

## Lesson 20: Tough Times and the Battle for the Mind

Our mind controls our attitudes, behaviors, decisions, habits, indeed our very direction in life. Satan fights to control our minds and attitudes and the way we think. He can and does put things into our mind (temptations, doubts, worry, fears, negativism, etc.). God never puts a negative thought in our minds. He wants to fill our minds with positive and good thoughts. It is therefore absolutely necessary that we realize that there is a battle for our mind between God and His Church and the Devil and his world.

How can we have a mind that is under God's control, where Satan has been defeated? It all starts with a good foundation. A house must have a good foundation, or it is worth nothing. So our lives must have a good foundation.

*Matthew 7:24-27*

What is our foundation? \_\_\_\_\_

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What are some things that Satan does to gain control of our mind? \_\_\_\_\_

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*Romans 12:2*

What must happen if we are to know the will of God for us?

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\_\_\_\_\_

Satan loves to put worries and fears into our mind and use them to defeat us. Through God we can lead the victorious Christian life.

The Lord shows us how to overcome worries and fears in the book of Philippians 4:4-7

What advice do we have here for overcoming worries and fears?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

What is the result of following these steps (verse 7)

1) \_\_\_\_\_

2) \_\_\_\_\_

Instead of filling our minds with worldly things, the next verse in this section describes what we should put into our minds:

*Philippians 4:8*

In order to fill our minds with these things, what might we have to do?

\_\_\_\_\_

One thing that exists everywhere is negativism. So many people go around gloomily, thinking the worst will happen, constantly worrying, believing nothing good is going to happen to them. Negative attitudes and negative thinking are everywhere. All negativism shows minds under Satanic oppression. God wants His people to have a hopeful outlook. This is not "Pollyannaish" but is based upon the promises and principles of the Word of God. In union with God, our Creator, our Savior and our Lord, the future is NEVER GLOOMY, ONLY HOPEFUL. And though the future may be difficult, it is always filled with hope.

How does this truth fit with what the writer of the book of Ecclesiastes says in chapter 1 verse 2?

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\_\_\_\_\_

*Philippians 4:13*

What must we eliminate from our thinking? \_\_\_\_\_

Many people have the attitude that life is almost impossible and that living for Christ is so hard. Instead of thinking in these ways, we should think positively. Begin the day with prayer and remind yourself: "I can do all things in union with Christ who gives me strength."

*1 Timothy 6:6-8*

What is part of a positive Christian attitude? \_\_\_\_\_

What happens to worldly people who want to get rich? \_\_\_\_\_

*1 Thessalonians 5:16-18*

What is part of a positive Christian attitude? \_\_\_\_\_

*Romans 5:3-5*

What should a Christian do when troubles come? \_\_\_\_\_

How does God use times of trouble? \_\_\_\_\_

What does St. Paul say about times of trouble in his life? \_\_\_\_\_

*Philippians 3:12-14*

Paul compares our Christian life here to a \_\_\_\_\_ .

What attitude must an athlete have? \_\_\_\_\_

What must an athlete keep in mind when the race gets tough. \_\_\_\_\_

What should be our attitude towards the past? \_\_\_\_\_

What should be our attitude towards the future? \_\_\_\_\_

What does the devil try to get us to think concerning our Christian race? \_\_\_\_\_

What is going to happen if a Christian does not have a positive attitude? \_\_\_\_\_

According to the section we read, why can we always have a very positive and hopeful attitude?  
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**HOMEWORK**

1. Work on rejoicing in the Lord this week. Get up in the morning praising Him. Think of all He's done for you in Christ. Think about all His beautiful promises that will never fail.
2. Are you caught in worries or fears? Deal with them. Identify them and in the power of God work on eliminating them.
3. Pray with someone a special prayer filled with praise and rejoicing.

