

Warrior Training
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THE BATTLE PLAN: **KICK IT!!**

I. **Know Your Enemy** and his tactics

A. Sun Tzu "Know thy self, know thy enemy."

1. John 10:10 "The thief comes only to steal, kill, and destroy..."
2. John 8:44 "...for he is a liar and the father of lies."
3. The enemy of your soul studies you to lure, trap, or deceive you into bad decisions, habits, or addictions.

B. What the enemy convinced me:

1. You're losing your mind. You made the biggest mistake ever in marrying your husband - God played a trick on you.
2. You should have married that man from college. You missed out.
3. You're invisible, forgettable, worthless - that friend doesn't want to hang out
4. You're never going to get better; your anxiety and insomnia will always prevent you from having a normal life. You have to take naps just to function. You're pathetic. You can't handle your life.
5. You have to perform or earn a paycheck to be someone significant.

C. When I believed or acted on these lies, I was operating in enemy occupied territory. I provided resources and real estate that fortified the enemy strongholds in my life. Dangerous territory.

1. I heard things that were not being said - my hearing was distorted by the lies. Don't let the lies dictate what you hear - then they are holding you captive.

II. **Identify the Lies** - What has he convinced you?

A. How? TRANPPLE (Phil 4:8)

T - True

R - Right

K - Know your Enemy I - Identify the Lies C - Capture thoughts K - Know and Wield the SWord

I - Identity T - Tear down idols

A - Admirable
N - Noble
P - Pure
P - Praiseworthy
L - Lovely
E - Excellent

K - Know your Enemy
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III. Capture your thoughts!

- A. 2 Cor 10:5 We demolish arguments and every pretense that sets itself up against the knowledge of God and **we take captive every thought** to make it obedient to Christ.
- B. How? Talk to yourself, don't listen to yourself. Barb Mulvey
 - 1. Watch the vector of your thoughts! Re-cage your thinking and change your attitude...flying metaphor!
 - 2. Pull back on the stick. Level off.
 - 3. What this looks like:
 - a) Instead of spiraling down in a nose low attitude: "I'm losing my mind. My feelings for college boyfriend are so strong, I should just call him, have an affair and get it over with." WARNING! WARNING! PULL-UP!
(1) Col 3:2 Set your mind on things above, not on earthly things.
 - b) Straight and Level: "No. That will be death for my marriage, my children, and their children. College boyfriend is probably still a jerk anyway. I know that I know that I know God brought me Mark as my husband. I will not choose death."

IV. Know & Wield the Sword of the Spirit!

- A. 2 Cor 10:4 "The weapons we fight with with are not the weapons of the world. On the contrary, they have divine powers to demolish strongholds.
- B. Fight the lies with divine weapons - the Sword of the Spirit, Prayer!
- C. Sarah's 30 day challenge
 - 1. Acts 17: 26b "...and [He] has determined their pre-appointed times and boundaries of their dwellings.... "

2. Psalm 139:16b All the days ordained for me were written in your book before one of them came to be.
3. 2 Tim 1:7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.
4. Proverbs 3:5-6 Trust in the Lord with all your heart and lean not on your own understanding.

D. Pray the word against each lie and ask God to make it REAL for you.

E. Find a wingman!

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V. Identity: you are a Warrior for Christ.

A. Walking in freedom on wobbly legs. Richelle asked me to run a marathon!

B. That's not Warrior Thinking!!

C. Line up how your thoughts of yourself with the truth of God's Word:

1. Psalm 139: 5,6,17 5You hem me in behind and before, and you lay your hand upon me. 6 Such knowledge is too wonderful for me, too lofty for me to attain. 17 How precious are your thoughts about me, O God. They cannot be numbered.

D. How you see yourself is vital! It will determine what you allow in your head, the vector of your thoughts, and the vector of your life.

I - Identity T - Tear down idols

VI. Tear down your idols

A. Kingdom of self or Kingdom of God? Who's kingdom? (Paul Tripp)

1. Romans 8:6 The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.
2. Gal 5:1 "It is for freedom Christ has set you free. Stand firm then, and do not be burdened again by a yoke of slavery."

Your Mission: KICK IT in your own lives. KICK IT in your family's life. KICK IT in your friends' lives, your neighborhood, your school district. KICK IT in ABQ! KICK the enemy's lies and walk into God's amazing freedom.