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VICTORY IN YOUR MIND

THE POWER OF FOCUS



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Victory in Your Mind — The Power of Focus

Opening Story: A Phone Call That Missed the Point

That's a picture of what happens in our spiritual lives every day. Distractions don't usually announce themselves as enemies. They come as phone calls, notifications, and even good things that pull us away from the best thing. And then the enemy has the nerve to tell us to focus—after he's already stolen our peace.

Today we're talking about Victory in Your Mind. And the first step to victory is learning to recognize the distraction before it steals your focus. Let me show you something. Watch what happens when light is scattered versus when light is focused.

That's sunlight. The same sunlight that warms your face. It was always there. It was always powerful. The difference wasn't the sun, the difference was the focus. Scattered light warms a room. Concentrated light starts a fire. God's presence, God's Word, God's power; it's always available. It's shining right now. The question is whether we'll let it be scattered across a hundred distractions, or concentrated on one thing. Because concentrated light doesn't just warm, it consumes. And that's what Israel never learned. Deuteronomy 1:2 says...

It was an eleven-day journey from Horeb (Mount Sinai) to Kadesh-barnea (the doorstep of the Promised Land.) Yet Israel spent forty years in the wilderness. To put that in perspective: the distance was roughly 230 miles—just 20 miles different than driving from Washington, DC to New York City. In fact, if you walked at a normal pace, you could cover that distance in about eleven days. That was the journey. Eleven days. But it took them forty years.

Why? Not because the distance was too great, but because their minds were not renewed. They had left Egypt geographically, but Egypt had not left them mentally. They saw giants instead of God. They focused on their weaknesses instead of His promise. They used their energy and thought-power to grumble and complain instead of speaking life. The result was a whole generation that died in the wilderness without ever entering their inheritance.

That is the power of focus. Where you set your mind determines whether you walk in daily victory or wander in defeat. Pastor Tony Evans says, The mind is the battlefield where spiritual victory or defeat is determined. Joyce Meyer echoes, The mind is the battlefield. We are at war over our destinies and it starts in the mind.

F — Fix Your Focus on Christ

Isaiah 26:3 (ESV) *You keep him in perfect peace whose mind is stayed on you, because he trusts in you.*

Colossians 3:2 (NLT) *Think about the things of heaven, not the things of earth.*

Hebrews 12:2 (ESV) *Looking to Jesus, the founder and perfecter of our faith...*

Peter walking on water (Matthew 14:28–31): Peter was doing the impossible as long as his eyes were on Jesus. The moment he focused on the wind and the waves, he began to sink. The problem was never the storm, it was his focus. Victory begins when we deliberately fix our eyes on Jesus rather than on our problems or the enemy's lies.

O — Order Your Thoughts

I saw a great IG story yesterday that illustrates this; the person spoke about organizing his FEDEX truck to improve his performance. Organization helps bring order and increases your productivity.

We must intentionally bring order to our thoughts:

- Self-defeating thoughts
- Anger
- Judgements
- Guilt / Shame
- Fear, etc.

If we don't bring our thoughts into order, they will dictate our outcomes instead of letting the Word be the standard.

2 Corinthians 10:5 (ESV) *We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.*

2 Corinthians 10:5 (NLT) *...We capture their rebellious thoughts and teach them to obey Christ.*

Philippians 4:8 (NLT) *...Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable...*

The twelve spies (Numbers 13–14): Ten spies came back with a report of giants and impossibility. Two (Joshua and Caleb) came back with a report of promise. The ten focused on the problem; the two focused on God. The ten died in the wilderness; the two entered the Promised Land. The battle was lost in the mind before it was ever lost on the battlefield.

Tony Evans says, You are not responsible for every thought that flashes into your mind... but you are responsible for what you do with them once they are there. Rev. Christie Bature stresses that the real battlefield is not public debate but what happens between a

person's own ears. We must interrogate every thought: Who told you that? If it contradicts God's Word, we take it captive and dismiss it in Jesus' Name.

C — Choose to Renew Your Mind

Romans 12:2 (ESV) *Do not be conformed to this world, but be transformed by the renewal of your mind...*

Romans 12:2 (NLT) *...let God transform you into a new person by changing the way you think...*

Ephesians 4:23 (NLT) *Instead, let the Spirit renew your thoughts and attitudes.*

David and Goliath (1 Samuel 17): David's brothers and the entire army of Israel saw Goliath and were paralyzed by fear. David saw Goliath and remembered that he had already conquered the lion and the bear. He had renewed his mind by rehearsing God's past faithfulness. A renewed mind sees giants as already defeated.

Joyce Meyer in her book writes, Our actions are a direct result of our thoughts. If we have a negative mind, we will have a negative life. Renewal is not a one-time event but a daily discipline. Feed your mind on God's Word and starve the lies of the enemy.

U — Understand Your Identity in Christ

1 Corinthians 2:16 (ESV) *...But we have the mind of Christ.*

2 Timothy 1:7 (NLT) *For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.*

Philippians 4:13 (ESV) *I can do all things through him who strengthens me.*

Elijah at Mount Carmel and then in the cave (1 Kings 18–19): Elijah called down fire from heaven and defeated 850 false prophets; a mountain-top victory. But the next chapter finds him running from Jezebel, depressed and wanting to die. God did not rebuke him; He recalibrated his mind. He fed him, rested him, and spoke to him in a still small voice. Victory is not just about the high moments; it is about what you do in the cave.

Victory comes when we agree with God about who we are. We are not defined by our past, our failures, or the enemy's accusations—we have the mind of Christ. And a person who knows they are a son or daughter thinks differently about resources than a person who still thinks like a slave. Which brings us to the next letter.

S — Stay Alert and Sober-Minded

1 Peter 5:8 (ESV) *Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion...*

1 Peter 5:8 (NLT) *Stay alert! Watch out for your great enemy, the devil...*

James 4:7 (ESV) *Submit yourselves therefore to God. Resist the devil, and he will flee from you.*

Remember the Israelites at Kadesh-barnea (Numbers 13–14; Deuteronomy 1:2)? They were eleven days from their inheritance, roughly the distance from Washington, DC to New York City. Eleven days. But they allowed fear, unbelief, and the report of the ten spies to dominate their thinking. Forty years later, Moses reminded them: It is an eleven-day journey from Horeb to Kadesh-barnea (Deut. 1:2). The tragedy was not the distance; it was the mindset. An entire generation wandered and died within reach of the promise because they refused to renew their minds. Our founding Pastor, Dr. Gary Whetstone challenges us to control our hearts and minds the same way we control our outward appearance because the internal battle is where the real war is won or lost.

Stay alert not in fear, but in faith, armed with the Word, prayer, and the authority of Jesus' Name. The enemy wants you to wander in a wilderness of your own making. But the promise is only a DC-to-NYC trip away if you will keep your mind stayed on Christ.

Victory in the mind is not automatic; it is intentional. Remember the video we saw? Sunlight was always there. The lens just had to stay put. This week, you don't need more of God, you need to stay positioned. Hold the lens steady. Keep your mind stayed on Him. And watch what catches fire. Israel's 40-year wander is a warning. They were geographically close but mentally far. An eleven-day journey, about the distance from Washington, DC to New York City, became a lifetime of defeat because they would not take their thoughts captive and renew their minds. And part of that unrenewed mindset was scarcity, the slave mentality that could not trust God enough to give. They wanted the Promised Land, but they still had Egypt in their heads.

FOCUS your mind on Christ today. Fix your focus. Order your thoughts. Choose renewal. Understand your identity. Stay alert. And then give with a generous mind, because a renewed mind always produces a generous hand. The distance to your promise may be short but the battle is in your mind. Win the battle there, and you will walk in daily victory and you will give like a son or daughter, not like a slave.