



July & August memory passage: **Psalm 19**

July & August memory verse: **Psalm 19:14** *Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.*

Series: Praying Through (02)

Title: Praying Through The Battle of the Mind

Scripture: Psalm 19

Basic truths for all followers of Jesus regarding our minds:

1. We have the mind of Christ and we did nothing to earn it. (1 Cor. 2:11-16)
2. We have the capacity for creativity, innovation, and imagination. (Gen. 1:26-28)
3. Our minds are depraved by the fall therefore we do not naturally think rightly about God or ourselves. ([2 Corinthians 3:14](#), [1 Timothy 6:5](#), [Ephesians 4:18](#), [Romans 1:21](#), [Romans 1:18](#), [Colossians 2:8](#), [1 Corinthians 1:21](#))
 - a. Science affirms what God's WORD says about our broken minds.
 - i. There are almost 200 known cognitive biases and distortions that cause us to think and act irrationally. ([1](#), [2](#), [3](#))
 - ii. Memories are shockingly unreliable and change over time. Emotions, motivation, cues, context and frequency of use can all affect how accurately you remember something.
 - iii. Of the thousands of thoughts a person has every day, it's estimated that 70% of this mental chatter is negative — self-critical, pessimistic, and fearful. ([4](#), [5](#))
 - b. Our minds are broken by sin, therefore we CANNOT trust what we think.
 - i. Our minds are: confused ([Deuteronomy 28:20](#)), anxious, closed ([Job 17:3-4](#)), evil & restless ([Ecclesiastes 2:21-23](#)), rash & deluded ([Leviticus 5:4](#); [Isaiah 32:4 NIV](#))
 - ii. Sin gives us: a troubled mind ([2 Kings 6:11](#)), a depraved mind ([1 Timothy 6:5](#)), a sinful mind ([Romans 8:7 NIV](#)), a dull mind ([2 Corinthians 3:14 NIV](#)), a blinded mind ([2 Corinthians 4:4](#)), a corrupt mind ([2 Timothy 3:8](#))
 - c. We have an amazing ability to lie to ourselves.
 - d. We are preconditioned to misunderstand. We see what we want to see.

4. The gospel is the only remedy for our broken minds and the Word of God empowered by the Spirit is the weapon of victory in the battle of the mind.
 - a. We have to question what we think and weigh it with the Word of God!
 - b. Having the mind of Christ means that we have hope as we fight from victory not for victory. Lamentations 3:21-26
 - c. We pray the Word of God to navigate the battle of the mind.

We pray from victory through the battle of the Mind:

- 1) When we spend time praying in creation, God reveals His wisdom, God's power, and God's glory to us. (Psalm 19:1-6)
- 2) When we spend time praying God's all-sufficient Word back to God, God reveals everything we need for life and godliness. (Psalm 19:7-11)
 - a) The perfect law converts the soul.
 - b) The sure testimony makes us wise.
 - c) The right precepts rejoice our thoughts and emotions.
 - d) The pure commandment enlightens our mind's eye.
 - e) The fear of the Lord enduringly cleans.
 - f) The true and righteous rulings warn and reward.
 - g) Keeping the Word enriches better than gold.
 - h) Keeping the Word satisfies sweeter than honey.
- 3) When we spend time praying for God to examine us, God reveals our sin, our victory over sin, and Spirit-empowered living and thinking. (Psalm 19:12-14)