Detox Your Mind Study 25 January 2026

Discussion Questions

1. We guard our properties, our bodies, our money, our electronic files. How much commitment do we have to guarding what enters and resides in our minds?

2. Meditate on *Philippians 4:8*

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.

What if only the pure water of God's goodness entered our minds? Can you imagine?

3. What might Satan's version of Philippians 4:8 read like?

Finally, brothers and sisters, whatever is false, whatever is base, whatever is morally wrong….. (continue)

4. Discuss the concept that Satan values our minds more than we do.

5. There are three main ways in which we need to contend for our minds and our thought life. Three fronts on which the battle is fought. Discuss each one.

A. The Sinful nature.

- The daily battle between indulging the sinful nature or dying to it – these choices add up to either a lifestyle of sacrificial worship and service or a lifestyle of sensual indulgence. One purifies and the other pollutes.
- ***Discuss Ephesians 4:22-24. You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; [23] to be made new in the attitude of your minds; [24] and to put on the new self, created to be like God in true righteousness and holiness.***

B. The Culture of the World.

- Discuss ***Romans 12:2. 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.***

C. The devil and his demons.

- What does it mean that Satan dwells in darkness? Could this include moral darkness? Implications for us?
- Read 2 Corinthains 10:1-6 and discuss what seems to be going on.

[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. [6] And we will be ready to punish every act of disobedience, once your obedience is complete.

- Strongholds in the mind would seem to involve:
  1. Arguments. Discuss what this means.
  2. Pretensions. Discuss what this means.

Discuss this quote from Francis Frangipani

'A demonic stronghold is any type of thinking that exalts itself above the knowledge of God, thereby giving the devil a secure place of influence in an individual's thought-life.'

(Francis Frangipani. The Three Battlegrounds, p 24)

- A stronghold can be described as a place in the human heart/mind where the enemy has rest. Consider ***Matthew 12:43. "When an impure spirit comes out of a person, it goes through arid places <u>seeking rest</u> and does not find it.***

'When our thought life is in agreement with unbelief, fear, or habitual sin, the enemy has <u>rest</u>.'

Francis Frangipani, p 32

- If Paul could pull down strongholds in the minds of others and take the thoughts of other people captive to the obedience of Christ, should we not be able to (through Christ) pull down strongholds in our own minds?
    - How might we do this?
    - Why is it difficult?
    - Deception is always difficult to counter. Why?

- We might realise that some of our behaviours are not quite what we want them to be. But do we realise that behaviours are only the product of our thoughts, conscious or subconscious? And are we aware that to a large extent our thoughts are a product of what we choose to allow into our minds? Discuss.

- Satan knows that if you and I can break through the strongholds in our minds and have a complete detox from wrong thinking, we will be a terrible threat to his kingdom. So he throws all he has at us, assaulting our minds and then convincing us that his thoughts are our own. He values our minds more than we value them. What do we want to do about it?

<u>Application Points to discuss and pray about as a group</u>

1. The way to take every thought captive to Christ is to yourself be taken captive by Christ!
2. Don't ask God to do what he tells us to do. <u>Divert the sewer away from your own mind</u>. Only you can do that!
3. Fill the reservoir with God. Only you can do that also! Philippians 4:8 is a good guide for guarding the reservoir and filtering out the toxic pollution. Meditate on each word.
4. On Sunday each person was given a sticker reminding us of Philippians 4:8. Will you stick it somewhere prominent? Will you meditate on Philippians 4:8 each day?

Philippians 4:8.

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.