

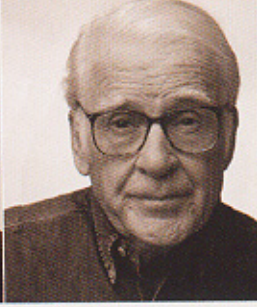


JOYCE MEYER
MINISTRIES®

mental strongholds

Ending Mental Torment with the Power of Positive Thinking

& mindsets



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Mental Strongholds & Mindsets

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MENTAL STRONGHOLDS AND MINDSETS

What Kind Of Mind Do You Have?

- I. **Romans 8:4-6** – Fleshly or spiritual?
 - A. **Fleshly** – Negative, carnal, **SELF**ish, turmoil, worry, **judgmental**, doubtful, unbelieving, fearful, etc.
 - B. **Spiritual** – Meditate on the Word, wonderful deeds of God, and praise.
 - 1. **Galatians 6:10** – Be **mindful** how you can be a blessing (especially to believers) – positive and expecting good.

NOTE: The fleshly mind often has a stronghold of **EVIL forebodings**.
(**Proverbs 15:15**)

II. Mental Stronghold

- A. **Mental stronghold** (defined) – An area of your mind that is dominated by a special group.
 - 1. **Deception** is developed through lies that are believed.
 - 2. Deception is to believe a lie.
- B. **Proverbs 23:7** – As a man thinketh, so is he or so does he become.

- C. **Romans: Chapter 14** – If you **THINK** something is wrong, it is wrong.
- D. **Deception** is Satan’s biggest tool. If you believe his lies, they are real for you.
 - 1. Example: You can never overcome your past.
“I can’t; it’s too hard.”
 - 2. **Deuteronomy 30:11-14** – It is not too difficult. The Word (not lies) prepares you to do it.

III. **Passive mind**

- A. **Passive people** want good to happen, and they are going to wait and see if it does.
 - 1. Not using their will
 - 2. Waiting for an outside force to move you (even God).
- B. **Passive mind** – Blank, lazy, and inactive.
 - 1. Receives whatever falls in it
 - 2. Do your own thinking. **CHOOSE** your own thoughts.
 - 3. Think about what you are thinking about.
- C. The Word is the offensive weapon – a two-edged sword
 - 1. Knowledge
 - 2. Meditate
 - 3. **Speak** (especially to break wrong thought patterns).
Luke 4:1-13 – The devil said to Jesus, and Jesus said to the devil

IV. Judgmental Mind

- A. Makes you miserable (ungodly thought pattern)
 - 1. **Causes depression**
 - 2. You must feed on (be nourished) by what you are full of.
- B. **Matthew: Chapter 7** – Opens a door for the devil
- C. **Isaiah: Chapter 58** – Effect on answered prayer and anointing
- D. **Romans 2:1** – You do the same thing you judge others for.
 - 1. Example: **Rose-colored glasses** and **magnifying glass**
- E. Win the war through speaking the Word to break thought patterns.

V. Negative Mind

- A. Leads to complaining and steals joy
 - 1. **I Corinthians: Chapter 10**
 - 2. **Philippians 2:14**
 - 3. **Philippians 4:6**

The Stronghold Of Habits

I. Habits And Strongholds

- A. Habit (defined) – An activity acquired through frequent repetition, done continually, often unconsciously; an established disposition of the **mind** or character.
- B. Stronghold – An area of your thinking that is dominated by a demonic force through deception.

II Corinthians 10:4-5 – Tearing down strongholds

- C. Your mind and habits – Must change thinking to change actions. Think, “**I’m free**” NOT “**I’m bound.**”

1. **Ephesians 4:22-25**

2. **Romans 6:11-13**

3 **Romans 8:5**

4. **Romans 13:14**

II. Agree with God.

- A. **Amos 3:3** – How can two walk together unless they be agreed.
- B. God’s perfect and good will for you
 - 1. **Romans 12:2**
 - 2. **Jeremiah 29:11**
- C. **Matthew 12:34** – Out of the heart the mouth speaks.

1. **James: Chapter 1** – The mouth controls the body.
2. Your mouth has a definite effect on your **body, soul,** and **spirit.**

I AM THE RIGHTEOUSNESS OF GOD IN CHRIST!

- D. Confession list
1. Think and speak freedom – **not** bondage.

III. Don't Defend The Enemy.

- A. Imaginations (arguments, reasons, and theories)
1. That excuses us and keeps us in bondage.
- B. **Deuteronomy 7:1-3**
- C. **Deuteronomy 7:16-17, 21-22**
1. Little by little
 2. **I Peter 5:10**
- D. **Deuteronomy 13:8-10**
1. Stone your enemy to death.
 2. He has tried to draw you away from God.
- E. Various excuses
1. Abusive past
 2. Runs in my family
 3. **You do it also.**

4. I'm doing the best I can.
5. I'm tired. I'm sick. I had a rough day.

F. Be responsible.

1. **Response** – To answer by action.
Ability – Power to do something.
2. God gives the power for **YOU** to act.
3. God does it **through** you, not **for** you.
4. Prayer lines are not your answer.
5. The answer is choosing the right action **on purpose**.

Temptation And The Stronghold Of Habits

I. Temptation And The Stronghold Of Habits – Definitions:

A. Habits – Things we do continually that we do not want to do.

1. **Romans: Chapter 7** – Paul had the same problem.
2. No deliverance until you know that **“Jesus is the Deliverer”** – not you.
3. **James 1:21-25** – Are you observing yourself or Jesus?
4. **James 4:6** – **Grace** is the power of the Holy Spirit to meet every evil tendency fully.

B. Strongholds (mental) – Wrong thinking we have. Because we believe lies, we are in bondage.

1. Example: Me crying – Dave’s reaction, and the lie I believed
 - a. Created by lies we believe
 - b. Protected by excuses
2. **Deuteronomy 7:1-3, 16-17, 21-22; 13:8-10**

II. The PROCESS Of Deliverance

A. Repentance (Do not conceal your enemy.)

1. **James 5:16**

2. **I John 1:9**

Example: Girl who confessed about fantasizing

B. Lean on Jesus – not yourself.

1. Holy Spirit is the agent in sanctification.

C. Understand temptation.

1. **Matthew 18:7** – Temptation must come.

2. **Luke 22:40-60** – Pray that you do not get into the temptation.

a. **PRAY** and **resist**.

b. **Beware of resisting without praying.**

c. **Pride causes this.**

3. Do not be afraid of temptation.

I Corinthians 10:13 – You **CAN** resist temptation.

4. **James 1:12-15** – God allows for our purification.

a. **EXCUSE** – The devil made me do it.

b. Temptation (defined/Vine's) – Trials with a beneficial purpose and effect.

Such temptations do not **proceed** from God; yet God does **regard** His people while they **endure** it, and by it tests and approves them.

5. **Deuteronomy: Chapter 8** – He led them in the wilderness to test and prove them to **SEE** if they would keep His commandments or not. (See **I Peter 4:12**.)

They had Egypt in them. It had to come out – purified out, not cast out.

6. **Luke: Chapter 4** – The Holy Spirit led Jesus into the wilderness to be tempted of the devil.
 - a. **John 14:30** – The devil has no part in Me.
 - b. **Hebrews 4:15** – Jesus was tempted in all points like we are, yet without sinning.
 7. **Luke 22:44** – He had such agony of **mind** that he sweated great drops of blood.
 8. **Hebrews 12:3-4** – You have not yet resisted temptation to the point of shedding your blood.
- D. Be willing to suffer.
1. **I Peter 4:1**
 2. **I Peter 5:9-10**
- E. **Malachi 3:3** – He “sits” as a refiner and purifier of gold and silver.

Set Your Mind And Keep It Set

Foundation Scriptures:

Colossians 3:1-2 – Set your **mind** and keep it set on things above.

I. Keep Your Mind Set On What God Said – Not How You Feel.

- A. Fasting, losing weight, exercise; cleaning a closet or a basement.
- B. **Hebrews 12:11** – No discipline seems joyous for the present, but later on it yields the **peaceable** fruit of righteousness.
- C. **I Peter 4:1-2** – Have a mind **ready** (set) to suffer.
- D. Emotional decisions bring failure.

II. Victory Requires A Fresh Attitude.

- A. **Ephesians 4:22-23**
- B. New Attitude Toward Self-Control And Discipline
 - 1. Love it – it is your friend.
 - 2. Discipline and self-control are part of wisdom.
 - 3. Wisdom will exalt you.
 - 4. **Proverbs 1:7** – Fools despise wisdom and discipline.
- C. Mental stronghold of legalism
 - 1. **Legalism** – “I **HAVE** to . . .”
 - 2. **Liberty** – “I am **FREE** to . . .”

3. **II Corinthians 3:17** – Where the Spirit of the Lord is, there is liberty.
4. I **HAVE** to clean my house, or I **WANT** to clean my house because I want a clean house.
5. More examples: prayer, Bible study, exercise, etc.

III. The Importance Of Self-Control

- A. **Proverbs 25:28** – We become like a city whose walls are torn down.
 1. A city without walls does not have any protection from the enemy.
- B. **I Corinthians 6:12** – Everything is allowable, but not all is wise.
 1. Where the Spirit of the Lord is, there is liberty.
- C. **II Peter 1:3** – A stepping-stone to godliness

IV. “Management” – Not Deprivation

- A. Attitudes, feelings, actions, anger, eating, spending, time, **thoughts**, words, and entertainment
- B. “**SPIRIT-LED**” Management
 1. **Romans 7:6**
 2. **Romans 8:2**
 3. Example: I rented two movies. I planned to watch both and camp out on the couch for the evening. The Holy Spirit started messing with my plan:
 - a. “It isn’t wise; you will be up too late, and you are leaving early in the morning.”

- b. “The devil will try to condemn you for not praying.”
- c. “You’ll be hurrying in the morning.”
- C. **Proverbs 16:9** – Man’s mind plans his way, but God directs his steps.
- D. I could do what I wanted. Wisdom is always there to lead you to victory.
- E. **Romans 8:14-16** – Be led by the Spirit.
- F. **Romans 8:4**
- G. **Galatians 5:16-18**

V. God’s Good Plan For You

- A. **Romans 12:2** – Get your mind renewed.
- B. Get in agreement with God.
- C. Have a fresh attitude toward discipline.
 - 1. She is your friend.
 - 2. Love her; she will exalt you.

