

Destroying The Fortresses In Our Minds

II Cor. 10:3-5

- I. The mind/body connection
 - a. Your brain is the organ
 - b. Your mind is your thoughts
 - c. Your brain works on electricity
 - d. Your mind delivers the instructions
 - e. The responses are psychological & physiological
 - f. The conscious and sub conscious

- II. The battleground
 - a. “Cogito, ergo sum”
 - i. “I think, therefore I am”
 - b. We all create ruts

- III. The enemy
 - a. Fortresses in your mind
 - b. The lies we believe

- IV. Our weapon
 - a. We must play offense
 - i. The Word of God
 - b. Destroying fortresses
 - c. True thoughts
 - d. They will set you free