

Mind Games

How to Develop a Healthy Self-Image, Part 2

11-15-15

“Strongholds” means: To fortify, through the idea of holding safely, a castle.

The enemy uses this system of thought to establish claims against Godly truths that are in your mind.

- *The weapons that conquer your mind are not worldly or fleshly.*
- *The weapons that conquer your mind have divine or Godly power.*

John 8:31-32 - To the Jews who had believed him, Jesus said, “If you **hold** to my teaching, you are really my disciples. ³² **Then** you will know the truth, and the truth will set you free.”

Paul will tell us:

- ***YOU ARE IN CHRIST***
- ***HOW YOU GOT TO BE IN CHRIST***
- ***HOW TO LIVE BECAUSE YOU ARE IN CHRIST***

Ephesians 1:1-6 - Paul, an apostle of Christ Jesus by the will of God, To the saints in Ephesus, the faithful in Christ Jesus: ²Grace and peace to you from God our Father and the Lord Jesus Christ. ³Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. ⁴For he chose us in him before the creation of the world to be holy and blameless in his sight. In love ⁵he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will— ⁶to the praise of his glorious grace, which he has freely given us in the One he loves.

➤ *The key to a positive self-image is to discover who you are in Christ.*

Big Idea #1. You need to recognize your righteousness in Christ.

**Big Idea #2. You need to recognize that you have _____
the resources in Christ.**

Ephesians 1:3 - Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.

1. We need to understand, not only are you righteous in God's sight, not only does God call you a saint, but that God has given you everything that you need to live as a Christ follower.

2 Corinthians 10:5 - We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2. When you understand what God says, when you understand the truth, the truth will set you _____.

2 Peter 1:3 - His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness.

Romans 8:9 - "... You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ."

2 Peter 1:3 - His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness.

3. If the fullness of God is in Jesus, and He's in you, what more do you need? God has blessed you with all spiritual blessings in heavenly places in Christ Jesus. When you understand that, you begin to have this healthy self-image, to understand who you are in the Lord Jesus Christ.

**Big idea #3. You need to recognize you are _____
Christ.**

Ephesians 1:6 - “to the praise of his glorious grace, which he has freely given us in the **One he loves.**”

1. Now, what is your relationship? Your relationship is one of acceptance, not merely that you have accepted God, but that He has made you acceptable through the one He loves.

Matthew 3:17 - “And a voice from heaven said, “This is my Son, whom I love; with him I am well pleased.”

Ephesians 1:6 - “to the praise of his glorious grace, which he has freely given us in the One he loves.”

2. God does not change you in order that He may love you. God _____ in order that He may change you.

Romans 5:8 - “But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”

The key to all of this is that little phrase, “In Christ.”

Ephesians 1:1-6 - Paul, an apostle of Christ Jesus by the will of God, To the saints in Ephesus, the faithful **in Christ** Jesus: ² Grace and peace to you from God our Father and the Lord Jesus Christ. ³ Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. ⁴ For he chose us in him before the creation of the world to be holy and blameless in his sight. In love ⁵ he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will— ⁶ to the praise of his glorious grace, which he has freely given us in the One he loves.