



Meeting Notes: "I See Me"
(October 23, 2013)

These notes capture our October 23, 2013 meeting. We opened our meeting in prayer and then began our evening. Topic notes from the evening may not be in the order discussed during group, and they are not intended to cover everything discussed. They are intended as highlights to capture the essence of our evening. General notes follow each topic that was discussed.

CURRENT VISION: "The Year of Maturity: Learning how to hear with ears of faith that we may be hearers of the word and not doers only." Scripture Reference: **Mark 4:24.**

Memory Verse: 2 Corinthians 10:4-6

Discussion Topic: "I See Me"

- **Objective:** The focus of the evening was the "I See Me" exercise, which was intended to help us examine a specific thought and then determine if that thought is a stronghold. We set the stage for the exercise with a quick review:
 - **Types of strongholds. Rationale** (those things we argue about that make sense) and **irrational** (unrealistic fears that attack our emotions).
 - **Recognizing a stronghold.** 2 Corinthians 10:4-6 identifies strongholds as:¹
 - An **argument**: (G3053) ... computation, i.e. (figuratively) reasoning (conscience conceit [excessive pride in oneself]:--imagination, thought
 - A high **thing** that exalts against the knowledge of God: (G5313) ... an elevated place or thing.
 - **Thought** that is not obedient to Christ: (G3540) ... a perception, i.e. purpose or (by implication) the intellect, disposition, itself:--device, mind, thought.
- **Exercise:** We examined the thought "I can hold my husband accountable for his behavior. That's my right" by asking questions derived from the following five memory verses from the armor study (NOTE: All verses are from the New King James Version of the Bible).

¹ Each highlighted word is defined according to Strong's Concordance for the iPhone version 1.5.3, Copyright © 2009 Brian Thomas Webb

- **Psalms 33:4:** “For the word of the LORD *is* right, And all His work *is done* in truth.” **Question:** “Is what I am hearing the Word of the Lord?” **Rationale:** If God’s Word defines what is right, and He works in truth, then we need to make sure our thought comes from God’s Word. Simply put ... can I find this specific thought in God’s Word?

- **Psalm 51:6:** “Behold you desire truth in the inward parts, And in the hidden part You will make me to know wisdom.” **Question:** Is my thought godly wisdom? **Rationale:** God makes us to know wisdom based on His truth. Therefore, we need to question any “truth” that does not also line up with His wisdom (**James 3:13-17**).² Unfortunately, we did not discuss this example in group, but Satan tempted Jesus in the wilderness with Scripture, but Jesus responded with a more appropriate Scripture for that situation (**Luke 4:9-12**). Consequently, even if we can find, or think we can find, our thought in the Word, testing it to ensure it lines up with God’s wisdom allows us to “hold fast what is good” (**1 Thessalonians 5:21**).

- **Hebrews 11:1, 6:** “Now faith is the substance of things hoped for, the evidence of things not seen ... But without faith *it is* impossible to please Him, for he who comes to God must believe that He is, and *that* He is a rewarder of those who diligently seek Him.” **Question:** What kind of faith am I hearing with? **Rationale:** The type of faith we hear with determines what happens to our hope. Therefore, if our thought creates fear, doubt, or unbelief in our heart, then we are not hearing with the right type of faith. For more on the types of faith, please see our studies dated August 7th and August 14th.³ **Question:** Am I being diligent in my pursuit of God with this thought? **Rationale:** If we are not diligently seeking God with our thought, how can we expect Him to reward us?

- **2 Corinthians 10:4-6:** “³For though we walk in the flesh, we do not war according to the flesh. ⁴For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds, ⁵casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, ⁶and being ready to punish all disobedience when your obedience is fulfilled.” **Question:** Am I fighting the battle associated with this thought in the flesh or in the spirit? **Rationale.** If we are fighting in the flesh, we are using carnal weapons and trying to control others. But, if we are fighting in the Spirit, we are trusting God to be God in the situation, knowing and understanding He is our avenger (**Romans 12:19**). We also noted “every high thing” can also represent an idol in our heart.

- **Mark 4:24:** “Then He said to them, ‘Take heed what you hear. With the

²This verse was captured in a T, which can be found on the Documents page of the website: www.wow2women.com

³ These notes can be found on the Meeting Notes page of the website: www.wow2women.com

same measure you use, it will be measured to you, and to you who hear, more will be given.” **Question:** Is my thought a stronghold? **Rationale:** Since we are to be careful WHAT we hear, we don’t want to “hear” strongholds; instead we want to hear God’s Word. Thus, if our thought is not found in God’s Word, does not line up with God’s wisdom, creates fear, doubt, or unbelief in our heart, is not related to us diligently seeking God, or we are fighting our battle in the flesh our thought is a stronghold, and we need to pull it down and take that thought captive!

- **Results of the Exercise:**

- **Question 1.** Is my thought, “I can hold my husband accountable for his behavior. That’s my right” found in the Word of God? **Answer.** We automatically dismissed “That’s my right,” because we realized the word “right” implies a sense of entitlement and expectation. We used **Romans 12:19, Romans 12:3,** and **Luke 6:31** to pull down that portion of the thought. However, **Proverbs 27:17** and **Galatians 6:1-2** both indicate we can hold our husband accountable. **Takeaway.** If we cannot find our specific thought in the Bible, there may be other verses that pertain to it; however, by going through the rest of the questions, we can better determine whether we are truly hearing from God or being tempted by the devil.
- **Question 2.** Is my thought godly wisdom? **Answer.** When we looked at **James 3:13-17** and **James 4:13**, some felt we are being boastful and creating strife if we try to make our husbands accountable to us. However, we also noted there are times we don’t realize we are walking in worldly wisdom. **Takeaway.** This question can help us test our motives and whether or not we are taking a verse out of context, but sometimes, it is difficult to see our own heart.
- **Question 3a.** What kind of faith am I hearing this thought with? **Answer:** The answers varied, but we determined if we are hearing with fear, unbelief, or doubt, we are not hearing with great faith. Since fear, unbelief, and doubt target our emotions, these are irrational strongholds we should take captive. **Takeaway.** Every type of faith besides great faith has a stronghold attached to it.
- **Question 3b.** Am I being diligent in my pursuit of God with this thought? **Answer:** Someone who is currently struggling with this thought, responded with “No.” I don’t remember her exact explanation, but it related to being focused on her husband. Not sure what precipitated the discussion, but we examined our role as our husband’s helpmate (**Genesis 2:18**). We also examined if it is possible to be diligently seeking God in our thoughts, while being contentious (**Proverbs 21:9, Proverbs 21:19, Proverbs 25:24**), or in strife with our husband (**James 4:1-3**). In addition, someone shared this website excerpt about being contentious:

“A contentious wife will question, discuss, debate, or oppose most anything. She presumes her ideas are at least as good as his. She constantly talks back. She is proud, stubborn, and self-righteous. She cannot follow; she must lead. She asks too many questions, makes too many suggestions, and does not cheerfully obey. She loves to correct her husband, who never gets the facts just right! She will not receive correction meekly. She always has a reason why tonight is not a good night! Or why the next morning is not night!”⁴

While this excerpt should be taken with caution, it helped us better understand how some husbands view contentious. **Takeaway.** Diligently seeking God in our thoughts can bring God’s reward, but diligently seeking our husband in our thoughts can create strife.

- **Question 4.** Am I fighting this battle in the flesh or am fighting this battle in the Spirit? **Answer.** I don’t remember how the person who said, No” to question 3 responded, but I can say whenever I have thought this thought, I was definitely fighting this battle in the flesh. I was trying to get my point across and “make” my husband “see” what I was saying. **Takeaway.** If we are fighting in the flesh, we are trying to control the other person. But, if we are fighting in the Spirit, we are trusting God to be God in the situation. As someone said, “we do justice, God brings justice.”
- **Question 5.** Is my thought a stronghold? There was not a consensus on the answer, but some believed the thought, “I can hold my husband accountable for his behavior,” is a stronghold. Therefore, if we are thinking this thought and agree it is a stronghold, we need to pull it down by renewing our mind with God’s Word. We specifically looked at the marriage order God established in **Ephesians 5:22** to understand the husband is the head of the wife; we are not his head, and God calls us to submit to our husbands. Someone did ask why do we always start in verse 21, but we did not explore that question for it calls us to look beyond our own responsibility. **1 Corinthians 11:3** and **Colossians 3:18** are additional verses that address the marriage order.
- **Lessons Learned:** Because we had a very intense evening, this section is included to capture things learned since we met that may help “settle the dust.”
 - **Learning to focus.** We spent a lot of time discussing what “accountable” means and whether or not I CAN hold my husband accountable for his behavior, when the real objective was to answer “Yes” or “No” to whether or not that specific thought is found in the Bible. As a result, there was a lot of confusion, disagreement, and lack of understanding that lingered throughout the rest of the exercise. **Takeaway.** When more than one

⁴ Let God be True!, *Proverbs 13:19*, retrieved from http://www.letgodbetrue.com/proverbs/commentaries/19_13.php, para 7/

person is involved, it's important to understand the meaning of the words being used in order to know whether or not we can find it in the Bible. Likewise, it's equally important to make the objective clearer going into an exercise. **Takeaway.** Rather than discuss the validity of the thought, focus on providing a "Yes" or "No" to whether or not that thought is found in the Bible. Otherwise, we spend a lot of time rationalizing why we believe what we believe about the thought rather than testing that thought against the Word of God.

- **Perception.** It appeared our perception of the word "accountable" influenced our perception of the thought, "I can hold my husband accountable for his behavior." **Takeaway.** Our definition of a word may actually influence our perception of the thought containing that word.
- **Rationalizing.** Regardless of what side of the "argument" we are on, once we start rationalizing what we believe, it creates division between the two sides. **Takeaway.** Rather than be divided on an issue, seek to allow the Word of God to divide between our soul and spirit, joint and marrow, and discern the very thoughts of our heart (**Hebrews 4:12**). As we go to the Lord with an open heart, He will give us the revelation we need.
- **Keeping things in perspective.** For the last eight months, we have studied the armor. During each study, we've had a memory verse associated with the piece of armor being discussed. During this exercise, the memory verse and the questions were intended to draw our mind back to a piece of armor we've already studied. However, last night, it appears we were (again) looking at a piece of armor (the helmet) without understanding how it relates to all the other pieces. **Takeaway.** If we can grasp this exercise, it can help us walk in truth, righteousness, peace, faith, and our salvation, so we can "put on the whole armor of God, that we may be able to stand against the wiles of the devil" (**Ephesians 6:11**)—well at least the pieces we have already studied! **Takeaway.** Whenever we do an exercise, we need to keep the exercise in perspective of what we are studying. Thus, the point of this exercise was not whether we agree with the statement or not, but to learn how to determine if our thought affects our ability to wear our armor. **Takeaway.** It appears agreement may impact understanding, and understanding may impact agreement.
- **Other Discussion:** During our exercise, we discussed Proverbs 10:19 and how too many words lead to sin. I can definitely attest to that, because in introducing the exercise, and especially when the exercise first began, I used way too many words, which created confusion! **Takeaway.** Using fewer words can reduce strife, prevent us from slandering others, and improve our communication!
- **Follow-up to Wednesday:** One of us shared her journal entry following Wednesday's meeting. A portion of her email is attached.

Homework Assignments:

- **Review:** Please review your journal notes and the Meeting Notes, and write down any outstanding questions you still have.
- **Memory verses.** Please continue to work on all the memory verses: **Psalm 33:4, Psalm 51:6, Hebrews 11:1, 6, 2 Corinthians 10:4-6, and Mark 4:24.** The more we sow the Word in our hearts, the more it will help reveal and push out the lies the enemy uses to torment us.

Next Meeting: The original plan was to discuss idols; however, we will continue with “I See Me.”

Closing: We closed our meeting in prayer with a time of need-specific prayer for the challenges that were lifted up, for the group overall, and as the Holy Spirit led.

If you have questions, comments, or concerns about information contained in this document, or would like to be added to or removed from the email distribution for the meeting notes, please email us at wow2@wow2women.com or complete a Contact Form on our site wow2women.com.



ATTACHMENT: Follow-Up Email - My Thoughts on Last Night's Meeting – G.T.⁵

Tonight's lesson was about teaching me how to keep my mind from playing tricks on me—how to keep the enemy from setting up shop in my mind. 2 Corinthians 10:5 says that I should "...take captive every thought to make it obedient to Christ..." This tells me that every thought I have has an opportunity to become a stronghold for the enemy unless I am committed to taking captive every thought, examining it against The Word to see if it is from God or from the enemy, and destroying those from the enemy, and replacing them with the Truth from God. It's like I literally have to arrest each thought, put it on trial, and if it aligns with God's Word, its innocent, set it free. If it doesn't, then it is from the enemy, it's guilty, destroy it, lest it destroy me. Last night, [I learned] what it looks like to hold my thoughts captive and what the trial involves, and from previous lessons and assignments I know the way to destroy a stronghold (or lie from the enemy) is to recognize it for what it is and replace it with the truth (the Word of God).

So from last night's lesson and my own reading and prayer, this is what I've put together.

What is a stronghold?

Merriam – Webster's Dictionary defines it as:

1. A fortified place
2. A place of security or survival
3. Example: The Island was the pirate's last stronghold in the Indies.
4. Synonyms: bastion, castle, citadel, fastness, fortification, fortress, hold, and fort

How does the bible use the word Stronghold?

The bible uses the word in two different ways, from what I can tell. There are five verses referring to The Lord as a stronghold

1. 2 Samuel 22:3
2. Psalm 9:9
3. Psalm 12:2
4. Psalm 27:1
5. Psalm 144:2

And two verses referring to the demolishing of strongholds

1. Zephaniah 3:6
2. 2 Corinthians 10:4

What I took from this is that a stronghold is a powerful place and as The Lord is a

⁵ The steps were modified to match the questions we used during group; however, additional questions will be presented at our next meeting. Other content changes were made as needed.

stronghold for us, the same word used to describe the strength and protection of the Lord is used to describe strongholds the enemy sets up in our minds. So it is not just important but vital that I don't allow my thoughts to become enemy strongholds and the only way to guarantee that doesn't happen is to purposefully police my thoughts, arresting them, putting them on trial, and handling them according to their guilt or innocence. I learned this [6-step] process tonight.

Step 1: Arrest a thought: focus on a thought which I want to know its origins: From God or from the Enemy.

Step 2: Gather Evidence: What does The Word have to say about that thought? Does it support or refute my thought? Yes or No?

Step 3: Is the thought Wisdom as defined in James 3:13-18. Yes or No?

Step 4a: What kind of faith am I hearing with?

Step 4b: Am I being diligent in my pursuit of God with this thought? Yes or No?

Step 5: Am I fighting the battle associated with this thought in the flesh or the spirit?

Step 6: Is this is a stronghold from the enemy? If so, tear it down.

There are [six] steps here to fight against the layers that the power of rationalization can create. The power of logic can be our best and worst friend. Our group meeting last night demonstrated that in spades, especially my strong desire to say "perhaps" or "sometimes" or "...well...it's not black and white...". It's funny because those words and phrases allow for and give birth to confusion. We know that God is not the author of confusion. We know that His way is narrow and straight, true and right; it doesn't have room for us, the Lord, and our maybes.

So my take-a-way from this lesson, was that the only way to keep the enemy from building strongholds in my mind with my own thoughts, is to rely upon the Lord as my stronghold and purposefully take all my thoughts and submit them to Him casting away what is not *of* Him. Do I really want the enemy to build fortresses in mind where he can dwell happily and securely? Oh, heck no. So now I know what to do to keep that from happening and it's now up to me to do it. Now I understand where the being slow to speak and react come into play. If I have to take each though captive...I don't have time to talk or act out of turn. LOL...I am too busy diligently pursuing The Lord.