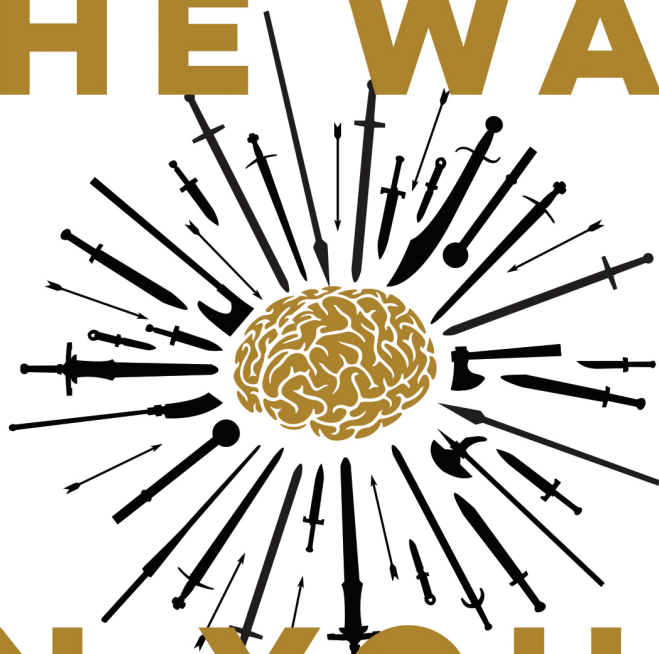


**CRAIG GROESCHEL**

*NEW YORK TIMES* BESTSELLING AUTHOR

# WINNING THE WAR



# IN YOUR MIND

**CHANGE YOUR THINKING,  
CHANGE YOUR LIFE**

**A PDF COMPANION TO THE AUDIOBOOK**

ZONDERVAN BOOKS

*Winning the War in Your Mind*

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## CHAPTER 1

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# PERCEPTION IS REALITY

## AUDIT

**On a typical day:**

**DEFENSE:**

- Are my thoughts tearing me down?

- **Do I think worried thoughts?**
  
- **Does my self-talk cause me to shrink back in fear?**
  
- **Do my thoughts cause me to keep people at a distance?**
  
- **Are my unhealthy thoughts keeping me from the life I want?**
  
- **Are my unhealthy thoughts keeping me from the life God wants for me?**
  
- **Are my thoughts negative, toxic, or self-deprecating?**

- Does my inner voice tell me I'm helpless or that life is hopeless?

- Do I find myself skeptical of others?

- Do I lean toward imagining worst-case scenarios?

**OFFENSE:**

- Are my thoughts building me up?

- Do I think peaceful thoughts?

- Does my self-talk inspire me to take faith risks?

- **Do my thoughts help me get closer to others?**
  
- **Do my thoughts reflect my faith?**
  
- **Are my thoughts God-honoring?**
  
- **Do my thoughts reflect my hope in Christ?**
  
- **Do they inspire me to believe I can make a difference in the world?**
  
- **Do they equip me to become more like Jesus?**
  
- **Do my thoughts connect to the vision God has for my life?**



CHAPTER 2

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**BECOMING A THOUGHT  
WARRIOR**

— EXERCISE 2 —

**IDENTIFYING THE  
LIES YOU BELIEVE**



**My lies:**



CHAPTER 3

---

**OLD LIES, NEW TRUTH**

— EXERCISE 3 —

**DECLARING TRUTH**



**Lie:**



**Truth:**

**Declaration:**

**Lie:**

**Truth:**

**Declaration:**

**Lie:**

**Truth:**

**Declaration:**

**Lie:**

**Truth:**

**Declaration:**



## CHAPTER 4

---

# CROSSED WIRES AND CIRCULAR RUTS

### — EXERCISE 4 —

## RECOGNIZING YOUR RUTS



**My ruts:**



CHAPTER 5

---

**CREATING A TRENCH  
OF TRUTH**

— EXERCISE 5 —

**DIGGING TRENCHES  
OF TRUTH**



**Lie:**

**Truth:**

**Declaration:**

**Lie:**

**Truth:**

**Declaration:**



## CHAPTER 6

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# RUMINATION AND RENEWAL

### — EXERCISE 6 —

## LEARNING TO RUMINATE



**My verse or passage:**



CHAPTER 7

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**LENSES AND FILTERS**

— EXERCISE 7 —

**COGNITIVE BIAS, CONTROL,  
AND REFRAMING**



**My cognitive biases:**



**Areas of control regarding people, places, or circumstances:**

**Ways I can reframe biases and control issues:**



CHAPTER 8

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**WHAT GOD DIDN'T DO**

— EXERCISE 8 —

**UNANSWERED PRAYERS**



**God, in my life, I thank you that you didn't:**



## CHAPTER 9

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# COLLATERAL GOODNESS

### — EXERCISE 9 —

## YOUR COLLATERAL GOODNESS



**In your life, is there a circumstance or a relationship that you know God allowed you to begin to see from a different perspective, so that you changed your attitude from negative to positive, from harmful to healthy? What happened to change your mindset?**

**Recalling my personal example, ask yourself, “What in my life right now is the Monday—the relationship or circumstance in which I struggle to see anything positive or good?” Write it out.**

**What is one practical step you could take to change your mind about this situation?**

**What would you want to see God do to change this situation?**

**What would be the most positive, life-building, God-honoring, mutually edifying way for you to approach this situation?**



CHAPTER 10

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**PROBLEMS, PANIC,  
AND PRESENCE**

— EXERCISE 10 —

**WHEN YOU'VE HAD ENOUGH**



**What circumstances or dynamics exist in your life right now that regularly create panic for you?**

**Why do you think these specific situations create panic in you?**

**Is there any place in your life right now where you would say you have had enough and are at the end of your rope? Write it out.**

**What can you do to lean in and hear God's whisper among all the wind, fire, and earthquakes going on around you now in this circumstance?**

**Would talking to a counselor, pastor, or close friend help you get to a better place with this issue? If so, who?**



## CHAPTER 12

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# LOOK THROUGH, NOT AT

### — EXERCISE 12 —

## EVALUATING WHAT'S RIGHT



**What circumstance or relationship in your life right now do you need to stop looking at and instead look through to see what God is doing?**

**In what circumstance or relationship in your life right now do you need to look at what's right instead of seeing only what's wrong?**

**In what circumstance or relationship in your life right now have you dropped your guard and know you need to raise both hands to God, both surrendering to him and fully anticipating the victory?**



## APPENDIX

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# BIBLE VERSES FOR WINNING THE WAR

**USE THESE PASSAGES IN THE EXERCISES AT THE END OF** each chapter. Better yet, memorize them and think on them daily. Allow the words of God to renew your mind.

- Scripture quotations are listed in the order they appear in the book.
- When any Scripture reference is made in the book, the entire verse or passage is included here.
- Some verses are repeated in each of the four parts.

## INTRODUCTION

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. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

—PHILIPPIANS 4:8–9

As he thinks in his heart, so is he.

—PROVERBS 23:7 NKJV

## **PART 1: THE REPLACEMENT PRINCIPLE**

### **Remove the Lies, Replace with Truth**

God has not given us a spirit of fear, but of power and of love and of a sound mind.

—2 TIMOTHY 1:7 NKJV

We are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

—EPHESIANS 6:12 NLT

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

—JOHN 10:10

We wanted to come to you—certainly I, Paul, did, again and again—but Satan blocked our way.

—1 THESSALONIANS 2:18

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

—1 PETER 5:8

“You belong to your father, the devil, and you want to carry out your father’s desires. He was a murderer from

the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.”

—JOHN 8:44

I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God’s law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. What a wretched man I am! Who will rescue me from this body that is subject to death?

—ROMANS 7:15–24

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

—PHILIPPIANS 4:12

Though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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.

—2 CORINTHIANS 10:3–5

One who is wise can go up against the city of the mighty and pull down the stronghold in which they trust.

—PROVERBS 21:22

I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms.

—EPHESIANS 1:19–20 NLT

Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?"

The woman said to the serpent, "We may eat fruit from the trees in the garden, but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'"

“You will not certainly die,” the serpent said to the woman. “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”

—GENESIS 3:1–5

I am afraid that just as Eve was deceived by the serpent’s cunning, your minds may somehow be led astray from your sincere and pure devotion to Christ.

—2 CORINTHIANS 11:3

The heart is deceitful above all things  
and beyond cure.  
Who can understand it?

—JEREMIAH 17:9

There is a way that appears to be right,  
but in the end it leads to death.

—PROVERBS 14:12

The word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

—HEBREWS 4:12

Take the helmet of salvation and the sword of the Spirit, which is the word of God.

—EPHESIANS 6:17

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.

—ROMANS 12:2

Opponents must be gently instructed, in the hope that God will grant them repentance leading them to a knowledge of the truth, and that they will come to their senses and escape from the trap of the devil, who has taken them captive to do his will.

—2 TIMOTHY 2:25–26

“Then you will know the truth, and the truth will set you free.”

—JOHN 8:32

Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.”

Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”

—MATTHEW 4:1–4 (REF. DEUT. 8:3)

Then the devil took him to the holy city and had him stand on the highest point of the temple. “If you are the

Son of God,” he said, “throw yourself down. For it is written:

“He will command his angels concerning you,  
and they will lift you up in their hands,  
so that you will not strike your foot against a stone.”

—MATTHEW 4:5–6 (REF. PS. 91:11–12)

Jesus answered him, “It is also written: ‘Do not put the Lord your God to the test.’”

—MATTHEW 4:7 (REF. DEUT. 6:16)

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. “All this I will give you,” he said, “if you will bow down and worship me.”

Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’”

—MATTHEW 4:8–10 (REF. DEUT. 6:13)

Then the devil left him, and angels came and attended him.

—MATTHEW 4:11

I can do all this through him who gives me strength.

—PHILIPPIANS 4:13

Rejoice in the Lord always. I will say it again: Rejoice!

—PHILIPPIANS 4:4

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

—MATTHEW 11:28–30

Cast all your anxiety on him because he cares for you.

—1 PETER 5:7

God is our refuge and strength,  
an ever-present help in trouble.

—PSALM 46:1

What, then, shall we say in response to these things? If God is for us, who can be against us?

—ROMANS 8:31

In all these things we are more than conquerors through him who loved us.

—ROMANS 8:37

God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

—ROMANS 5:8

He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?

—ROMANS 8:32



You created my inmost being;  
    you knit me together in my mother's womb.  
I praise you because I am fearfully and  
    wonderfully made;  
    your works are wonderful,  
    I know that full well.  
My frame was not hidden from you  
    when I was made in the secret place,  
    when I was woven together in the depths of the earth.  
Your eyes saw my unformed body;  
    all the days ordained for me were written in your  
    book  
    before one of them came to be.

—PSALM 139:13–16

You know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors, but with the precious blood of Christ, a lamb without blemish or defect.

—1 PETER 1:18–19

## **PART 2: THE REWIRE PRINCIPLE**

### **Rewire Your Brain, Renew Your Mind**

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.

—ROMANS 12:2

I have hidden your word in my heart  
that I might not sin against you.

—PSALM 119:11

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

—PHILIPPIANS 4:12

“Just as you, Judah and Israel, have been a curse among the nations, so I will save you, and you will be a blessing. Do not be afraid, but let your hands be strong.”

—ZECHARIAH 8:13

“In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: ‘It is more blessed to give than to receive.’”

—ACTS 20:35

God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

—2 CORINTHIANS 9:8

God will meet all your needs according to the riches of his glory in Christ Jesus.

—PHILIPPIANS 4:19

For God bought you with a high price. So you must honor God with your body.

—1 CORINTHIANS 6:20 NLT

Jesus replied, “I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.”

—JOHN 6:35 NLT

LORD, my strength and my fortress,  
my refuge in time of distress,  
to you the nations will come  
from the ends of the earth and say,  
“Our ancestors possessed nothing but false gods,  
worthless idols that did them no good.”

—JEREMIAH 16:19

What, then, shall we say in response to these things? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies. Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the

right hand of God and is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written:

“For your sake we face death all day long;  
we are considered as sheep to be slaughtered.”

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

—ROMANS 8:31–39

Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

—ROMANS 8:5–6 NLT

“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

—JOSHUA 1:8

. . . whose delight is in the law of the LORD,  
and who meditates on his law day and night.

—PSALM 1:2

Within your temple, O God,  
we meditate on your unfailing love.

—PSALM 48:9

I will consider all your works  
and meditate on all your mighty deeds.

—PSALM 77:12

Though rulers sit together and slander me,  
your servant will meditate on your decrees.

—PSALM 119:23

Cause me to understand the way of your precepts,  
that I may meditate on your wonderful deeds.

—PSALM 119:27

I remember the days of long ago;  
I meditate on all your works  
and consider what your hands have done.

—PSALM 143:5

They speak of the glorious splendor of your  
majesty—  
and I will meditate on your wonderful works.

—PSALM 145:5

## **PART 3: THE REFRAME PRINCIPLE**

### **Reframe Your Mind, Restore Your Perspective**

Trust in the LORD with all your heart,  
and do not lean on your own understanding.  
In all your ways acknowledge him,  
and he will make straight your paths.

—PROVERBS 3:5–6 ESV

I want you to know, my dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News. For everyone here, including the whole palace guard, knows that I am in chains because of Christ. And because of my imprisonment, most of the believers here have gained confidence and boldly speak God's message without fear.

—PHILIPPIANS 1:12–14 NLT

“My thoughts are not your thoughts,  
neither are your ways my ways,”  
declares the LORD.

“As the heavens are higher than the earth,  
so are my ways higher than your ways  
and my thoughts than your thoughts.”

—ISAIAH 55:8–9

This is the day that the LORD has made;  
let us rejoice and be glad in it.

—PSALM 118:24 ESV

## **PART 4: THE REJOICE PRINCIPLE**

### **Revive Your Soul, Reclaim Your Life**

Praise the LORD.

Give thanks to the LORD, for he is good;  
his love endures forever.

—PSALM 106:1

. . . while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."

—1 KINGS 19:4

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

—PHILIPPIANS 4:4-7

The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by."

Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an

earthquake, but the LORD was not in the earthquake.  
After the earthquake came a fire, but the LORD was not  
in the fire. And after the fire came a gentle whisper.

—1 KINGS 19:11–12

The LORD is righteous in all his ways  
and faithful in all he does.  
The LORD is near to all who call on him,  
to all who call on him in truth.  
He fulfills the desires of those who fear him;  
he hears their cry and saves them.

—PSALM 145:17–19

“*Abba*, Father,” he said, “everything is possible for you.  
Take this cup from me. Yet not what I will, but what  
you will.”

—MARK 14:36

Humble yourselves, therefore, under God’s mighty hand,  
that he may lift you up in due time. Cast all your anxiety  
on him because he cares for you.

—1 PETER 5:6–7

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.

—ROMANS 12:2



Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

—ROMANS 8:5–6 NLT

Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

—HEBREWS 4:16

The crowd joined in the attack against Paul and Silas, and the magistrates ordered them to be stripped and beaten with rods. After they had been severely flogged, they were thrown into prison, and the jailer was commanded to guard them carefully. When he received these orders, he put them in the inner cell and fastened their feet in the stocks.

About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everyone's chains came loose.

—ACTS 16:22–26

I will continue to rejoice, for I know that through your prayers and God's provision of the Spirit of Jesus Christ what has happened to me will turn out for my deliverance. I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death. For to me, to live is Christ and to die is gain.

—PHILIPPIANS 1:18–21

Why, my soul, are you downcast?

Why so disturbed within me?

Put your hope in God,

for I will yet praise him,

my Savior and my God.

—PSALM 42:5

Bless the LORD, O my soul;

And all that is within me,

Bless His holy name!

Bless the LORD, O my soul,

And forget not all His benefits.

—PSALM 103:1–2 NKJV

Praise the LORD!

Praise the LORD, O my soul!

While I live I will praise the LORD;

I will sing praises to my God while I have my being.

—PSALM 146:1–2 NKJV

By day the LORD directs his love,  
at night his song is with me—  
a prayer to the God of my life.

—PSALM 42:8

Praise the LORD, all his heavenly hosts,  
you his servants who do his will.

Praise the LORD, all his works  
everywhere in his dominion.

Praise the LORD, my soul.

—PSALM 103:21–22

Be alert and of sober mind. Your enemy the devil prowls  
around like a roaring lion looking for someone to devour.

—1 PETER 5:8