

THE BATTLE IS WITHIN YOUR MIND

Life is a battle. Success does not come by chance. Victory is not passive. The promise of God does not come automatically. Before Christians can fully walk into what God is doing next in their lives, they must overcome an internal battle over what they remember, believe, expect, and embrace. This internal battle is more destructive, obstructive, and deadly than the outward battle. So, winning the mental battle to embrace your new beginning is a must.

Isaiah 43:18-19

- Your New Beginning Must Begin Within You.
- Before God can do a new thing in your life, you must remember not the former thing, neither consider the things of old.
- Then He said, behold, I will do a new thing.

God is telling you not to become so mentally imprisoned by yesterday that you cannot recognize what He is doing today.

Sometimes the greatest obstacle to a new beginning is not the devil around you, but the old thinking that remains within you.

- God may open the door while your mind is still processing closed doors.
- God may send the opportunity while your mind is still expecting disappointment.
- God may say It is a new season, while something inside you keeps saying, "But remember what happened last time".
- Therefore, new beginnings require renewed minds.



1. YOUR MIND IS A BATTLEGROUND.

2 Corinthians 10:3-5

Apostle Paul connects spiritual warfare with imaginations, thoughts, arguments, and knowledge that exalts itself against God. This tells us that some of our greatest battles are fought in our thought lives. Satan does not always need to build a physical wall in front of you to prevent you from moving forward. If he can convince you mentally that you cannot move forward, then your thinking becomes your wall of Jericho.

Today, God says: Behold, I will do a new thing! The question becomes: Whose report will govern your mind?

2. GOD CAN BRING YOU OUT WHILE YOUR MIND REMAINS BEHIND AND YOUR MEMORY CONTINUES TO FIGHT YOUR PROPHECY.

God brought Israel physically out of Egypt in one night, but getting Egypt out of Israel's mind took much longer. They were physically in the wilderness, but frequently their minds returned to Egypt.

Numbers 11:5

They remembered the food but forgot the bondage. They remembered what Egypt provided but forgot what Egypt had done to them.

That is one danger of an unrenewed mind: it can romanticize what God delivered you from. God was taking them toward Canaan, but their minds kept traveling backward.

You can survive a situation without surviving a mindset.



- God says, **“I am doing something new.”** But memory says, “Remember the last disappointment.”
- God says, **“I have opened a door.”** Memory says, “Remember when the other door closed.”
- God says, **“Trust Me again.”** Memory says, “Remember how badly you were hurt.”

In **Philippians 3:13-14**, Paul did not literally lose his memory. He refused to allow his past to control his pursuit.

Your past can be part of your testimony without remaining the master of your future.

3. HOW TO WIN THE BATTLE WITHIN YOUR MIND?

- **IDENTIFY THE THOUGHT THAT IS FIGHTING GOD’S PROMISE.**

You cannot defeat what you refuse to identify. Ask yourself: **What do I continually believe that contradicts what God has said?**

God says “You are blessed.” Your mind says, “Nothing is working for me.” God says, “I am with you.” Your mind says, “I am alone.” God says, “I will make a way.” Your mind says, “There is no way out of this situation.”

God says, “I am doing a new thing.” Your mind says, “Nothing will ever change.” The first step to win the battle in your mind is to identify that voice. Then confront it with the Word of God.



- **TAKE EVERY NEGATIVE THOUGHT CAPTIVE.**

2 Corinthians 10:5:

Not every thought that enters your mind deserves permission to remain there.

Thoughts will come. SUCH AS THESE:

- ❖ “You cannot make it.” Answer: **“I can do all things through Christ which strengtheneth me.” — Philippians 4:13.**
- ❖ You will never recover.” Answer: **“I will restore to you the years...” — Joel 2:25.**
- ❖ “There is no way.” Answer: **“I will even make a way in the wilderness.” — Isaiah 43:19.**

You must force your mind under the authority of God’s Word. Train your mind to comply with what God says.

- **REPLACE THE LIE WITH THE TRUTH.**

It is not enough to stop thinking negatively. You need to replace wrong thinking with God’s truth. Jesus demonstrated this in His temptation. **Matthew 4:3-4.**

Your greatest weapon against negative thinking or strongholds is not positive thinking. It is biblical thinking. Positive thinking says: “I think things will improve.” Faith says: “God has spoken, therefore I believe.”

- **RENEW YOUR MIND DAILY WITH THE WORD OF GOD.**

Romans 12:2 | Joshua 1:8



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Renewal is not usually a one-time experience. Your mind needs daily exposure to God's truth. Read the Word. Meditate on the Word. Speak the Word. Pray the Word. Believe the Word. Act upon the Word.

- **STOP REHEARSING YESTERDAY.**

Some people repeatedly rehearse their wounds. Every conversation returns to what somebody did. Every prayer returns to what went wrong. Every decision is filtered through yesterday's disappointment. Eventually, yesterday becomes mentally larger than tomorrow.

There comes a time when you must declare: "It happened, but it will not control me." "I learned from it, but I will not live in it." "I survived it, but I will not build my identity around it." "That was just a chapter of my life; it was not and cannot be the whole book of my life."

- **DEVELOP A NEW-THING MENTALITY.**

Isaiah 43:19

God is saying that the new thing may already be springing forth, but you need spiritual perception to recognize it. Start expecting God to move. Wake up saying: **"Something new can happen today."**

Pray expecting new doors. Worship expecting new encounters. Serve expecting new opportunities. Give expecting new harvests. Minister expecting new testimonies.

Do not wake up every morning expecting yesterday to repeat itself.



Lamentations 3:22–23 says His mercies are **new every morning**. If God's mercy is new every morning, you have biblical permission to expect something fresh from God.

- **LET THE HOLY SPIRIT GOVERN YOUR THOUGHT LIFE**

Romans 8:6

The Holy Spirit does not only want to influence what you do. He wants to influence how you think.

Pray: **Holy Spirit, expose every thought pattern in me that is inconsistent with God's purpose for my life.** Some mental battles require more than motivation; they require sustained surrender, prayer, Scripture, wise counsel, and disciplined thought patterns. **Victory comes as we continually submit our minds to Christ.**

- **YOUR NEW BEGINNING REQUIRES A NEW SELF-IMAGE**

Numbers 13:33

Their biggest giants were not only standing in Canaan. There were giants inside their thinking. God said: "I have given you the land." But their minds said: "We cannot take it."

Ten spies saw giants. Joshua and Caleb saw God. Same land. Same giants. Same promise. Different mentality. Your perspective determines whether you see an obstacle as the end of your journey or another opportunity for God to demonstrate His power.



- **DO NOT CARRY AN OLD MIND INTO A NEW SEASON.**

This is the heart of the message. God says: **“Behold, I will do a new thing.”** But before He announces the new thing, He addresses their relationship with the old. Perhaps God is saying to someone:

Yesterday’s failure cannot be your identity. Yesterday’s disappointment cannot become today’s theology. Yesterday’s rejection cannot determine tomorrow’s expectation. Yesterday’s pain cannot become tomorrow’s prison.

Declaration: My mind belongs to Jesus Christ! I break agreement with every thought contrary to the Word of God. I refuse to carry yesterday’s mentality into tomorrow’s manifestation. I am forgetting what must be forgotten. I am releasing what must be released. I am learning from what must be learned.

And I am reaching toward what God has placed before me. Every mental stronghold resisting my new beginning is coming down. Fear will not control me.

Failure will not define me. Regret will not imprison me. Rejection will not determine my identity. My past will not cancel my future. My mind is being renewed.

My faith is rising. My vision is changing. My expectation is increasing. I will perceive the new thing. I will embrace the new thing.

I will walk in the new thing. In Jesus’ name. Amen!

PRAYER POINTS

- Father, renew my mind and prepare me mentally and spiritually for everything You are about to do in my life, in Jesus' name.
- Every mental stronghold built through fear, failure, disappointment, and rejection, come down in the name of Jesus!
- Every thought pattern keeping me connected to an expired season, lose your hold over my life in Jesus' name.
- Father, deliver me from the fear of trying again.
- Every voice saying, "Nothing will change," I silence you by the Word of God!
- I receive grace to forget what is behind and reach forward to what God has prepared for me.
- Every painful memory attempting to sabotage my expectation, lose your power over me in Jesus' name.
- I pull down every imagination that exalts itself against God's purpose for my life.
- Father, replace every lie I have believed with the truth of Your Word.
- I reject the mentality of defeat, impossibility, and limitation.
- Lord, give me eyes to perceive the new thing that is already springing forth.
- Where my mind has been saying "impossible," let faith arise and declare, "With God all things are possible!"
- I receive a new vision for my future.
- I receive fresh hope for tomorrow.
- I receive courage to enter doors God is opening before me.
- Every grasshopper mentality within me is destroyed in Jesus' name.
- I will not think like a prisoner when God has called me free.
- I will not think like a failure when God has called me victorious.
- I will not think backward when God is calling me forward.
- Father, align my thoughts, expectations, and decisions with the new season You are bringing into my life.



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STUDY NOTES