



Meeting Notes: “I See Me” – Follow Up (October 30, 2013)

These notes capture our October 30, 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” – Follow Up

- **Challenges:** We continued to experience some challenges with understanding the purpose of the exercise to pull down strongholds. Our main stumbling block appeared to be our understanding the purpose of the exercise in relationship to taking every thought captive. Hopefully, through a follow-up email, we were able to establish we must take every thought captive and the exercise is but one way to do so.
- **Points of agreement:** The below points seemed to have been ones upon which we could all agree.
 - Strongholds develop when we don’t consistently bring thoughts captive.
 - A stronghold is giving residence to a thought that doesn’t agree with God’s Word.
 - Just as a fortress in the Roman soldier’s era took time to build, so do strongholds take time to build in our mind. Likewise, just as a physical fortress is composed of individual bricks, so a stronghold is composed of individual thoughts.
 - Strongholds are toxic thoughts we are allowing to linger, and we don’t deal with them.
- **Exercise:** Rather than each of us completing the exercise, one of us shared her thought and we all helped to walk her through each of the questions. We began with how she is feeling about a particular situation, and uncovered one specific thought attached to those feelings – “I want him to be accountable.” As she examined this thought through the questions, she was able to see how this

thought is a stronghold for her. The next steps are for her to repent for the thought, take her thought captive, commit to renewing her mind through prayer, and practicing what she is praying. More on the next steps can be found in the below Teaching Notes.

- **Lessons Learned:**

- **Recognizing the wiles of the devil.** As we continue our journey in learning how to “armor up,” it appears God is trying to teach us how to recognize some of the wiles of the devil. Thus, we will continue with the lessons learned as a reminder to how the enemy tries to operate in our lives. **Takeaway.** If we focus on the spiritual forces at work in a situation, the Holy Spirit can reveal a methodology the devil is using to play mind tricks on us.
- **Competing vs completing.** Following group, I woke up with the revelation, “Satan can turn **completing** thoughts into **competing** thoughts in order to cause division and strife.” **Takeaway.** Rather than assume there is an either or, seek to find commonality in the thoughts to determine if they compete with or complete with each other.
- **Takeaway.** We have learned two different ways to examine our thoughts: one method uses four questions; the other method uses six main questions with a few sub-questions. Use any or all of whichever method works for you. The most important thing is to learn how to “police our thoughts, arrest them, put them on trial, and evict those that don’t belong!”

Homework Assignments:

- **Review:** Read Exodus 32 and Isaiah 30.
- **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: We will be discussing Idols.

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: TEACHING NOTES FOR OCTOBER 30, 2013

Closing the Loop on Last Week:

- **The Original Plan:** The point of last week's exercise was to learn how to apply our vision by learning how to examine what we hear. In Mark 4:24, "hear" refers to what we give audience to, and in Romans 10:17 "hearing" refers to the act thereof. Consequently, if we are to hear with ears of faith, we must give audience to the Word of God. But, how do we know if we are hearing the Word of God – by examining our thoughts.
- **Questions to Ask Ourselves When Examining Our Thoughts:**¹
 - **Original questions:**
 - **Is it truth?** The only way it can be truth is if it's found in God's Word [or aligns with God's Word and His character].²
 - **Is it love?** The T entitled, "Love God's Way" outlines how God defines what love is and what it isn't.
 - **Is it wisdom?** The T entitled, "Godly Wisdom" outlines how God defines Godly wisdom and worldly wisdom.
 - **What behavior is my thought producing?** Sometimes, it's hard to determine if our thought is truth, love, or wisdom, but we can always judge our thoughts by its accompanying behavior. The T entitled, "God vs World" outlines how God defines works of the flesh and fruit of the Spirit. If our thought is not producing fruit of the Spirit, we are dealing with a stronghold. We must also be mindful, because the devil can twist God's Word in our minds to create a rationale stronghold. Remember, he used the Word to try to tempt Jesus in the wilderness (Luke 4:9-12).
 - **Modified Questions:** Since we didn't use Teaching Notes last meeting, we did not include love or behavior. Therefore, they have been added to the memory verse questions and a worksheet created for us to use so we can stay more focused while completing the exercise. However, the four original questions above can also be used to self-examine, especially for those who prefer a simpler approach than the worksheet. The worksheet, however, helps us identify the root of what we are thinking, so we can address the root while pulling down the stronghold.

¹ All Ts can be found on the Documents page of the website: www.wow2women.com

² The information in brackets was added based on lessons learned in our last meeting

- **What To Do If Our Thought Does Not Line Up With God’s Word?** Here’s the original plan based on the original questions:
 - **Repent:** Most, if not many, of our thoughts that are not truth, love, or wisdom result in a work of the flesh rather than a fruit of the spirit. Therefore, regardless of whether the thought is justified or not, we need to repent for harboring that thought and allowing it to create an ungodly behavior in our lives. Until we can call our thoughts sinful because they are producing sinful behavior, we cannot move forward! Repentance for where we are is the only way to begin moving forward!
 - **Take our thought captive:** Determine in our heart we will “pull down this thought” because it does not line up with God’s Word and replace it with what God says.
 - **Commit to renewing our mind:** Create a daily prayer that contains the Scriptures for our new thoughts and then pray that prayer every morning for 7-10 minutes to help create new thought patterns in our mind.³ Continue to pray that prayer until our heart and mind have been renewed in that area. Return to it any time we “fall off the wagon.”⁴
 - **Practice what you are praying:** When the test comes that triggers our “old” thought, respond according to the “new” thought that aligns with God’s Word. Over time, our emotions will catch up with our behavior if we do not grow weary in well doing.
- **Understanding the composition of our helmet:** The Roman soldier’s helmet was made of metal, but our helmet is made of thoughts. Returning to the shield, we compared the wood to Jesus’ humanity, and the six leather layers to our humanity. Each layer represented a piece of the armor: truth, righteousness, peace, faith, salvation, and Spirit.⁵ Just like we learned we have to care for our shield if it is to protect us from the enemy’s arrows, we must also care for our helmet if it is to protect our mind. We care for our helmet by ensuring it is composed of God’s thoughts and not the thoughts of the world. Each worldly thought we think exposes us to enemy attack in that area of our mind. If he can put enough “cracks” in our helmet, he can “take our head off” with his battleax!
- **Takeaway.** Because of the condition of our heart, what may be a stronghold for one may not be a stronghold for someone else. The bottom line is, “Does this thought protect my mind from the wiles of the devil, or does this thought expose my mind to the devil’s mind games?”

³ Comes from a principle on Toxic Thinking taught by Dr. Caroline Leaf

⁴ This statement was added as a result of last week’s meeting

⁵ For more information on this portion of our study on the shield, please refer to the July 24, 2013 Meeting Notes on the website: www.wow2women.com

Discussion Topic: “I See Me” – Follow Up

- **Evaluating Last Week.** As part of our maturing process, let’s evaluate last week with the following questions: What did we learn? What did/do we still have concerns about? What questions do we still have?
- **Implementing the Exercise Correctly.** Using the attached worksheet, each person will work their way through a thought personal to them.

Homework Assignment:

- **Preparing for Next Week.** Read Exodus 32 and Isaiah 30
- **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 and oppress us.



ATTACHMENT: SCRIPTURE REFERENCES⁶

Memory Verses:

- **Psalm 33:4:** “For the word of the Lord *is* right, And all His work *is* done in truth.”
- **Psalm 51:6:** “Behold, You desire truth in the inward parts, And in the hidden *part* You will make me to know wisdom.”
- **Hebrews 11:1, 6:** “¹Now faith is the substance of things hoped for, the evidence of things not seen ... ⁶But 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.”
- **Mark 4:24:** “²⁴Then He said to them, “Take heed what you hear. With the same measure you use, it will be measured to you, and to you who hear, more will be given, ²⁵For whoever has, to him more will be given, but whoever does not have, even what he has will be taken away from him.”
- **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.”
- **Mark 4:24:** “Then He said to them, ‘Take heed what you hear. With the same measure you use, it will be measured to you; and to you who hear, more will be given.’”

Additional Scriptures:

- **Romans 10:17:** “So then faith comes by hearing and hearing by the word of God.
- **Proverbs 4:7:** “Wisdom is the principal thing; Therefore get wisdom and in all your getting, get understanding.
- **Psalm 107:20:** “He sent His word and healed them, And delivered them from their destructions.”
- **Deuteronomy 30:19-20:** “¹⁹I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore, choose life, that both you and your descendants may live, ²⁰that you may love the

⁶ All verses are from the New King James Version

LORD your God, that you may obey His voice, and that you may cling to Him, for He *is* your life and the length of your days; and that you may dwell in the land which the LORD swore to your fathers, Abraham, Isaac, and Jacob, to give them”

- **1 Corinthians 13:4-8:** ⁴Love suffers long *and* is kind; love does not envy; love does not parade itself, is not puffed up; ⁵does not behave rudely, does not seek its own, is not provoked, thinks no evil; ⁶does not rejoice in iniquity, but rejoices in truth; ⁷bears all things, believes all things, hopes all things. ⁸Love never fails. But whether *there are* prophecies, they will fail; whether *there are* tongues, they will cease; whether *there is* knowledge, it will vanish away.”
- **James 3:13-19:** “¹³Who is wise among and understanding among you? Let him show by good conduct *that* his works *are done* in the meekness of wisdom. ¹⁴But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth. ¹⁵This wisdom does not descend from above, but *is* earthly, sensual, demonic. ¹⁶For where envy and self-seeking *exist*, confusion and every evil thing *are* there. ¹⁷But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy. ¹⁸Now the fruit of righteousness is sown in peace by those who make peace.”
- **Ephesians 6:12-13:** “¹²For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual *hosts* of wickedness in the heavenly *places*. ¹³Therefore, take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.”
- **Galatians 5:19-25:** ¹⁹Now the works of the flesh are evident, which are adultery, fornication, uncleanness, lewdness, ²⁰idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, ²¹envy, murders, drunkenness, revelries, and the like, of which I tell you beforehand, just as I told *you* in time past, that those who practice such things will not inherit the kingdom of God. ²²But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, ²³gentleness, self-control. Against such there is no law.



LEARNING HOW TO TAKE THOUGHTS CAPTIVE

Enter one specific thought you would like to process through the Word of God

Thought:

Directions: Answer each of these questions about the thought. Do not try to find an answer to the thought. Merely circle the appropriate answer and then record what you found in the Bible that led to your answer (i.e. the verse in the Bible that responds to your thought, the reason why your thought is or is not wisdom, the type of faith you are hearing with, etc).

Question	Answer (Circle One)	Result (Biblical Reference)
1. Is what I'm hearing the Word of the Lord? (Psalm 33:4)		
a. Can I find this thought in the Bible?	Yes/No	
b. Does it bring healing? (Psalm 107:20)	Yes/No	
c. Does it bring life or death? (Deuteronomy 3:19-20)	Life/Death	
d. Is it love (1 Corinthians 13:4-8 or "Love God's Way" T)	Yes/No	
2. Is my thought wisdom? (Psalm 31:56) (James 3:13-18 or Godly Wisdom T)	Yes/No	
3. What kind of faith am I hearing with? (Hebrews 11:1) (James 3:13-19 or The Just Live by Faith T)	No faith Faith Little Faith Great Faith	
4. Am I being diligent in my pursuit of God with my thought? (Hebrews 11:6)	Yes/No	
5. Am I using carnal weapons to fight in the flesh (2 Corinthians 10:3)		
a. Am I fighting against a person or against unseen spiritual forces (Ephesians 6:12-13)	Person Spiritual Forces	
b. Is what I am thinking an argument, high thing that is exalting against the knowledge of God, or a thought that is not obedient to Christ (2 Corinthians 10:4-6)	Argument High Thing Thought	
c. Is this thought creating godly behavior or worldly behavior (Galatians 5:19-25 or God vs the World T)	Godly Worldly	
6. Is WHAT I am hearing a stronghold? (Mark 4:24)	Yes/No	