



Experience 32:
Focus

Tuesday, February 23, 2021

2 Corinthians 10:3-5

For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.

Have you ever found yourself believing something that later you realized wasn't actually true? It could be some factoid, like who played the Hulk in that horrible 2003 Marvel Movie. It's not a big deal if you thought it was someone other than Eric Bana. Sometimes though the false things we find ourselves believing are much more serious.

Often in the history of the Church, the Body of Christ, the very things Paul mentions to the church in Corinth have made their way back into our individual or collective thinking. We have to be honest and realize that sometimes what we think about ourselves and what we think about God doesn't line up with the Truth.

Have you ever had a prayer feel unanswered? Has that started to feel like God doesn't hear you? It is hard to pray to a God that we don't believe hears us. Or have you questioned if God could really love you? It would be a waste of time to worship a God that we don't believe is truly loving. Or grow up with a view that God

was looking to catch you doing wrong, that He was against you? We certainly wouldn't want to share with others about a God whose only goal is to smite us. And I highly doubt that Focusing and meditating on the words of One we feel unvalued by would be a high priority.

There is Hope! We don't have to figure this all out on our own. We have access to the Truth! God gives us the truths of His word, to destroy the power of any argument, and the power of the Holy Spirit to break strongholds, thus allowing those truths to sink deep within our hearts and minds. God is good, and his Word has the power to transform our thoughts, our beliefs, and our feelings!

The 2 key actions here are "Destroy" and "Take Captive"... Destroy the lies, take captive the wild thoughts that consume our minds. To do so though we must Focus- we must spend time in God's Word. We cannot destroy a stronghold of lies about God that creep into our hearts and minds if we do not know the truth; we must know the Word of God! Once our minds are grounded in the Word, we need the divine power of God's Spirit to make that head knowledge part of our heart's experience. Only then can we take the lies that come at us captive, because their power has already been destroyed.

Actions to take

- Go for a walk or find a comfy spot to converse with the Lord.
- As you read the devotional this morning did any false thoughts or beliefs about yourself or God come to mind?
- Name this lie out loud and ask God to bring to your mind a verse, passage, or psalm from His word that tells the truth about you to oppose this lie. If no verses come to mind, try one of these verses about our identity in Christ: biblestudytools.com/topical-verses/bible-verses-about-our-identity-in-christ
- Respond back to the Lord with how easy that truth is to accept or not accept, and notice how He responds to you.
- Renounce the lie and speak the truth from Scripture out loud.
- Write this verse down, memorize it, and ask the Lord to recall it to mind when that lie pops up in your thoughts again.