

Mind Games

How to Develop a Healthy Self-Image

11-8-15

“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: 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.

1. **The key to a positive self-image is to know who you are _____
Christ.**

2. **God does not work from the outside in; God does not modify your behavior in order to change you. God changes our thinking in order to modify our behavior.**

3. **It is truth that frees you. What is truth? Truth is what
_____.**

**Big Idea: You need to recognize your _____
in Christ.**

Ephesians 1:1 - Paul, an apostle of Jesus Christ, by the will of God, to the saints which are at Ephesus, and to the faithful in Christ Jesus.

4. **The word “saint” means: “A sanctified one.” One that God has
_____ righteous and set aside for Himself.**

Ephesians 1:4 - For he chose us in him before the creation of the world to be holy and blameless in his sight. In love . . .

5. **Blameless literally means: Without blemish, or spotless.**

1 Peter 1:19 - but with the precious blood of Christ, a lamb without blemish or defect.

Romans 4:4-6 - Now to the one who works, his wage is not credited as a favor, but as what is due. ⁵ But to the one who does not work, but believes in Him who justifies the ungodly, his faith is credited as righteousness, . . . ⁶ just as David also speaks of the blessing on the man to whom God credits righteousness apart from works *NASU*

6. The word “credits” means: To put that _____ account.

7. The Bible teaches that we are saved by grace through faith, not of ourselves, not of works. And, when I trust Christ, the moment I trust Christ, the moment I give my heart to the Lord Jesus Christ, at that moment, I become a saint. I am righteous.

Romans 4:7-8 - *“BLESSED ARE THOSE WHOSE LAWLESS DEEDS HAVE BEEN FORGIVEN, AND WHOSE SINS HAVE BEEN COVERED. ⁸ BLESSED IS THE MAN WHOSE SIN THE LORD WILL NOT TAKE INTO ACCOUNT.” NASU*

8. Why do you need to understand that? Because until you see who you are, you’re not going to think of yourself like you should, and therefore not _____ like you ought to behave.

Romans 12:3 - “For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you.