

WINNING THE BATTLE IN YOUR MIND: REBOOT!

Scripture used: [Matthew 4:1-10 \(NIV\)](#)

OVERVIEW

Pastor Hurmon kicked off a new sermon series this week called “Winning the Battle in Your Mind.” God has been preparing each of us in small and large ways to hear this important message. The goal of this series is to figure out how to win, even in difficult times. We might be resigned to settle with thoughts such as “I’m struggling right now, but I’ll just have to wait for things to be okay once the pandemic is over.” We need to move past this kind of thinking, and claim God’s strength that allows us to conquer anything, to have a sense of peace and assurance even in difficult times. The power that makes this possible is the same “mighty power” mentioned in [Ephesians 1:19-20 \(NLT\)](#) that raised Jesus from the dead and placed Him at God’s right hand.

During this sermon series, Pastor Hurmon will weave together insights from [You Are Not Your Brain](#) by Dr Jeff Schwartz and [Winning the War in Your Mind](#) by Craig Groeschel. We will see how our strongest recurring thoughts determine our lives, as it says in [Proverbs 23:7 \(NKJV\)](#). That means the most important battlefield is not somewhere in the country or on social media. The most important battlefield is actually our mind! Fortunately, the truths we learn in the Bible also align with the latest medical research about how to shape our mental posture for resilience. We now dig into those proven ways to prayerfully win mental battles reliably and strategically.

KEY POINTS

- 1) **Like Jesus, we will all face “the tempter” many times.** Jesus is not just tempted these three times during His time in the Wilderness. These were only the first set of temptations. He was actually tempted repeatedly throughout His ministry, all the way to His crucifixion. As His followers, we also face constant temptation so our minds must be disciplined and focused.
- 2) **“The tempter” wants to keep us from fulfilling our God-given purpose.** This is the ultimate victory for sin. God wants us in a deep, loving relationship with Him through His son Jesus. That love will spill out in the way we act toward others in this broken world.
- 3) **Like Jesus, we must counter every attack with Scripture.** “The tempter” wants us to believe that we are not what God says we are. Jesus rebukes all three temptations the same way in [Matthew 4:4 \(NLT\)](#), [Matthew 4:7 \(NLT\)](#), and [Matthew 4:10 \(NLT\)](#). He quotes scripture. This is the simplest way to remember who we are. We can return to the Bible and all the wonderful things God says about us as His creation.
- 4) **Try an exercise to determine your lie and God’s truth.** Inventory your thoughts this week. In a journal or on your phone, write down the most common recurring thoughts. Then at the end of the week, audit these thoughts by asking “Does this thought build me up or tear me down?” and “Does this paralyze me with fear or inspire me to take action?” Look at the negative patterns and identify the dominant lie, the one you repeat the most. Finally, look for specific Scripture that reaffirms the truth of God’s heart for you.

DISCUSSION

- 1) **HEAR** - Jesus was led into the Wilderness. He needed to overcome repeated temptations at a critical stage in His development and foundation for ministry. In fact, winning this battle in His own mind was the launching point for His ministry! What mental battle is one that you are struggling with now?
- 2) **UNDERSTAND** - Pastor Hurmon challenged us this week with the following questions: “What is the dominant pain in my history and how does it tempt me to believe what’s not true?” The exercise described in Key Points section 4 can help us grapple with these difficult issues. What is the voice of the “tempter” in your life? What is the voice of God? How are you able to discern between these different voices?
- 3) **DO** - Do the exercises discussed in Key Points section 4. In addition, strengthen yourself by praying every day: “God, give me the power to audit my thoughts and identify the lies impacting my life.” Additionally, there is a new opportunity to discuss research-backed ways to reboot. The U.S. Surgeon General Dr. Vivek Murthy is leading a faith-based discussion about mental health called “Let’s Talk” on Sunday, October 24th at 2:30 PM (PST). Please check out [the event page](#) to learn more, and register to attend and invite others who can benefit from a fact-based discussion of the COVID-related issues and mental health challenges facing our nation.