

## The Battle for your Mind. Leading a Private Thought Life

4/29/2009  
Mike Dunn

*Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind of sinful man is death, but the mind controlled by the Spirit is life and peace; (Romans 8: 5-6)*

### SUMMARY:

Each of us who have trusted Christ for the forgiveness of our sins and are “born again in the Spirit”, have two distinct natures: a “carnal nature” (mind X) which responds to sin and a “new creation nature” (mind Y) which responds to the Holy Spirit of God.

Temptation is not sin (if we are walking closely with God, we should expect it!). We cross the line into sin when we allow those tempting thoughts to translate into preoccupied fantasy or into action.

Is it hopeless to master your secret thought life? Absolutely not! The filters we manufacture by the content that we expose our minds to, will determine our ability to master our thought lives. Pour God’s Word into your life. The light of His Word through the power of the Holy Spirit will show the way to navigate the temptations you face and prevent you from falling into sin. (Proverbs 20:27, Psalms 139:7)

### NOTES:

### DISCUSSION POINTS:

Why is it so difficult for men to gain control over their secret thoughts of fantasy, envy, lust, jealousy, wild ambition, the desire for money and power (or status), and the resentments that float in and out of our minds?

How would your wife or friends react if they knew **ALL** of your secret thoughts?

What is one area of your thought life that you struggle with and what can you do to overcome it?

### APPLICATION:

When temptation comes into your mind, recognize it, and reflect on God’s word and the power of the Holy Spirit to overcome it!

If you fall into sin, practice “Spiritual Breathing”: **Exhale** – confess the sin to God, **Repent** – ask God for forgiveness, **Inhale** – the refreshing power of forgiveness from Jesus and rely on the strength of the Holy Spirit to overcome the temptation in the future.

### ON YOUR OWN...

Read Romans 6-8. Paul (one of the greatest Christians whoever lived) struggled with this whole concept. Read of his struggle and remedy to overcome his sinful nature.

