

TACTICS

> WINNING THE BATTLE FOR TRUTH <
— IN AN AGE OF DECEPTION —

A 13-WEEK DEVOTIONAL FIELD GUIDE



RECOGNIZE DECEPTION. | THINK BIBLICALLY. | STAND CONFIDENTLY. | LIVE ON MISSION.

★
ROCKFISH CHURCH RESOURCE

TACTICS: WEEK 9

THE BATTLE FOR YOUR MIND

*As God renews your mind, He transforms
your life.*

MISSION BRIEF

Every battle reaches the mind. Temptation begins as thought, deception as an idea entertained, and fear as captured attention. The mind is therefore a key battlefield in the Christian life.

The enemy distorts truth, magnifies fear, rehearses pain, and clouds our view of ourselves, our circumstances, and God. But we are not powerless.

God gives us His Word and Spirit to test our thoughts rather than accept them as truth. This week, we aim not merely to think positively, but biblically.

We will uncover recurring lies, replace them with Scripture, and take thoughts captive before they take us captive.

TRAINING OBJECTIVE

Allow God's truth to renew the way you think so that it transforms the way you live.

Memory Verse: *Romans 12:2 (NIV)* ² Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

WHAT DID WE LEARN?

REMEMBER

Week Nine Battle Rhythm:

Day	Focus	Question
1	Objective + Tactics	Identify the Gateway: Recognize the thoughts and beliefs behind your behavior.
2	Terrain	Survey the Territory: Identify what is consistently capturing your attention and shaping your thinking.
3	Training	Renew Your Thinking: Compare recurring thoughts with Scripture and replace lies with truth.
4	Rules of Engagement	Take It Captive: Stop, examine, compare, surrender, and choose your response.
5	Unit Cohesion + Mission	Live Transformed: Carry renewed thinking into your actions and help someone else become more Scripture-aware.

DAY 1 | REMEMBER: *What Did We Learn?*

OBJECTIVE

RECONNECT

Before sin becomes behavior, it becomes belief. Before worship becomes action, it becomes affection. Before discipleship changes your life, it changes your thinking.

The battle for your life is first a battle for your mind.

We often want to change what we are doing without stopping to ask what we are believing. We see the behavior. We see the reaction. We see the decision. So naturally, we try to fix what we can see. But Scripture takes us deeper.

Behavior is visible, but the heart is hidden. We can see when someone loses their temper, lies, complains, withdraws, or makes a bad decision. But we can't immediately see the thoughts, beliefs, desires, or assumptions that produced that behavior.

Jesus taught that what comes out of our lives ultimately comes from within:

"For out of the abundance of the heart the mouth speaks." (Matthew 12:34)

Our behavior is often the fruit. Our thoughts, beliefs, and desires are part of the root. If we only cut off the fruit without dealing with the root, the problem will eventually show itself again.

This is why Scripture doesn't simply tell us to behave differently. Romans 12:2 says:

"Be transformed by the renewal of your mind."

God's approach goes deeper than behavior modification. He wants to renew the mind, because a renewed mind leads to a transformed life. That doesn't mean our actions don't matter. They absolutely do. It means biblical change doesn't begin with simply asking:

"What am I doing wrong?" It also asks: *"What am I believing that is leading me to live this way?"*

TACTICS

Establish a lie in your thinking until it becomes believable enough to shape how you live.

REFOCUS

(Excerpt from) Matthew 12:34 (NIV)

³⁴ ...for the mouth speaks what the heart is full of.

RESPOND

AFTER ACTION REVIEW:

Am I trying to manage the fruit while leaving the root untouched?

- **What behavior or reaction keeps showing up in my life?**
What am I doing that I know needs to change?
- **What thought or belief is underneath it?**
What am I believing about God, myself, others, or my circumstances?
- **What desire or affection is that belief feeding?**
What am I wanting, protecting, fearing, or trying to control?
- **What truth from Scripture challenges that belief at the root?**
What does God say is actually true?

ACTION STEP / DAILY CHALLENGE:

Catch one thought before it becomes a reaction.

When you notice a familiar response today, stop and ask: “What am I believing right now?”

Then compare that belief with Scripture before you act.

RETURN

Father, expose the lies I’m tempted to believe and renew my mind with Your truth. Help me recognize what is shaping my thoughts before it shapes my actions. Teach me to think biblically and respond in obedience to You. Amen.

***The mind is the gateway to every other
battlefield.***

DAY 2 | EXAMINE: *What Does This Reveal?*

TERRAIN

RECONNECT

Your mind is always being formed.

The question isn't whether you are being influenced. The question is: ***By what?*** Social media. Entertainment. Fear. News. Friends. Success. Approval. Anxiety. Scripture. Prayer.

Every day, something is competing for your attention. And whatever consistently captures your attention begins to occupy territory in your mind. Think about your mind like a battlefield. Every influence doesn't deserve equal ground.

Philippians 4:8 tells us to intentionally focus our minds on what is true, honorable, just, pure, lovely, commendable, excellent, and worthy of praise.

That means we don't simply accept whatever enters our minds. We pay attention to what we're allowing to shape us.

REFOCUS

Philippians 4:8 (NIV) ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

TACTICS

The enemy tactic is to win your attention before you realize he is shaping your thinking.

RESPOND

AFTER ACTION REVIEW

What currently occupies the most territory in your mind?

- What do I think about most?
- What do I consume most?
- Who influences the way I think?
- What conversations stay in my head?
- What gets my attention before God does?
- What influences my thinking more than Scripture?

ACTION STEP / DAILY CHALLENGE

Complete this sentence:

"If someone could see everything I thought about today, they would probably discover that I care deeply about _____."

Then ask: *"Is that what I want shaping my life?"*

RETURN

Father, show me what has been occupying territory in my mind. Help me recognize the voices and influences that are shaping me. Teach me to become more Scripture-aware and to intentionally set my mind on the things that honor You. Amen.

***Whatever captures your mind eventually
captures your life.***

DAY 3 | PRACTICE: *What Needs To Change?*

EQUIPMENT

RECONNECT

Remember the charge or directive in Romans 12:2 – *“Be transformed by the renewing of your mind.”*

Renewal is intentional. It doesn't happen simply because we want to think differently. It happens as we allow God's truth to reshape the way we think. The Christian life isn't about pretending negative thoughts don't exist. It's not positive thinking. It's biblical thinking.

We don't simply ask, *“How can I feel better?”*

We ask: *“What does God say is true?”*

The goal isn't merely to think differently. The goal is to let God's truth transform who we are becoming.

REFOCUS

Ephesians 4:22-24 (NIV)

²²You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³to be made new in the attitude of your minds; ²⁴and to put on the new self, created to be like God in true righteousness and holiness.

***You cannot win tomorrow's battle with
yesterday's thinking.***

RESPOND

AFTER ACTION REVIEW:

Think of one recurring thought that has been influencing you. Write it down.
Then put it through three questions:

1. Is it true?
2. Is it biblical?
3. What does God actually say?

Now find one specific Scripture that speaks God's truth into that thought.

TRUTH REPLACEMENT

Old thought: _____

What does God say? _____

Scripture: _____

New response: _____

The point isn't simply to identify the wrong thought. **It's to replace it with truth.**

ACTION STEP:

Repeat your chosen Scripture throughout the day. When the old thought returns, don't simply agree with it.
Return to God's truth.

RETURN

God, renew my mind. Show me the thought patterns that need to change. Help me stop allowing old ways of thinking to control new situations. Teach me to recognize Your truth and allow Your Word to shape the way I think, respond, and live. Amen.

***The enemy benefits when yesterday's lies
become today's assumptions.***

DAY 4 | *How Does This affect me and the people around me?*

RULES OF ENGAGEMENT

RECONNECT

Paul tells us to take destructive thoughts captive, not give them permission to stay.

Examine every thought: Is it true, biblical, and honoring to Christ?

If it fails that test, it does not get to direct your life. You may not control the first thought, but you can choose what happens next.

Bring it to Christ, replace it with truth, and use this process:

- CAPTURE: What am I thinking?
- EXAMINE: Is it true?
- COMPARE: What does Scripture say?
- SURRENDER: What does obedience require?

REFOCUS

2 Corinthians 10:3–5 (NIV) ³ For though we live in the world, we do not wage war as the world does. ⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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.

***Take every thought captive before it takes
you captive.***

RESPOND

AFTER ACTION REVIEW:

- What recurring thought is hardest for you to surrender?
- Why do you think this thought has so much influence?
- What truth from Scripture challenges it?

ACTION STEP / DAILY CHALLENGE:

Catch it. Name it. Test it. Replace it. Obey the truth.

- **Name the thought.** Write down the exact sentence running through your mind rather than describing it vaguely.
- **Identify what triggered it.** What happened just before the thought appeared—a conversation, memory, fear, post, temptation, criticism?
- **Interrogate it.** Ask, *Is this true? Is it biblical? Am I assuming something God has not said?*
- **Find a specific Scripture.** Don't answer a specific lie with a general truth. Find a passage that directly confronts what you're believing.
- **Say the truth out loud.** Replace the thought intentionally:
"I'm tempted to believe _____, but God says _____."
- **Delay your reaction.** Before sending the text, making the comment, withdrawing, retaliating, or giving in—wait long enough to choose rather than react.
- **Choose one obedient response.** Ask, *"If God's Word is true, what should I do next?"* Then do that one thing.

Watch for the pattern. If the same thought keeps returning, record when it happens. Recurring thoughts often reveal a deeper belief that needs renewed.

RETURN

Jesus, teach me to take my thoughts captive. Help me recognize thoughts that are false, destructive, or contrary to Your truth. Give me the discipline to stop, examine, and surrender them to You. May Your Word become stronger in my mind than the voices competing for it. Amen.

I don't have to let every thought become a belief.

DAY 5 | MULTIPLY: *Who Else Needs This?*

UNIT COHESION

RECONNECT

A renewed mind produces a transformed life. Victory doesn't begin with simply trying harder. It begins with thinking differently. Romans 12:2 connects the renewal of our minds with transformation. God isn't merely trying to make us better at managing our behavior. He is transforming us from the inside out. And that transformation doesn't stop with us. A renewed mind changes the way we speak.

- The way we respond.
- The way we make decisions.
- The way we handle temptation.
- The way we treat people.
- The way we approach future battles.

The goal isn't simply: *"I need to think better."*

The goal is: *"I want to think biblically so that I can live differently."*

REFOCUS

2 Corinthians 3:18 (NIV)

¹⁸ *And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.*

A renewed mind produces a transformed life.

RESPOND

BATTLEFIELD ASSESSMENT (What Is This Producing in Me?)

God never intended us to fight alone. Think about someone who could benefit from the truth God has been teaching you this week. You don't need to diagnose their thought life. You don't need to lecture them. You don't need to tell them what is wrong with them. Instead, share what God has been showing you.

- What has God been showing me about my mind this week?
- What truth do I need to keep carrying into next week?
- Who could I encourage with that truth?
- How can I help someone else become more Scripture-aware?

Now summarize it with one question:

If this belief about who I am keeps shaping my life, what kind of person is it forming me into?

ACTION STEP / DAILY CHALLENGE:

Develop a "Thought Journal" for seven days. Each day record:

THE THOUGHT:

What recurring thought did I notice?

THE LIE:

What false message was behind it?

THE TRUTH:

What does Scripture say?

THE RESPONSE:

What action will I take because God's truth is greater?

The goal is not simply to become more self-aware, but to become more Scripture-aware.

RETURN

Father, renew my mind through Your Word. Help me reject lies, embrace Your truth, live transformed, and encourage others toward Jesus. Amen.

***The battle for your life is first a battle for
your mind.***
