your mind effects your overall ability to function.
- 6) impaired: to deteriorate, be of less quality or ability; weaken. If your brain is impaired due to injury, disease or poor thinking patterns, then your body will be also.
- 7) strongholds: a fortified place, fortress, strongpoint—for good or bad. In biblical times a stronghold was a fortress built in the highest point to block and keep out intruders.
- 8) toxic: poisonous, destructive, harmful. Toxic thoughts are exposed by actions and emotions. Her toxic thoughts resulted in difficult emotions and actions.