

Battlefield of the Mind Taking Thoughts Captive – Part I

“For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ...” 2 Corinthians 10:4-5 NKJV

It has been said that the battleground for your soul takes place between your temples—a *war of thoughts takes place in your mind to steal your peace*. To win the battle for your mind, believers have the distinct privilege to take captive every thought that does not agree with God’s Word, and cast down every vain imagination put there to ruin you. The battle is won when we place our trust in God by obeying Him and walking in agreement with His Word. By doing so, God faithfully provides a place of safety and refuge for our minds—He frees us from our disturbing thoughts! The following is my story.

I remember very clearly the day I understood the full revelation of how to cast down vain imaginations and how to be free of tormenting thoughts. I was at a home Bible study and the teacher described 2 Corinthians 10:4-5 in a practical way. I am sure that I had previously heard sermons on the topic which prepared me to receive God’s *Rhema* Word for me that evening. It’s somewhat amusing now when I look back, but when the “light went on,” I excitedly jumped up from my chair—what a life-changing truth. *I now understood how I could be free from mental anguish!* Since then, I have taught on 2 Corinthians 10:4-5 many times.

Shortly after that teaching, I had a chance to apply what I had learned—this is the experiential revelation we learned about earlier. One day I was experiencing troubling thoughts that had become all-consuming. As I struggled, I remembered this teaching on *how to cast down mental arguments that are contrary to God’s Word*. My thoughts were so upsetting I couldn’t believe that this teaching would work, but I tried anyway.

God honored the truth of His Word. I started by speaking aloud, “Heavenly Father, You know my thoughts and You have promised me in Your Word that I can have a sound mind. So, LORD, I take these errant thoughts captive and cast them down so that I will no longer be tormented by them. I give them to You. Satan, I rebuke you now, and in the name of Jesus, I command you to cease harassing me; your assignment against me is canceled by the blood of Jesus. LORD, I receive Your freedom and the blessing of a sound mind. I pray this in Jesus’ precious name. Amen.”

I wasn’t through—I needed to replace the troubling thoughts—a mind cannot be empty! I must think on, and fill my mind with, those things that glorify God, and also confess who I am in Christ. I’m a visual person, so I began to visualize in my mind a scene from the movie, *The Passion of Christ*. I “replayed” in my mind Jesus carrying the cross down the Via Dolorosa. I filled my mind with Jesus’ passion for me. By obeying God’s Word in 2 Corinthians 10:4-5, I stepped into His promise to deliver me from my troubling thoughts. The result was astounding—the tormenting thoughts were no longer there; they were gone!



Philippians 4: 8-9 gives more insight into God’s delivering thoughts, “*Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from Me—everything you heard from Me and saw Me doing. Then the God of peace will be with you.*” *NLT*

I experienced one of the most significant miracles of my Christian walk by applying the *Rhema* Word given to me at the Bible study. By taking my tormenting thoughts captive, and casting them down, I was able to fill my mind with God’s good blessings for me. My mind was free!

But that’s not the end of the story. What I did next was very unwise, *so don’t do what I did*. A few hours later, my curiosity got the better of me and I attempted to do a very foolish thing. *I tried to recall the troubling thoughts... but they were gone!* I am very grateful that God was faithful to protect me in my foolishness because a sound mind is precious.

When you consistently take captive every thought that does not agree with God’s Word, the oppressive thoughts that invade your mind will eventually cease. Why? Satan is *already* your defeated foe. He cannot oppress you unless you allow him. Through God’s Word, He has given you victory over Satan and his ability to use you like a puppet. Living by God’s precepts and principles cuts the puppet strings and gives the liberty to live free of a tormented mind.

Moreover, God’s Word transforms our minds and renews our thinking so that we become less self-centered and more God-centered. The more God-centered we become, the less self-centered we become. The less self-centered we become, the less power Satan has to influence our thinking and behavior. As a bonus, by taking errant thoughts captive, your mind is renewed “by the washing of His Word,” and as a result, your behavior will change. This is what it means to say, “God changes you from the inside out.” —Ω

 Information and Revelation
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Heavenly Father, thank You that You have provided a way I can be free from troubling thoughts and vain imaginations. Thank You that I can renew my mind as I wash it with Your Word. Thank You that I can have a mind stayed on You so that I can have peace and freedom from tormenting thoughts. LORD, I desire the full revelation of how to cast down vain imaginations and how to be free of troubling thoughts. Your Word promises that I can have a sound mind; what a blessing I have in You! I choose to fix my thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable because I want to walk in Your precious promise of Your peace and having a sound mind. I ask this in Jesus’ precious name. Amen.

By David E McFadden
“Let’s Make Disciples Together!”