**DOWN FOR THE COUNT**

***Lesson 8 – Notes***

Ephesians 6:17 – The Helmet of Salvation

Wrap your salvation around your mind:

I Corinthians 2:16

James 1:5

II Corinthians 10:5

Salvation Protects Your Mind

Ephesians 6:11 - “wiles” = methodos = with a road

II Corinthians 2:11 - “devices” = noemata = scheming of the mind

II Corinthians 10:4 & 5 – “stronghold” = ochuroma – fortress, prison

How to get rid of a stronghold:

1 – Command the devil to release his claim on your mind

2 – Repent for your responsibility

3 – Renew your mind daily

II Timothy 1:7

“sound mind” = sophroneo = saved mind!

Salvation – to be brought into a safe place

1 – Get in touch with the power of God

2 – Renew your mind with the Word

3 – Take every thought captive

4 – Think about your blessings

5 – Declare Who God is!

The Sword of the Spirit which is the Word of God – Ephesians 6:17

Sword – machaira –

2 words for “Word of God” –

Logos – Written Word of God

Rhema – Quickened Word of God

Hebrews 4:12

Matthew 4:1-11 – It is written!

**BASIC TRAINING**

**DAY 1 –** Read I Corinthians Chapter 2. Now read it again. Identify 3-5 verses that speak to you from this chapter. What does it mean to have “the mind of Christ”?

**DAY 2 –** Read James Chapter 1. Now read it again. Identify 3-5 verses that speak to you from this chapter. What do you need wisdom for today? Ask God for it!

**DAY 3 –** Read II Corinthians Chapter 10. Now read it again. Identify 3-5 verses that speak to you from this chapter. What thoughts do you need to take captive today?

**DAY 4 –** Read II Timothy Chapter 1. According to verse 7, what has God NOT given to us? What has He given to us? What does the phrase “sound mind” mean to you?

**DAY 5 –** Read Ephesians 6:10-17 and make a list of the items that are in the full armor of God. Try to describe each piece of armor.

**DAY 6 –** Read Hebrews Chapter 4. Now read it again. Identify 3-5 verses that speak to you from this chapter. What is the benefit of declaring the Word of God?

**DAY 7 –** Read Matthew 4:1-11. How did Jesus respond to the temptations of the enemy? What battle are you in today? What verse are you using as your rhema?