

## Our Thoughts Don't Have to Win

### **Ready:**

“Since the weapons of our warfare are not of the flesh, but are powerful through God for the demolition of strongholds. We demolish arguments and every proud thing that is raised up against the knowledge of God, and we take every thought captive to obey Christ.” – 2 Corinthians 10:4-5

### **Set**

My husband describes his college golf career as four years of mental battles. He said each year presented a new mental struggle he had to fight against. He describes one struggle of standing over the ball on the tee box and having a rush of negative thoughts flood his brain. Every error he made that day flashed in his head; self-doubt and fear began before he started his swing.

As a coach, he aims to help his players conquer what he felt he never could. His goal for his players is to learn how to take those thoughts captive.

To take your thoughts captive is a learned skill. Satan knows our brain can be his playground if we haven't done the work. God reminds us that to obey Christ and fight the enemy, we must be able to take captive our thoughts. How do we do this?

Each person might have a different approach, but one way is to have a small prayer or Scripture memorized. Then, when your thoughts start running away, you repeat that prayer or Scripture as often as needed until the thought no longer rules your mind.

It takes discipline to learn how to do this. Start practicing today so that when needed, you are ready to fight!

### **Go**

- What Scripture could you use to fight back?
- Does your mind often get away from you?
- Why is it necessary to learn this skill?

### **Workout**

[James 1:12](#)

[Revelation 2:10](#)

### **Overtime**

“Lord God, You warn us that the enemy will attack us here on earth, but You also provide us with everything we need to fight back. Let us not be lazy but take up your Word and use it as our shield as we run into battle. Amen.”



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