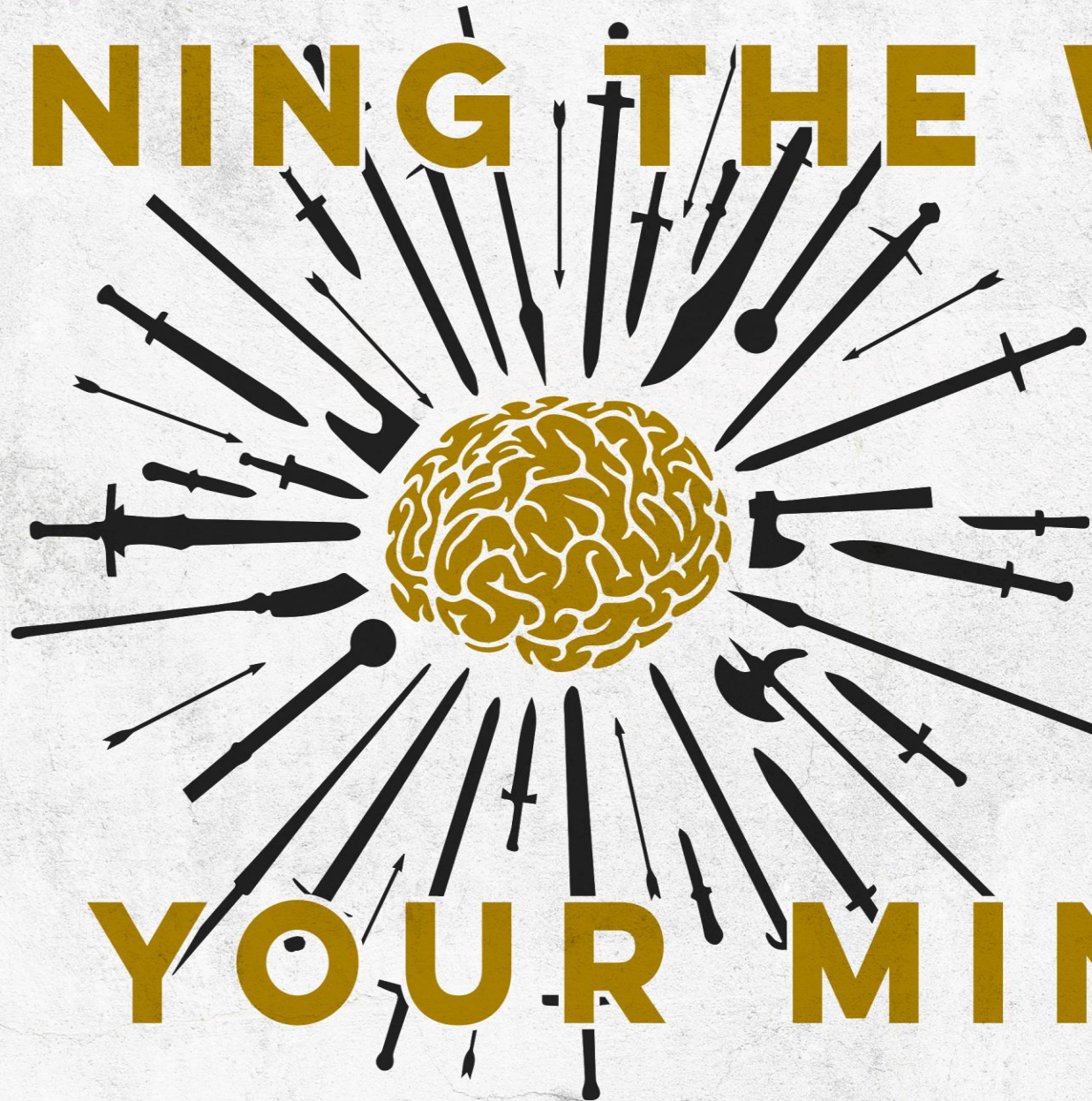


# WINNING THE WAR

Change Your  
Thinking.

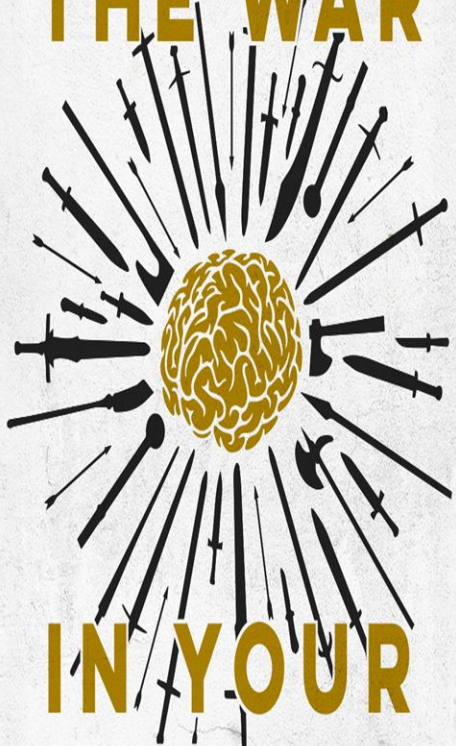


Change Your  
Life.

# IN YOUR MIND



**WINNING  
THE WAR**



**IN YOUR  
MIND**

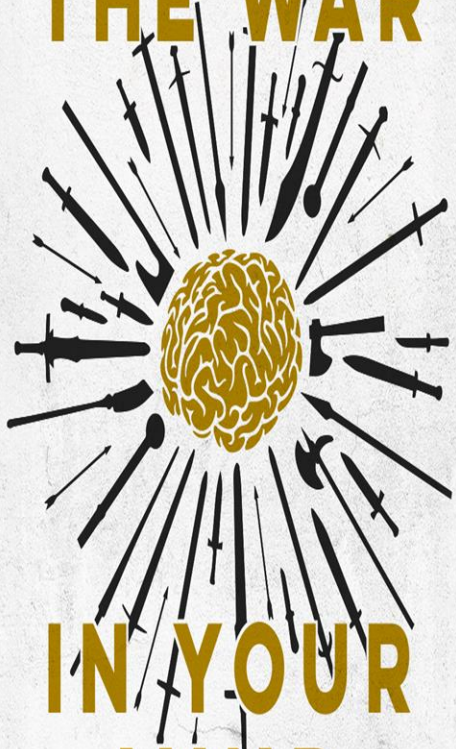
**Most of life's battles are won or lost in  
your mind.**

For as he thinks in his heart, so is he...



*Proverbs 23:7 (NKJV)*

**WINNING  
THE WAR**

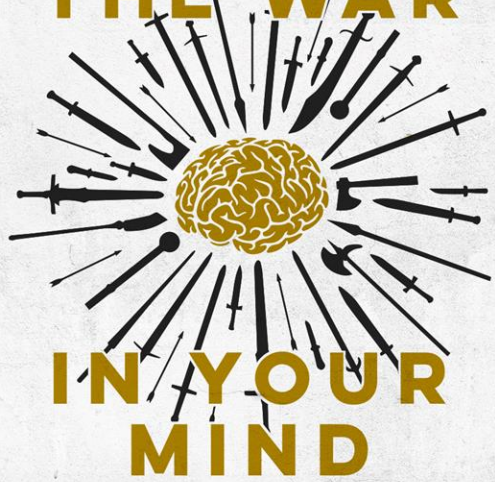


**IN YOUR  
MIND**

**Our lives are always moving in the  
direction of our strongest thoughts.**



**WINNING  
THE WAR**



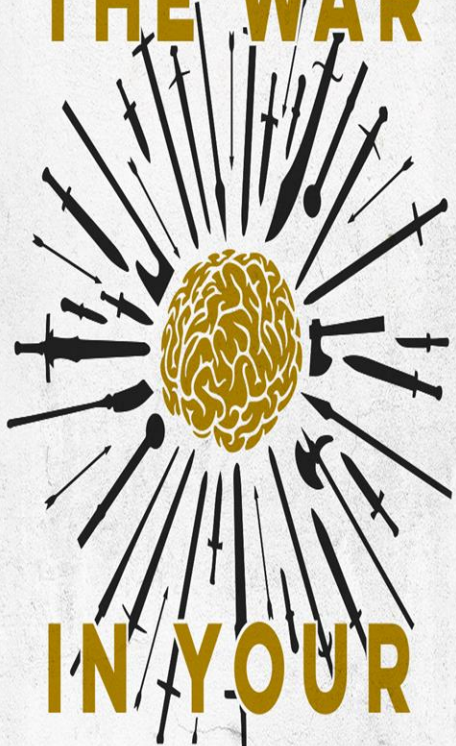
**IN YOUR  
MIND**

**Change Your  
Thinking.  
Change Your  
Life.**



**My mind is designed to create ruts**

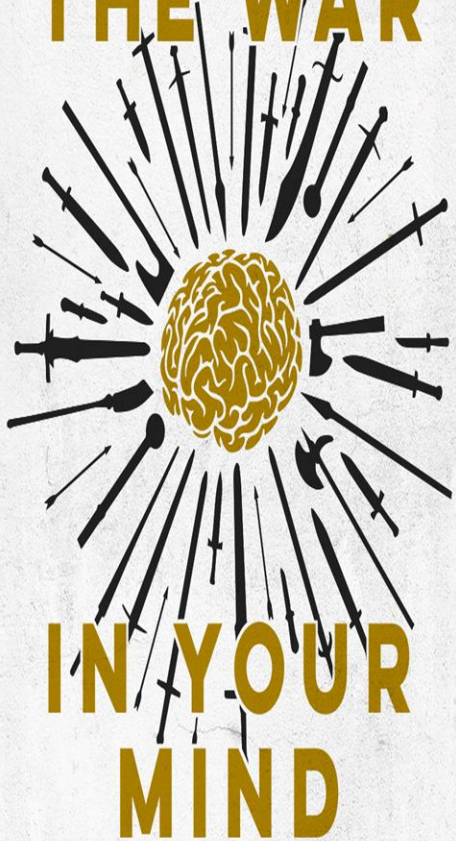
**WINNING  
THE WAR**



**IN YOUR  
MIND**

**“Success is the product of daily habits—  
not once-in-a-lifetime transformations.”**

**WINNING  
THE WAR**



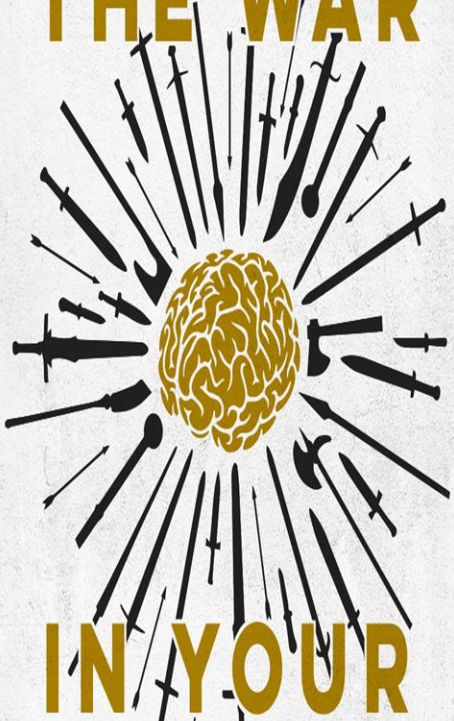
**IN YOUR  
MIND**

**Every action you take is a vote for the type of person you wish to become.**

**No single instance will transform your beliefs, but as the votes build up, so does the evidence of your new identity.**



**WINNING  
THE WAR**



**IN YOUR  
MIND**

**This is one reason why meaningful change does not require radical change. Small habits can make a meaningful difference by providing evidence of a new identity.**

**And if a change is meaningful, it is actually big. That's the paradox of making small improvements.”**

*James Clear, Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones*



Above all else, guard your heart, for everything you do flows from it.



*Proverbs 4:23 (NIV)*

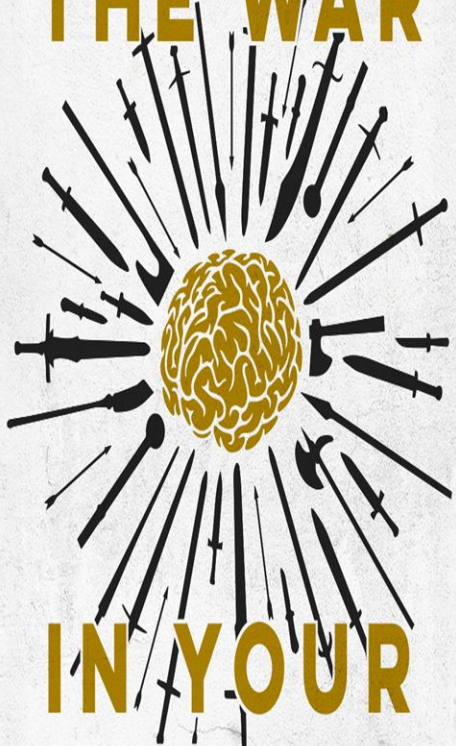
Be careful how you think; your life is shaped by your thoughts.



*Proverbs 4:23 (GNB)*



**WINNING  
THE WAR**



**IN YOUR  
MIND**

**The more you think a thought—  
The easier it is to think it again.**

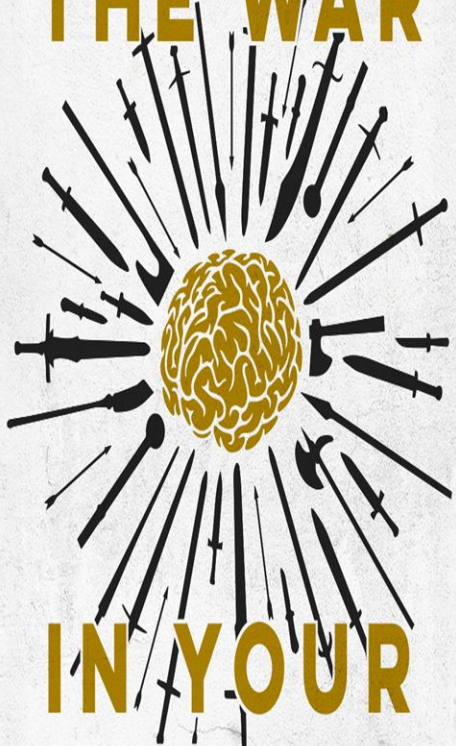
We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.



*2 Corinthians 10:5 (NIV)*



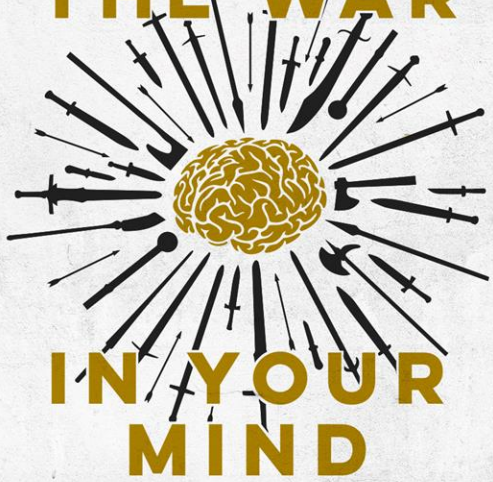
**WINNING  
THE WAR**



**IN YOUR  
MIND**

**If you don't control what you think—You  
will never control what you do.**

**WINNING  
THE WAR**



**IN YOUR  
MIND**

**Change Your  
Thinking.  
Change Your  
Life.**

- My mind is designed to create ruts



**I can create new ruts in my mind**



Do not conform to the pattern of this world, but  
be transformed by the renewing of your mind.

Then you will be able to test and approve what God's  
will is—his good, pleasing and perfect will.

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.

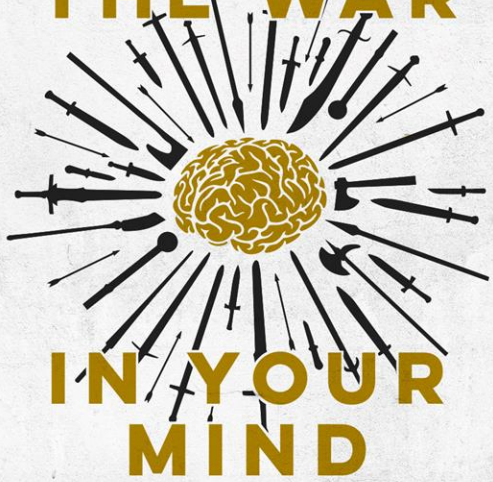
Therefore, if anyone is in Christ, the new creation has  
come: **The old has gone, the new is here!**



*2 Corinthians 5:17 (NIV)*



**WINNING  
THE WAR**



**IN YOUR  
MIND**

**Change Your  
Thinking.  
Change Your  
Life.**

- My mind is designed to create ruts
- I can create new ruts in my mind



**I must identify my wrong thinking**

So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the **futility of their thinking**. They are **darkened in their understanding** and **separated from the life of God** because of the ignorance that is in them due to the **hardening of their hearts**.

Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.



when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. **You were taught**, with regard to your former way of life, **to put off your old self**, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and **to put on the new self**, created to be like God in true righteousness and holiness.



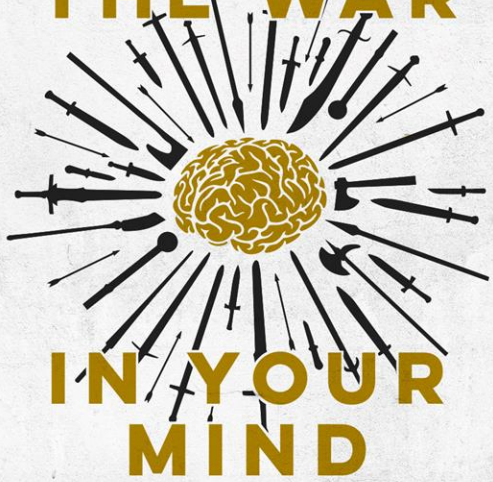
*Ephesians 4:17-24 (NIV)*

Rid yourselves of all the offenses you have committed,  
and **get a new heart and a new spirit.** Why will you die,  
people of Israel?

he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and **renewal by the Holy Spirit,**



**WINNING  
THE WAR**



**IN YOUR  
MIND**

**Change Your  
Thinking.  
Change Your  
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- My mind is designed to create ruts
- I can create new ruts in my mind
- I must identify what needs to be changed



**I need to train my mind**

So **prepare your minds** for action and **exercise self-control**.

Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world.

I meditate on your precepts and consider your ways.



*Psalm 119:15 (NIV)*



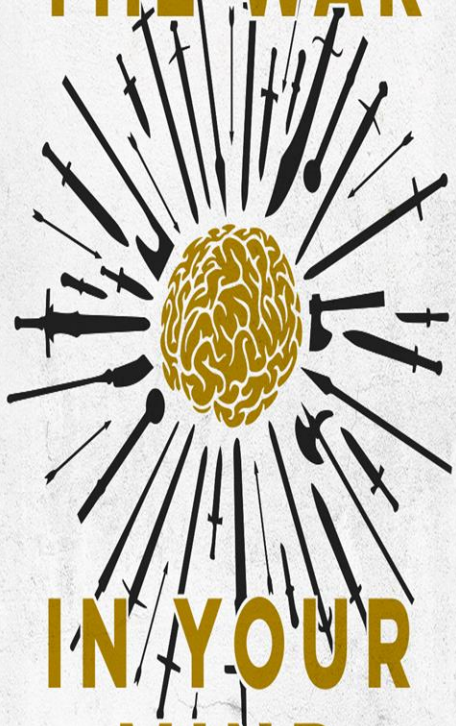
and have put on the new self, which is being renewed  
in knowledge in the image of its Creator.

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, **but whose delight is in the law of the Lord, and who meditates on his law day and night.**

That person is like a tree planted by streams of water,  
which yields its fruit in season and whose leaf does not  
wither— whatever they do prospers.



**WINNING  
THE WAR**



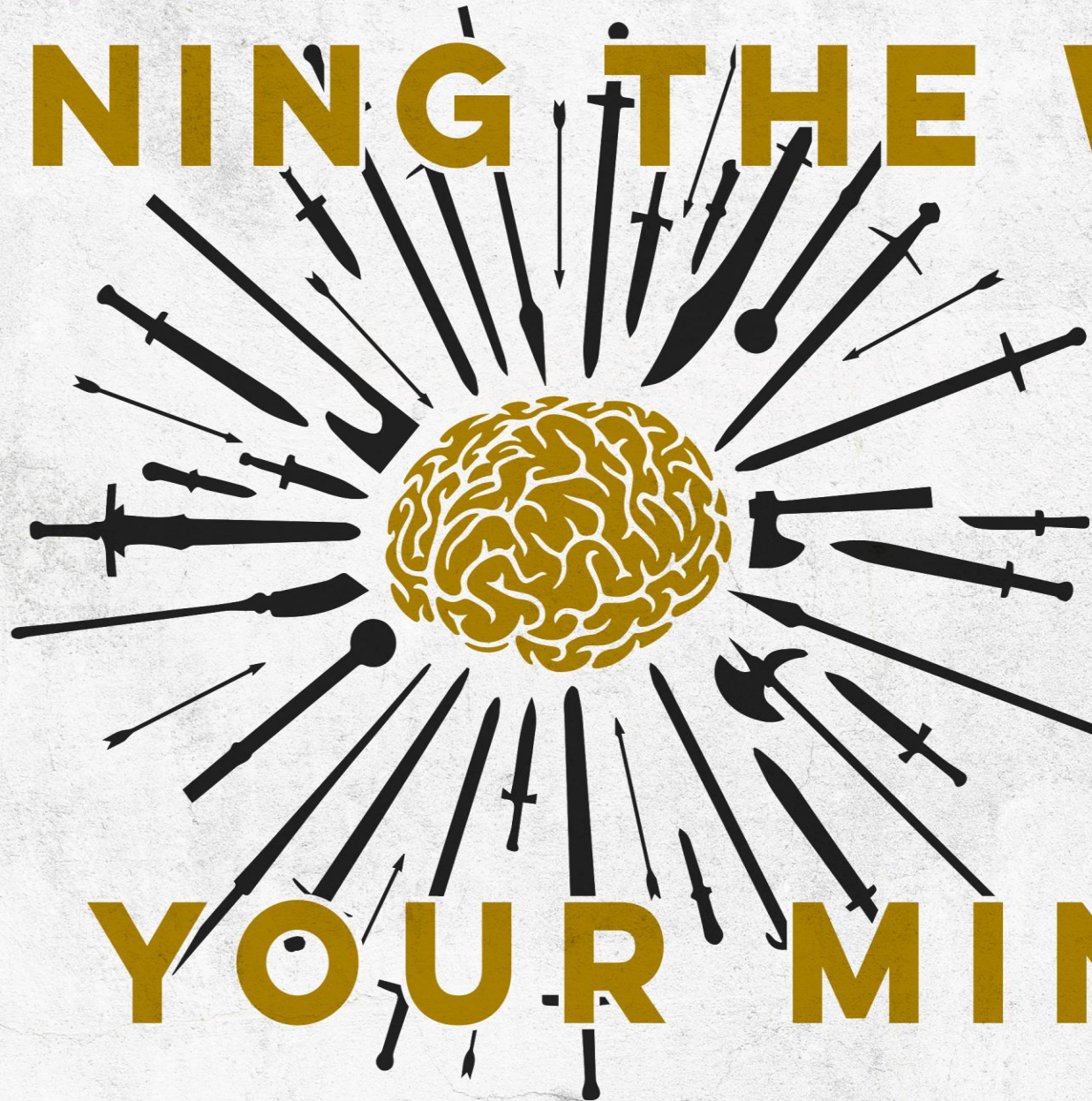
**IN YOUR  
MIND**

- My mind is designed to create ruts
- I can create new ruts in my mind
- I must identify what needs to be changed
- I need to train my mind
- I must ask God to renew my heart and mind



# WINNING THE WAR

Change Your  
Thinking.



Change Your  
Life.

# IN YOUR MIND