



TOTALLY  
TRANSFORMED  
MINISTRIES™  
ISAIAH 61:1-4

The 5 R's to Victory in Your Thought Life<sup>1</sup> were developed by Jon Eagle – director and owner of Bridge Building Ministries (used by permission) and included in his book, *Healing Where You Hurt on the Inside*. This author has expanded them and also added a Scripture memory/meditation process so that we can engrain the truth in our minds and hearts in order to eradicate the lies of the enemy according to Hebrews 4:12: “For the Word that God speaks is alive and full of power [making it active, operative, energizing, and effective]; it is sharper than any two-edged sword, penetrating to the dividing line of the breath of life (soul) and [the immortal] spirit, and of joints and marrow [of the deepest parts of our nature], exposing *and* sifting *and* analyzing *and* judging the very thoughts and purposes of the heart.”

### **5 R'S to Victory in your Thought Life\***

The Bible says that we are at WAR and the sad matter is that many Christians do not even really know it. At least they are not aware that it is a human warfare that involves them. The Bible tells us that we fight “against the rulers, against the powers, against the world forces of this [present] darkness, against the spiritual *forces* of wickedness in the heavenly (supernatural) *places*” (Ephesians 6:12, AMP). Paul urges us to be strong in the Lord and in the strength of His might (Ephesians 6:10) and to “take captive every thought to make it obedient to Christ” (2<sup>nd</sup> Corinthians 10:5, NIV). One will live a defeated spiritual life until he begins to take these verses seriously. We are at war and the battle is for the MINDS of MEN and WOMEN. This is where the adversary and his army of spirits attack believers. The assault is continuous and we must learn to do battle and “not be ignorant of his strategies” (2<sup>nd</sup> Corinthians 2:11, AMPC). The following is a plan to secure victory for our thoughts that must become a lifestyle and a continual way of thinking and acting. An easy way to remember the steps is through alliteration with each one starting with R.

- ❖ **RECOGNIZE AND REJECT THE WRONG THOUGHTS** which come against you. Any thought that is bad for you and diminishes your effectiveness for the Lord is a wrong thought and usually comes from the enemy. If you don't recognize the wrong thought and reject it, it takes root in your mind and heart and becomes a strong tendency and pattern, and can even become a stronghold in your mind. Wrong or negative thoughts are self-defeating and counterproductive to Kingdom building. Fear, guilt, negativism, jealousy, worry, discouragement, and temptation to do wrong actions—all are wrong thoughts. If, when they come (which Satan will always try to bring them), you choose to “think about what you are thinking about,” allowing yourself to recognize and discern when they are wrong, you can reject them and by an act of your will, refuse to meditate on them. “For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ” (2<sup>nd</sup> Corinthians 10:4-5, NKJV). Notice this is an action we take by choice using the weapons of warfare that God has given us, which are the Word (which is very important since the Word is the Sword of the Spirit and the offensive weapon against Satan), prayer, praise, putting on the full armor of God, worship, rebuking the devil, resisting



demonic spirits, and choosing to take our thoughts captive which are contrary to the Word of God in obedience to Him.

- ❖ **RESIST THE DEVIL** and he will flee from you (James 4:7)! God didn't make you to be a runner. He wants you to be a resistor! He wants you to put on His full armor (Ephesians 6:11-18), stop running, and start fighting. There is no armor for your backside! When you face him head on, you will be victorious over him! The armor listed in Ephesians 6 says it must be put on that you may be able to resist and stand your ground on the evil day of danger and, having done all the crisis demands, to stand firmly in place. The pieces of the armor include the helmet of salvation, the breastplate of righteousness, having your feet shod with the preparation of the Gospel of peace, taking the Sword of the Spirit, which is the Word of God, girding your loins with the belt of truth so that no lie is found in your mouth, and lifting up the shield of faith to quench all the fiery darts of the wicked one. Verse 18 (AMPC) follows exhorting us to “pray at all times (on every occasion, in every season) in the Spirit, with all [manner of] prayer and entreaty.” Keep alert with strong purpose and perseverance, interceding on behalf of all the saints. Going through the armor and literally putting it in place to begin your day is important. If you were going over to a war-torn country as a soldier and you left your weapons and armor at home or refused to put them on, you would become very vulnerable to your enemy and would probably be killed or badly wounded. You would at that point be unable to fight anymore or would be delayed in the fight until you healed enough to fight. This is also what is necessary when we have emotional wounds. If we don't take the time to heal, not only will we feel weak, we will have less strength to overcome the enemy. The battle is the Lord's and was won by Him at Calvary, but we must secure that victory for our lives daily by taking our authority over the enemy as believers and nailing our flesh to the cross.
- ❖ **REBUKE THE APPROPRIATE SPIRIT IN THE STRONG NAME OF JESUS.** Evil spirits are real. They are simply Satan's army for use against his enemy—the people of God. You can usually identify which ones are harassing you by the negative emotions which are present (e.g. anxiety, depression, hatred, rage, rebellion, loneliness, sadness, fantasy, unbelief, bondage, infirmity, etc.). They also feed on our negative emotions and hurts, infecting and worsening them. But the Bible tells you that you have authority over them in Christ (Matthew 16:19, 2<sup>nd</sup> Corinthians 10:4-5, Mark 16:17, James 4:7). You can and must command them to leave you alone. 2<sup>nd</sup> Timothy 1:7 (AMP) says, “For God did not give us a spirit of timidly *or* cowardice *or* fear, but [He has given us a spirit] of power and of love and of sound judgement *and* personal discipline [abilities that result in a calm, well-balanced mind and self-control].”
- ❖ **RECITE WHAT GOD'S WORD SAYS** about your problem area and **RENEW YOUR MIND** in it (Romans 12:2). You are indoctrinated continuously by the world's point of view. If you want to see victory in your life, YOU MUST BEGIN TO VIEW LIFE FROM GOD'S PERSPECTIVE instead of the world's perspective, which is run by Satan's thoughts and views. You must meditate and live in the Word until it becomes alive in you and dominates and controls your thinking. We don't memorize Scripture to



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impress people or to feel like we have performed for God to be accepted. We are already accepted. We don't earn our salvation. However, we memorize Scripture so that we are strong in our spirit-man to defeat the enemy who is tempting us to act and think against the truth of God. It is a key weapon of our warfare as the Sword of the Spirit and as part of the armor of God that He instructs us to put on daily in Ephesians 6:14-18. The following are great Scriptures that can permeate and transform your thinking: 1<sup>st</sup> Corinthians 10:13; Psalm 138:8; Philippians 4:4, 13, 19; 2<sup>nd</sup> Timothy 1:17; 1<sup>st</sup> Thessalonians 5:18; Romans 8:28; Galatians 5:22-5; 2<sup>nd</sup> Corinthians 10:3-5. Nowhere in the Bible does it say read the Word, but usually it exhorts us to meditate on it. For example, Joshua 1:8 (AMPC) says, "This Book of the Law shall not depart out of your mouth, but you shall meditate on it day and night, that you may observe *and* do according to all that is written in it. For then you shall make your way prosperous, and then you shall deal wisely *and* have good success." That is not to say reading the Bible is not a good exercise, but if you really want to build your faith and transform your mind to God's will and thinking, especially if you are trying to break strongholds of lie-based thinking resulting usually in sinful behavior, then you will need to memorize the Word and think on it often throughout the day (meditation). See the steps for meditating on the Word in appendix D of Saved But Not Free that will help it to become "sharper than any two-edged sword, piercing even to the division of soul and spirit" (Hebrews 4:12, NKJV). The Word or the Sword of the Spirit is the only offensive weapon in the armor of God talked about in Ephesians 6:11-17. Jesus Himself used the Word against the devil when He was tempted by him in the Wilderness (Matthew 4:1-11). When we meditate on the Word, we meditate on Jesus Christ Himself as John 1:1 (AMPC) says, "In the beginning [before all time] was the Word (Christ) and the Word was with God, and the Word was God Himself." John 15:7 (NKJV) says, "If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you." Finally, if we want more faith to believe God's Word and His promises then we must know His Word. Romans 10:17 (AMPC) says, "Faith *comes* by hearing and hearing by the Word of God."

- ❖ **REJOICE IN ALL THINGS.** "For this is the will of God in Christ Jesus concerning you" (1<sup>st</sup> Thessalonians 5:18, KJV). It is essential that Christians continuously cultivate an attitude of gratitude. We must be grateful people, giving thanks in all things. Philippians 4:6-7 (NIV) says, "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." The Amplified says this peace will "garrison *and* mount guard over your hearts and minds in Christ Jesus." These passages are not saying that everything that happens to you is pleasant. What God is saying is that you are to learn to rejoice and be thankful in all things, because this kind of attitude is His will for you. It is not enough to merely "give thanks" when you feel like it or when the circumstances are to our liking. The real discipline and blessing of this teaching comes in being obedient. Such obedience will lift burdens, change your perspective, and bless you in countless ways, even if it means what the Bible calls "a sacrifice of praise" (Hebrews 13:15). God



inhabits the praises of His people, and if God inhabits your praise and your thoughts of praise, the enemy cannot. Satan does not stay around anyone that is bringing glory to the Lord.

\*The 5 R's were originally developed by Jon Eargle and taken from his book, *Healing Where You Hurt on the Inside*. They have been used by permission and modified for use for by Connie Borden, Psy. D., L.C.P., of Borden Psychological Services, P.A.