**The Invisible War Series January 14, 2024**

**How to Deal with Thought Life Struggles**

**2 Corinthians 10:3-5**

“For though we walk in the flesh”

* Walk
	+ The way you live your **life all of the time**
* “In the flesh” – 2 meanings Biblically
	+ The physical bodies that we have
	+ The desire of a person to live **selfishly and sinfully**
* NIV says, “though we live in the world”

“war”

* Paul often used military analogies to help Christians understand the spiritual realities in the unseen realm
	+ To some, it seems excessive that we are at war
	+ Yet, it describes the very significant spiritual battle that all Christians are engaged in

“according to the flesh”

* As followers of Christ, we do not desire to fight against others as non-Christians do
	+ Money, words / smears / campaigns / language, political gain, lies / half-truths / deception

“weapons of our warfare”

* The means and methods which God has provided
	+ **Scripture** (Luke 4:1-11) – January 7
	+ **Submission** to God (James 4:17) – January 21
	+ **Fleeing** the occult (Deuteronomy 18:1-13) – January 28
	+ **The armor of God** (Ephesians 6:10-17) – February 4
	+ **Prayer** (Ephesians 6:18-20) – February 4
	+ **The indwelling Holy Spirit** (Galatians 5:16-25) – February 11
	+ **Deliverance** – February 18
	+ **Living in victory** – February 25

“destroying speculations”

* Speculations are **thought processes**
	+ Any words, plans, or schemes that are opposed to God, His Word, and His ways
	+ Those opposed to God write and speak extensively against Scripture, sound doctrine, and wisdom

“taking every thought captive”

* Taking is not just a one time event, but the sense of the word is repeated, on going, and a consistent action based out of a decision
* “Every thought” means, literally, every ill conceived though that is impure, unholy, and sinful
* Sinful thoughts can come from 3 areas
	+ The world, the flesh, the devil / demons

Demonic capability

* Satan / demons CANNOT read or know your thoughts
	+ Only God knows your thoughts and can understand them
* Demons can certainly influence your thinking by and through temptations
	+ Temptations are not sinful, but they CAN lead to sin

**How do I deal with thought life struggles?**

* Know that it **does not mean** you are a Christian if you are tempted or have unholy or sinful thoughts
	+ One tactic of the enemy is to try to get us to distrust our own salvation
* Get in a regular habit of quickly **dismissing temptations or sinful thoughts**
* Since demons cannot read your thoughts, you often need to speak a **rebuke aloud**
	+ All believers are given delegated authority by Christ Jesus
* **Use Scripture**, as Jesus did, speaking it aloud

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