

A SIX-WEEK BIBLE STUDY ON  
TAKING CHARGE OF YOUR THOUGHT LIFE

# MASTER YOUR MINDSET



FROM THE MESSAGES OF ADRIAN ROGERS





# Guide to Studying Your Bible

FIVE SIMPLE STEPS FROM  
PASTOR ADRIAN ROGERS

## PRAY OVER IT

**Begin with prayer.** Ask for God's cleansing and the ability to receive what He wants to teach you.

## PONDER IT

What did it mean **then**?  
What does it mean **now**?  
What does it mean **for me**?

## PRESERVE IT

Commit **Scripture to memory** and your thoughts to paper.

## PRACTICE IT

Find ways you can **incorporate the truths** you've just been shown into your own life.

## PROCLAIM IT

Contemplate ways to **share the knowledge**

God has given you.

# 6 QUESTIONS

TO ASK YOURSELF  
WHILE READING SCRIPTURE

Is there a promise to claim?

Is there a lesson to learn?

Is there a blessing to enjoy?

Is there a command to obey?

Is there a sin to avoid?

Is there a new thought to carry with me?



# MASTER YOUR MINDSET

FROM THE MESSAGES OF ADRIAN ROGERS



**Master Your Mindset (Bible Study)**

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## INTRODUCTION

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# MASTER YOUR MINDSET

**W**e live in a world gone wild. People disagree deeply and attack each other on social media and in real life. People struggle to break addiction and behavior patterns they know are harmful. People have broken relationships and broken families with no tools to repair them. All of these problems begin in the minds of people.

We can't ignore the power of the mind and how it impacts the world, and God doesn't ignore it either. He decided to flood the whole Earth because He saw how great the wickedness of Man had become and that their hearts were continually set on evil. (See Genesis 6:3-5.) Our actions flow out of what we dwell on in our hearts and minds.

Ralph Waldo Emerson said, "A man is what he thinks about all day long." The Bible says: "For as he thinks in his heart, so is he" (Proverbs 23:7a). The question is: what are you thinking about?

A great song begins in the songwriter's mind and comes out as lyrics and melody. A great invention begins in the mind of the inventor and then becomes reality. We know that if we want to change what we do, we first have to change what we think about.

But changing our thought life is not easy. It's not as simple as positive thinking. The kind of transformation you are looking for comes from knowing Jesus. The Holy Spirit helps us as we grow in this journey. He gently convicts and faithfully guides us in the path of righteousness. We hope that as you go through this study, you will invite God into every part of your life, and that by His power, you will be able to change your thought life.

### WANT MORE?

The audio messages by Pastor Adrian Rogers from which this study is derived are linked using the QR code on page 86 at the end of this study.



The most dangerous  
thing in the world is a  
man with a bad mind  
and a good brain.

# WHO'S IN CHARGE OF MY MIND?

## ■ INTRODUCTION

We live in a world that has gone wild, with no self-control and little thought for how our actions affect others. The problem begins in our minds. Our thought lives lead to the downfall of our society.

But this is nothing new. In Noah's time, God destroyed the entire world because the thoughts of Mankind were corrupted. (See Genesis 6:5.) Our thought lives lead us to good or evil, so as Christians, we must take control over our thought lives.

**But even if our gospel is veiled, it is veiled to those who are perishing, whose minds the god of this age has blinded, who do not believe, lest the light of the gospel of the glory of Christ, who is the image of God, should shine on them (2 Corinthians 4:3-4).**

The devil wants to control our thought lives because he understands how powerful our minds can be. But the Bible says we can gain control of our minds. This week, we will learn the definition of the mind, the will, and the heart. We'll learn what it means to have a divided mind and how to guard our minds against strongholds.

## ■ PRAY OVER IT

Dear God, I confess that sometimes my mind is filled with things that do not please You. But I want to surrender my thought life to You. Help me this week to understand how to capture my thoughts and master my mind through Your power so that I can live as a victorious Christian. In Jesus' Name, Amen.

# THE SALVATION PRINCIPLE

## ■ PONDER IT

If you want to have mastery over your mind, the first step is to **belong to the Lord**. The devil doesn't want you to know Jesus Christ because then he can keep you blind...living in the dark. He doesn't want God to turn the light on in your soul.

**...whose minds the god of this age has blinded, who do not believe, lest the light of the gospel of the glory of Christ, who is the image of God, should shine on them (2 Corinthians 4:4).**

**The brain is what the mind thinks with. The mind is the will of the person that uses the brain.** Some people might be born with a brain that is intellectually inclined, but it is what a person does with his *mind* that matters. Nothing is more dangerous than a person with a good brain and a bad mind.

**Good or evil deeds dwell first in the mind, which is also called the heart.** Then, they come to fruition through action.

**For as he thinks in his heart, so is he (Proverbs 23:7a).**

**Keep your heart with all diligence, for out of it spring the issues of life (Proverbs 4:23).**

When a professional athlete breaks a record of speed or performance, he often pushes past his previous physical limitations at the last minute. This is because his mind, or will, tells him to go harder because of the victory or loss that is at stake. The mind has great power.

When you are saved, you don't get a new brain; you get a new mind. The devil doesn't hurt your intelligence; he distorts and blinds your mind. If you are not saved, you have not given control of your life to Jesus Christ. Therefore, you only have one choice: to give the devil control over your mind. Don't be deceived: he will try to make you think that you are still in control.

The Bible says that our minds are at war with God before we are saved.

**For to be carnally minded is death, but to be spiritually minded is life and peace. Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be. So then, those who are in the flesh cannot please God (Romans 8:6-8).**

You will never make an ungodly mind holy through training or discipline. It has to be renewed by God because it is at war with God.

**And you, who once were alienated and enemies in your mind by wicked works, yet now He has reconciled (Colossians 1:21).**

**For “who has known the mind of the LORD that he may instruct Him?” But we have the mind of Christ (1 Corinthians 2:16).**

When you are saved, you have a brand-new mind. If you want to control your thought life, the first step is to be saved because you cannot do it on your own. The carnal mind is at war with God and must be converted to Christ. You must start with salvation if you want to master your mind.

#### ■ **PUT IT IN WRITING**

- Who is in control of your mind today? To whom do you want to give control?
- How would you explain the mind in your own words? Why is it impossible to master our minds without being saved?

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God loves you. Jesus saved you.  
The Holy Spirit empowers you.

ADRIAN ROGERS

# THE SINCERITY FACTOR

## ■ PONDER IT

The second step in mastering your mind is to **be sincere in your faith**.

The Apostle Paul, a father figure to many people in the churches he planted throughout Asia and Europe, thought of the Church as the bride and of Christ as the bridegroom. In order to prepare and present the Church to Jesus, he wanted believers to recognize Satan's deception tactics.

**For I am jealous for you with godly jealousy. For I have betrothed you to one husband, that I may present you as a chaste virgin to Christ. But I fear, lest somehow, as the serpent deceived Eve by his craftiness, so your minds may be corrupted from the simplicity that is in Christ. For if he who comes preaches another Jesus whom we have not preached, or if you receive a different spirit which you have not received, or a different gospel which you have not accepted—you may well put up with it! (2 Corinthians 11:2-4).**

The word “simplicity” means “single-minded devotion or sincerity.” It means that we are to have a heartfelt and exclusive devotion to Jesus—just as a bride should think of her groom.

A divided mind leads to a defiled life, and a defiled life leads to a destroyed relationship with Jesus. A sincere and single-focused mind sets our intention and devotion on Jesus. A divided mind opens us up to be seduced by things of the world.

## ■ PUT IT IN WRITING

- How is our devotion to Christ similar to the devotion of a bride to her groom? How sincere are you in your relationship with Jesus?
- What “different gospels” does culture preach will bring you life? What things take your devotion away from Jesus?

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Wisdom is not getting all wet around the lashes and warm around the heart. It is having a mind that is stayed on God, full of the Word of God, and led by the Spirit of God.

ADRIAN ROGERS

# THE STRONGHOLD FACTOR

## ■ PONDER IT

Once you are saved and sincere in your faith, you must **guard your mind against strongholds**. We are in a war, but it is not physical; it is spiritual. This war starts in our minds.

**For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ (2 Corinthians 10:3-5, emphasis added).**

A carnal mind must be converted, and a converted mind may be corrupted. When there is a corrupted mind, it must be conquered.

The devil is seductive and subtle. He gets into believers' minds and entrenches them with evil ideas, thoughts, and obsessions. The Bible calls this way of thinking a "stronghold," or a fortress.

A stronghold is a system of thought that brings Christians into bondage. The devil uses that system of thought as the ground on which to attack. Often, Satan will use worldly logic and philosophy to lead people to question whether or not God even exists or whether His Word is true. Your mind is the first battlefield Satan wants to win.

The devil knows if he can control your mind, he can control you because a man's thoughts lead to actions.

## ■ PUT IT IN WRITING

- What is a stronghold? How does Satan use them?
- What does it mean to bring "every thought into captivity to the obedience of Christ?" How can you practice this?

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Satan is brilliantly stupid and  
hideously beautiful.

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# TYPES OF STRONGHOLDS

## ■ PONDER IT

Satan uses many types of strongholds to corrupt our minds. He uses these thought patterns to seduce us and control us. These strongholds war against God in our minds and keep us from enjoying the abundant life God has for us.

- *Compulsiveness*—acting without thinking
- *Obsessions*—constant and repetitive unproductive thoughts
- *Fixations and fears*—concerns that overtake our thought lives
- *Bitterness and resentment*—harboring hate or unforgiveness toward another person
- *Uncontrollable lust*—a sinful desire for something that is not one's own
- *Distrust*—the inability to depend upon or believe another person

A corrupt mind must be conquered. With God's help, we can take back the fortress. Paul said:

**For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds (2 Corinthians 10:4).**

In Christ, we have many weapons we can use to take down strongholds. Some of them include the Word of God, prayer, repentance, declaring the blood of Christ, and receiving power from the Holy Spirit. But our weapons of warfare are not:

- *Education*—You cannot control your mind with knowledge. Knowledge alone isn't enough to change the damaging thought patterns that control your actions.
- *Psychiatry and psychology*—Modern medicine has a purpose in dealing with emotions and brain chemistry. But it often fails

to address the spiritual components of what is controlling our thoughts.

- *Positive thinking*—This is a good thing, but it doesn't have the power to manifest new realities. Only God has the ability to do that.

Each of these has its place in developing your heart and mind, but they are not weapons of spiritual warfare. They cannot pull down Satanic strongholds. They are carnal, physical solutions—mere bandages for deep-rooted, spiritual problems.

The only way you can take back your mind from the power of Satan's strongholds is by the authority of Jesus Christ and the Word of God. When you get right with God and bring the weapons of warfare against Satan, he has to move out. Nothing can stand against the authority of Jesus Christ.

Jesus gave us authority over all the powers of Satan. (See Luke 10:19.) If you are saved, you can renounce your sin and rebuke Satan from his power over your mind. You can uproot the strongholds he has planted. Simply command him to vacate your mind in the Name of Jesus. If you command him to leave under the authority of Christ, he has no choice but to leave.

Each of us battles against strongholds. When we see them starting to take hold of our thought lives, we must use spiritual weapons of warfare in addition to any helpful physical solutions to our problems. God has the power to pull down Satanic strongholds.

#### ■ **PUT IT IN WRITING**

- In what ways have you tried to address spiritual problems with physical solutions? What was the outcome?
- Of the strongholds listed, are there any you see in your thought life? What weapons of spiritual warfare can you use to pull them down?

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The devil has more power than I do, but I have more authority.

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# THE SURRENDER FACTOR

## ■ PONDER IT

Once you take back your mind from strongholds, you still have more work to do to keep from falling back into the same patterns. If you want to master your mind, you need to **fully surrender it to Jesus**.

**...bringing every thought into captivity to the obedience of Christ (2 Corinthians 10:5b).**

We are to bring *every* thought into captivity to the obedience of Christ. It is not enough to dethrone Satan; Christ must be enthroned in your thought life for you to experience long-lasting victory. Paul calls this the renewing of your mind:

**And do not be conformed to this world, but be transformed by the renewing of your mind... (Romans 12:2a).**

When you go through security, metal detectors sound an alarm to find any potentially dangerous objects. We need to ask the Holy Spirit to be the sin-detector for our minds. We need to be on high alert for thoughts and ideas that don't fall in line with righteousness and truth. These ideas sneak in through what we watch and what we listen to, eroding our objections to immoral acts. This is where the stronghold of pornography addiction begins. Our minds are bombarded with offers to dull our problems with alcohol or drugs; many people destroy their lives with substance abuse. Advertisers promise us that the acquisition of worldly goods can make everything ok. Some call it "retail therapy." But only Jesus can fix the hole in our lives.

The good news is, you can reject unholy thoughts in your mind and bring every thought to obedience. Let the Lord Jesus Christ screen your thought life.

Renewing your mind is not sanctified psychology; it is the Word of God. The carnal mind must be converted, but even a converted mind

can be corrupted. However, the corrupted mind can be conquered by bringing every thought to Jesus Christ. If you think like Jesus, you will be like Jesus.

■ **PUT IT IN WRITING**

- What parts of your life are not fully surrendered to Jesus?
- What does it look like to surrender your mind to Christ this week?

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Where my mind is, my feet will follow.

ADRIAN ROGERS

# HOW TO MASTER YOUR MIND

## ■ PRACTICE IT

Every Christian has the power to master his or her mind by the authority of Christ. Believers can conquer any corruption from the evil one by pulling down strongholds and surrendering their minds to Christ.

If you have strongholds in your mind that have created unrighteous thought patterns, cast them out today in Jesus' Name. The Lord desires His children to have renewed minds and pure hearts, and He has given us every tool to follow Him and take every thought captive. But if you are not saved, your mind is at the mercy of the devil.

You can only have true control of your mind through the power of Jesus Christ. If you are not saved, you can be today. Pray, surrendering your heart and life to Him. Confess your sin and believe in the life, death, and resurrection of Christ. Thank Him for the free gift of salvation He has given you. Make your new faith public by telling others in your life what God has done in your heart.

## ■ PROCLAIM IT

If you prayed to receive Christ, please share your decision with another Christian you know or with your pastor. We would also like to hear about it so that we can provide you with free resources to help you grow in your new faith. Please let us know by going to [lwf.org/discover-jesus](http://lwf.org/discover-jesus), scrolling down the page, and clicking on I BELIEVE.

Talk to a trusted friend or mentor about the health of your thought life. Take the next steps from the Word of God to capture your thoughts and renew your mind through the power of Christ.

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Sow a thought—reap a deed.  
Sow a deed—reap a character.  
Sow a character—reap a destiny.

ADRIAN ROGERS



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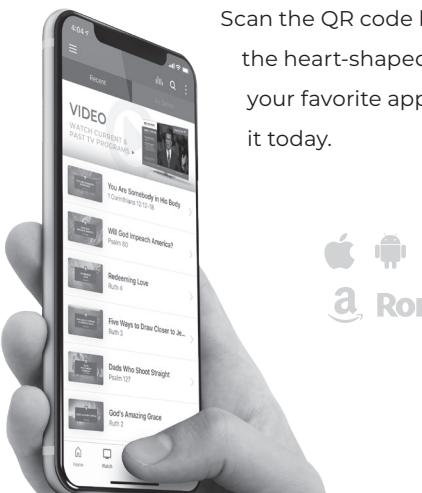
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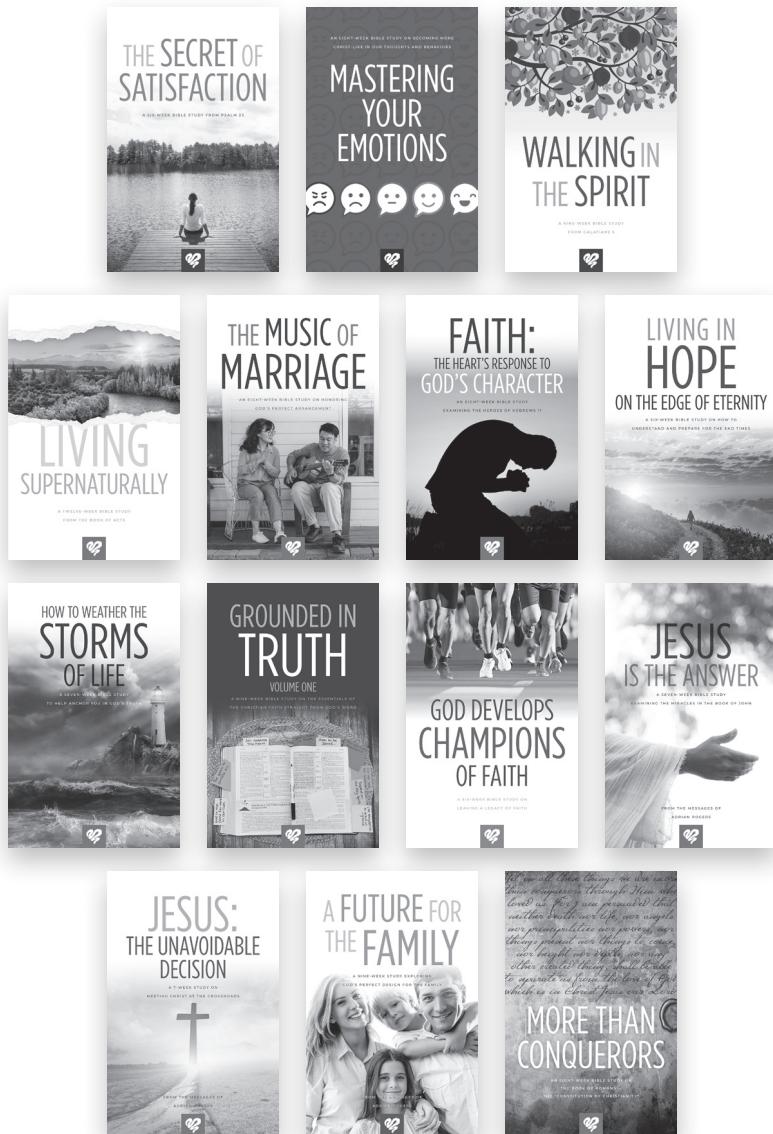
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Pastor **Adrian Rogers**' unique ability to apply biblical truth to everyday life is yet unparalleled by other modern teachers. **Love Worth Finding** is dedicated to glorifying God by honoring that legacy and expanding his impact.

LWF produces broadcast, print and digital media that reaches around the globe with the profound truth of the Gospel, simply stated. **The mission: to bring people to Christ and mature them in the faith.**

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Your gift today will help others hear the profound truth of the Gospel...simply stated by Pastor Adrian Rogers.

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How much time do you spend thinking about what you are thinking about? The Bible says we were created with the ability to determine what thoughts enter our minds and what thoughts we dwell upon. We are to set our minds on things above. (See Colossians 3:2.) We are also to keep our hearts pure because everything else springs from the heart. (See Proverbs 4:23.)

But controlling your thought life is not as easy as only thinking positive thoughts. God created your mind to be much more complex than that, and He wants you to be able to experience everything in life—the positive and the negative—with a healthy mindset. He has given you discernment in order to know the difference between good and evil.

Mastering your mindset is a constant battle, but one that God equips us for in His Word. He fights alongside us through the Holy Spirit. He works to transform us to be more Christlike. We invite you to spend six weeks learning how to control your thought life. This journey begins by inviting Jesus to be Lord over every part of your life—including every thought. Come with us and learn how to master your mindset.



Pastor, teacher, and author **ADRIAN ROGERS** has introduced people all over the world to the love of Jesus Christ, and has impacted an untold number of lives by presenting profound truth, simply stated.

FIND ANSWERS AND ENCOURAGEMENT AT [lwf.org](http://lwf.org)

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