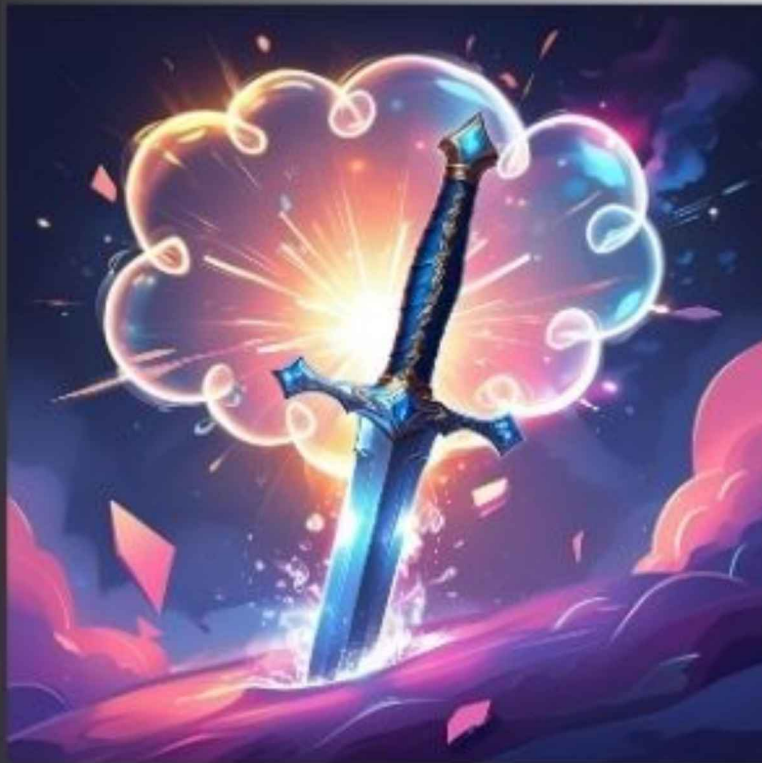


THE BATTLE OF THE MIND



BY: PASTOR ISAAC T. ADEOLA

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By

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Presented by

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No. 24 Olaoluwa Street, Araromi,

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July 2025

A Word Before We Begin:

The word 'battle', according to the dictionary, means a drawn-out struggle between adversaries or against powerful forces.

The battle of the mind, therefore, refers to the ongoing conflict inside the mind of man between his old sinful nature and his new nature in Christ.

Bible Text: Roman,8:1-16.

CATEGORIES OF THE MIND

Scripturally, man's states of mind can be categorised into three:

1. THE NATURAL MIND – UNSAVED

This is an unregenerate mind. He has no spiritual appetite for the things of God. He cannot comprehend spiritual truth. He is dead in trespasses and sin (Ephesians 2:1–3). He may be outwardly religious and morally clean, but he cannot understand the Christian life; his thoughts are selfish — 1 Corinthians 2:14.

2. THE CARNAL MIND

Carnal means “of the flesh”. The carnal mind is a saved person who lives for the flesh (Romans 8:5–8). A carnal Christian is not satisfied in Christ alone. He chases after worldly things, amusements, and delights rather than the things of God. He is unbroken, quarrelsome, touchy, and often the source of church problems (1 Corinthians 3:1–4; Romans 7:14–15; James 4:4).

3. THE SPIRITUAL MIND

This is a regenerated and transformed mind, filled with the Holy Spirit and the knowledge of God's words (Romans 8:1–2; 12:1–2). He is broken, mature, and has understanding of spiritual things. He has the mind of Christ — Philippians 2:5; 1 Corinthians 14:20.

NB: The hallmark of a Christian is having a spiritual mind filled with the fruit of the Spirit. This, however, requires a deliberate move by the individual, with the help of the Holy Spirit.

WHAT ARE THE BATTLES OF THE MIND?

(Galatians 5:19–21)

The following are some of the battles that rage in man's heart:

- Evil imagination (Mark 7:21–23)
- Doubt (James 1:6)
- Fears (2 Timothy 1:7)
- Worry and anxiety (Philippians 4:6)
- Envy (Romans 13:13)
- Anger (Ephesians 4:31)

HOW TO WIN THE BATTLE OF THE MIND

The Holy Spirit is ever ready to help (Romans 8:26), but you have a greater part to play in winning the battle going on in your mind (Romans 12:1–2). Among other things, you must:

- Be filled with the Holy Spirit — Ephesians 5:18
- Guard your heart with all diligence — Proverbs 4:23
- Meditate on the word of God — Joshua 1:8; Psalm 119:11; James 1:21; Philippians 4:8
- Build the strength of your inner man — Ephesians 3:16
- Confess scripture — Proverbs 18:21; 1 Corinthians 10:4–5

CONCLUSION

The battle against sin takes determined effort to overcome. This can only be attained through your cooperation with the Holy Spirit.

You've got to think and meditate on what will build your spiritual life, knowing fully well that whatsoever you fill your heart with determines the fruit you bear.


Therefore, always renew your mind with God's word in order to move from the realm of struggle to the level of victory.

God bless you.

About the Author

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