



The Mind Field

September 13th, 2026

2 Corinthians 10:3-5 For 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.

In 2020, Dr. Natalie Marchant's team at University College London (UCL) — building on a hypothesis first proposed while Dr. Marchant was at King's College London — found that prolonged negative thinking diminishes the brain's capacity to think, reason, and form memories, with negative thoughts creating patterns or “channels” in the brain that become the default way of thinking.

John 8:44 When he lies, he speaks his native language, for he is a liar, and the father of lies.

1 Peter 5:8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

Genesis 3:1 “Did God really say, You must not eat from any tree in the garden?”

Genesis 3:4-5 “You will not surely die”, the serpent said to the woman. “For God knows that when you eat of it your eyes will be like God knowing good and evil.”

Psalm 10:4 In his pride the wicked man does not seek him; in all his thoughts there is no room for God.

Psalm 13:2 How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me?

Numbers 13:28 But the people who live there are powerful, and the cities are fortified and very large. We even saw descendants of Anak there.

Numbers 13:31 But the men who had gone up with him said, We can't attack those people; they are stronger than we are.

Romans 12:1-2 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 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.

Philippians 4:6-8 “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. 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.”

Our lives are always moving in the direction of our strongest thoughts. What we think will shape who we become. — Craig Groeschel, *Winning The War In Your Mind*

Mark 1:6 John wore clothing made of camel's hair, with a leather belt around his waist, and he ate locusts and wild honey.

Matthew 3:7-8 But when he saw many of the Pharisees and Sadducees coming to where he was baptizing, he said to them: “You brood of vipers! Who warned you to flee from the coming wrath? Produce fruit in keeping with repentance.”

Luke 1:15-17 For he will be great in the sight of the Lord. He is never to take wine or other fermented drink, and he will be filled with the Holy Spirit even before he is born. He will bring back many of the people of Israel to the Lord their God. And he will go on before the Lord, in the spirit and power of Elijah, to turn the hearts of the parents to their children and the disobedient to the wisdom of the righteous—to make ready a people prepared for the Lord.

Mark 1:7-8 And this was his message: “After me comes the one more powerful than I, the straps of whose sandals I am not worthy to stoop down and untie. I baptize you with water, but HE will baptize you with the Holy Spirit.”

Psalms 139:14 I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well.

Jeremiah 1:5 Before I formed you in the womb I knew you, before you were born I set you apart.

1 Peter 2:9 But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

Ephesians 2:10 For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Romans 8:1 Therefore, there is now no condemnation for those who are in Christ Jesus.

2 Corinthians 5:17 Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!