
MIND BATTLE STRATEGY
P.R.A.Y.



MIND BATTLE STRATEGY

It is not a matter of *“if”,* but *“when”* the mental battles come. The key is to be prepared. So when tormented with a thought or thoughts that you have discerned as being wrong and will not go away, you now have the tools to do battle – **P.R.A.Y. (Acronym)**



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PREPARE–

Get ready! The thoughts will come, and usually when you least expect them. You DO NOT have to take ownership of these thoughts. It can be very subtle, like a thought that you are unaware of where it came from, to a pressing emotion that beckons immediate but unwise actions.

The point is to **recognize it**, **capture it**, **discern it**, then ***take it to the obedience of Jesus Christ*** (2 Corinthians 10:5).



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RECOGNIZE–

Be aware of what you are really fighting– not flesh and blood, but the Enemy posed to kill, steal, and destroy everything you hold dear (Ephesians 6:12).

The Enemy is the master of lies and deception, but you have the Holy Spirit, the Advocate, who knows the truth and *IS* the Truth.



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RECOGNIZE–

Know who you are in Christ: You are *bought with a high price, redeemed, accepted, adopted, and complete* in Christ.

UNDERSTAND: As a child of the MOST-HIGH GOD, YOU have authority as a co-heir with Christ. The Enemy has no power, ***ONLY LIES!***



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ABOLISH–

Use the Word of God, Holy Scripture, sharper than any double-edged sword as the weapon dividing the Spirit from the flesh (Hebrews 4:12).

Speak aloud, ***"I take every thought captive to the obedience of Jesus Christ."*** (2 Corinthians 10:5) Or find a passage of Scripture that speaks to your particular situation. The very mention of his name, Jesus, has the power to abolish any destructive or untrue thought.



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YIELD–

Submit to the power of God, through the Holy Spirit within you, resist the devil and he will flee (James 4:7).

If the thoughts continue, seek shelter in the tent of the Almighty, the safe place (the refuge of God, Psalm 57:1), rest in him, and all thoughts will come into proper perspective.

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