



LESSON 6 // ELIMINATE THE LIES

Big Idea: Your thinking will never be as holy, healthy or wholesome as it needs to be if you don't eliminate the lies that try to poison your mind.

It's important to understand and examine your thought patterns to discern what lies have taken hold in these patterns. Recognize that events, experiences, exposures, education, environments and entertainment have influenced your thinking, along with your sinful nature and the invasion of dark spiritual forces. Then take back "mental territory" by changing your "mental diet"—filling your mind with God's truth and declaring His truth—and practicing gratitude, worship and service to others.

2 Corinthians 10:3-5 (NIV) *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.*

Start Talking:

How does a thankful and worshipful mind help you avoid lies and focus on truth?

Start Thinking:

Read Romans 8:6 and Galatians 5:17-21. What do these verses tell you about the consequences of godly and ungodly thought patterns?

What are some significant influences (like events, experiences, exposures, education, etc.) that have conditioned or affected your thought patterns?

What ungodly and untrue thought patterns do you wrestle with at times? What lies are these based on?

Read 2 Corinthians 10:3-5. How do these verses speak to you about taking back "mental territory" from any lies that have invaded your thinking? In what practical ways can you begin (or continue) to do this?

Start Praying:

Pray for God for to help you identify and uproot lies from your thinking and replace them with truth from His Word.

Start Doing:

How is your "mental diet"? Take note this week of what you are allowing to influence your thinking and attitudes. Then focus on eliminating the bad "food" (influences that lead to ungodly ways of thinking) and determine to only take in healthy "food" that leads to godly thinking and action—especially a steady dose of God's Word!