



NEW LIFE CHRISTIAN CENTER
August 02, 2026

MY MIND IS THE BATTLEGROUND
Pastor Dave Larson | Turlock

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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 10:3-5 (NIV)

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. Romans 12:1-2 (NLT)

1. Don't be _____ by the _____ in your thoughts.

See Numbers 13:27-33 (NLT)

2. I don't win by trying _____... but by being _____.

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8 (NLT)

Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. Think about the things of heaven, not the things of earth. Colossians 3:1-2 (NLT)

3. The battle is engaged _____ at a time.

Step 1: Start your day in the _____ before you start your day on your _____.

Step 2: When you catch yourself thinking a _____, don't just resist it... _____ and replace it.

Step 3: Guard your _____.

Step 4: Bring your _____ to Jesus.



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1. Don't be SURPRISED by the BATTLE in your thoughts.

See Numbers 13:27-33 (NLT)

2. I don't win by trying HARDER... but by being RENEWED.

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8 (NLT)

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3. The battle is engaged ONE SMALL CHOICE at a time.

Step 1: Start your day in the WORD before you start your day on your PHONE.

Step 2: When you catch yourself thinking a LIE, don't just resist it...PAUSE and replace it.

Step 3: Guard your MIND.

Step 4: Bring your THOUGHTS to Jesus.



MY MIND IS A BATTLEGROUND DISCUSSION QUESTIONS

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CONNECT

What's the weirdest thing your brain has obsessed over at 2 a.m.?

ENGAGE

What impacted you the most personally from the message?

GROW

1. Paul writes that we're fighting a battle with "divine power to demolish strongholds" (2 Corinthians 10:3-5). What's a "stronghold" (a repeated lie or pattern of thinking) that you recognize in your own mind?

2. Look at the story of the twelve spies (Numbers 13). Ten saw giants and felt like grasshoppers; two saw the same giants and said, "We can do this." Same facts, different mindset. What "giants" are you facing right now, and which report are you currently believing?

3. Willpower is described like "trying to hold a beach ball underwater"... it works for a while, then it explodes back up. Where have you tried to white-knuckle your way past a bad thought pattern instead of renewing your mind?

4. Renewal is kind of like "manna in the wilderness"...you can't stockpile it, you need it fresh every day. What does (or could) your daily with Jesus actually look like this week?

5. Read Philippians 4:8. Paul tells us to fix our thoughts on what's true, honorable, right, and lovely. What's one specific thing you're feeding your mind right now that isn't lining up with that list — and what's one thing that is?

LEAD (YOURSELF):

The message gave 4 steps to engage with this week for renewing our mind. Which one of those is most challenging... and how will you take those steps this week?