

- I. ONE THING—The One Thing that I'd like to take away from today's class and believe God to accomplish in my life is:

II. MEDITATION

A. Review your class notes from Tuesday.

1. Take some time to think about the main ideas of the lesson. If you want to add details to your notes, you'll find the audio message on our website under the Resources tab. (www.DivineDesignDiscipleship.com).
2. Which of the scriptures referenced were particularly meaningful to you? Write out those verses below and spend some time studying them this week.

B. Rewrite your One Thing into a prayer, expressing your heart's desire for God to make this truth become your experience.

III. PRINCIPLES

Use the principles found in these Scriptures to help you understand and cultivate a new way of thinking. This process will transform you to become more and more like Christ:

A. Revisiting Strongholds

- Not only do we have rivalry going within ourselves (old vs. new nature), but we are at war with Satan and his troops: Eph 6:12-- For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual *hosts* of wickedness in the heavenly *places*.
 - The enemy sends “fiery darts” that are thoughts by which he seeks to infiltrate our minds.
 - Cities in the Promised Land had walls. Enemy forces could come in through the parts of the wall that were 1) unguarded, 2) weak, or 3) broken.
 - Our unrenewed thought patterns give easy access to Satan and hinder access to the MOC.
 - Strongholds, defined-- long-standing, unbiblical thought patterns that have become rigid and which yield ground to Satan in our lives
 - We may not be aware that we have strongholds (SH). Indicators include feeling stuck in an area or being unable to integrate biblical truth beyond mere head knowledge.
 - In areas where you suspect a SH, the first step in dismantling it is: Name It Clearly.
 - Look over this list of common strongholds. Ask the Holy Spirit to uncover and name yours:
 - Anger, offense, criticism, judgment, resentment, unforgiveness, or bitterness
 - Fear, people-pleasing, doubt/unbelief, dread, worry, anxiety, or over-responsibility
 - Abandonment, rejection, isolation, loneliness, self-pity, or victim mindset
 - Shame, condemnation, guilt, self-hate, withdrawal/hiding, intimidation, or inferiority
 - Lying, cheating, theft, deception, trickery, betrayal, adultery, or denial
 - Pride, arrogance, superiority, selfishness, independence, callousness, or gossip
 - Poverty, stinginess, greed, covetousness, debt, materialism, or failure
 - Addiction; obsession; compulsion; lust of the flesh, eyes, or for control
 - Depression, despair, oppression, or torment
 - Other: ask God to reveal your specific issue and name it for you
- (Adapted from *Ministry Today* by Mark Virkler)
- Insights:

B. Reliance on a Lie

- Strongholds are built on what we trust: Prov 21:22 AMP-- A wise man scales the city walls of the mighty and brings down the stronghold in which they trust.
- Strongholds can be the result of trusting the messages we've received from the world, our past, our feelings, or our circumstances.
- Example: "I am what I do." This is not God's truth. But if life has repeatedly taught us that message, it becomes "our truth." As a result we put our trust in our performance or actions.
- The evidence of our lives indicates where our deepest heartfelt trust lies. (What we do vs. say)
- Trust/believing is a function of the heart not the head: Rom 10:10 AMP-- For with the heart a person believes (adheres to, trusts in, and relies on Christ)
- When we put our trust in a lie we invite the enemy to build a stronghold in our minds. Only by exposing that misplaced trust will we be free to tap into the Mind of Christ.
- When the Holy Spirit reveals a lie, repent and renounce it:
 - Repent = to turn; think again; to see from the highest place, from God's perspective
 - Renounce = to give up or put aside voluntarily; to give up by formal declaration (Dictionary.com)
- Once you repent and renounce the lie, seek God for this next step: Name the Entry Point.
- Often the enemy uses significant events or prevailing environments to introduce his lies.
- For example: A stronghold of works might enter in childhood when disciplined by shaming or through merit-based academics.
- God desires that all our thoughts would become grounded in His word and free of lies: Is 28:17 NLT --"I will take the measuring line of justice and the plumb line of righteousness to check the foundation wall you have built. Your refuge looks strong, but since it is made of lies, a hailstorm will knock it down. Since it is made of deception, the enemy will come like a flood to sweep it away.
- Insights:

C. Renewal by God's Truth

- As ungodly thought patterns and strongholds are replaced with God's truth, we become more and more free to agree with and exercise the Mind of Christ.
- After naming your stronghold clearly and identifying entry points, continue its destruction by renewing your mind. Finally & fully proceed to Replace the Lie with a Corresponding Truth:
 - a. Rom 12:2 NIV-- 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.
 - b. James 1:21 MSG-- Throw all spoiled virtue and cancerous evil in the garbage. In simple humility, let our gardener, God, landscape you with the Word, making a salvation-garden of your life.

- Intentionally and expectantly trust in God’s power and desire to transform you with His truth.
- The word for transformed in Romans 12 is the same root word as the word used of Jesus on the Mt of Transfiguration. He radiated the reality of heaven here on earth. We can, too!
- As we align with the Mind of Christ, we reflect the glory of Jesus and “approve” the will of God: Mt 6:10-- Your kingdom come. Your will be done on earth as *it is* in heaven.
- When you trust His heart and His word, God is pleased and has promised to respond favorably: Heb 11:6-- Without faith *it is* impossible to please *Him*, for he who comes to God must believe that He is, and *that* He is a rewarder of those who diligently seek Him.
- God is the One who has provided for and is committed to your freedom.
- Trust Him to reveal your SH and to guide the process. You’ll love the way freedom looks on you!
- Ps 55:16-19 NAS-- As for me, I shall call upon God, and the Lord will save me. Evening and morning and at noon, I will complain and murmur, and He will hear my voice. He will redeem my soul in peace from the battle *which is* against me, for they are many *who strive* with me. God will hear and answer them—even the one who sits enthroned from of old— *Selah*.
- Insights:

D. Continue to apply the principles from our previous teaching on the Mind of Christ:

- Make it a priority to get to know God more intimately. Spend time with Him in pursuit of true, biblical, “yada” knowing through His Word and His Spirit.
- Meditate on the Scripture using these verbs: chew, speak, sing, moan, mourn, roar, and imagine.
- Pursue growth in your communication with God. Use the handout “Tools & Techniques: Listening to God” to help you gain confidence and spot obstacles.
- Discover your deeper desires using these questions:
 1. Where are my thoughts obsessing or my emotions expressing themselves intensely?
 2. How am I reacting to the circumstances (fight, flight, avoiding, acting out, etc.)?
 3. What are those actions accomplishing in terms of my wants or desires?
 4. Is there something deeper that I want even more?
- Prayerfully consider areas of your life where there’s no bumper crop. What is keeping you from hearing God’s Word and putting it into practice? Journal with the Lord about the specifics.
- Invite God to reveal misinformation, lies, or deceit that has been sown in your life. In this season of Thinking Again, trust that He will reveal His truth that will bring new freedom!
- Use the handout “Tools & Technique: I Feel But God Says” to help you cultivate the mind of Christ in light of your current circumstances. It is a practical way to “take every thought captive.”
- Keep a written record of how God ministers to you this week. If you don’t have one, start a spiritual journal. Come back ready to share what you’ve experienced.