



7 Free Sermon-Based Devotions

BASED ON CRAIG GROESCHEL'S SERMON:
"WINNING THE WAR IN YOUR MIND"

7 Free Sermon-Based Devotions

OUR MINISTRY'S SERMONS ARE A RESOURCE THAT YOU AND YOUR TEAM INVEST A LOT OF TIME AND ENERGY IN CREATING EVERY WEEK.

On average, Pastors spend 14 hours per week on sermon preparation.

94% of church attenders forget the sermon by Wednesday.

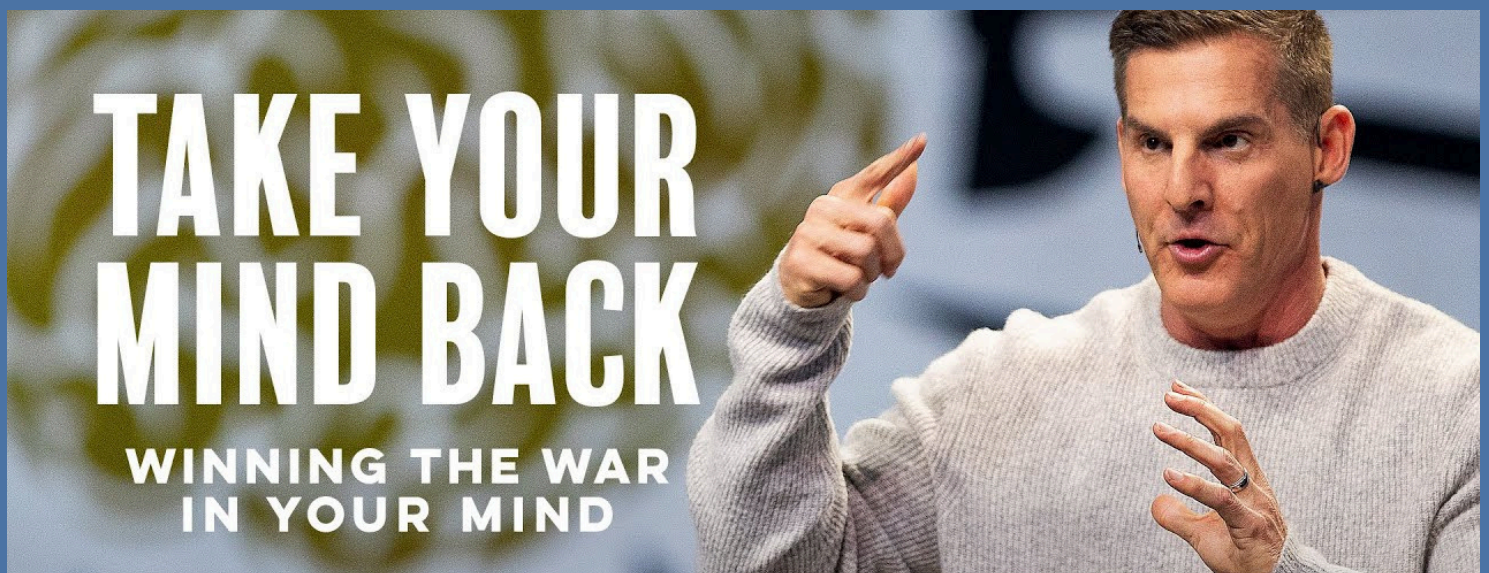
How can we help people stay connected and go deeper?

Your sermons are untapped resources that can be working for you the other 167 hours of the week.

This eBook has sample devotions for you from Craig Groeschel's Sermon: "Winning the war in your mind".

Your church can use DailyDive365 to turn a single sermon into a week-long engagement tool, driving deeper connection and reflection among church members.

[LISTEN TO THE FULL SERMON, "WINNING THE WAR IN YOUR MIND".](#)



Day 1 Devotional - The Battlefield of the Mind

Devotional text created by DailyDive365:

“Have you ever felt like there's a war raging inside your mind? One moment you're full of faith, and the next, crippled by doubt and insecurity. You're not alone. Our mind is a battleground. Apostle Paul experienced it, declaring that the good he wanted to do he didn't, and the wrong he didn't want to do he kept doing. What Paul came to understand, and what we can apply, is that most of life's battles are won or lost in the mind. The Apostle Paul reminds us that we do not wage war as the world does. Our weapons have divine power to demolish strongholds, those fortified lies that hold us captive. Reflect on how the enemy shapes your thinking into believing lies about your identity, relationships, and future. Today, begin to capture those deceitful thoughts and make them obedient to Christ using His truth. Renew your mind by meditating on God's word, which is powerful and transformative. Remember, you are not fighting this battle alone. God is with you, equipping you with His divine power.”

Scripture Reference: **2 Corinthians 10:3-5 (NLT)** “We are human, but we don't wage war as humans do. We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.”

Which action will you take to renew your mind and capture deceitful thoughts this week?

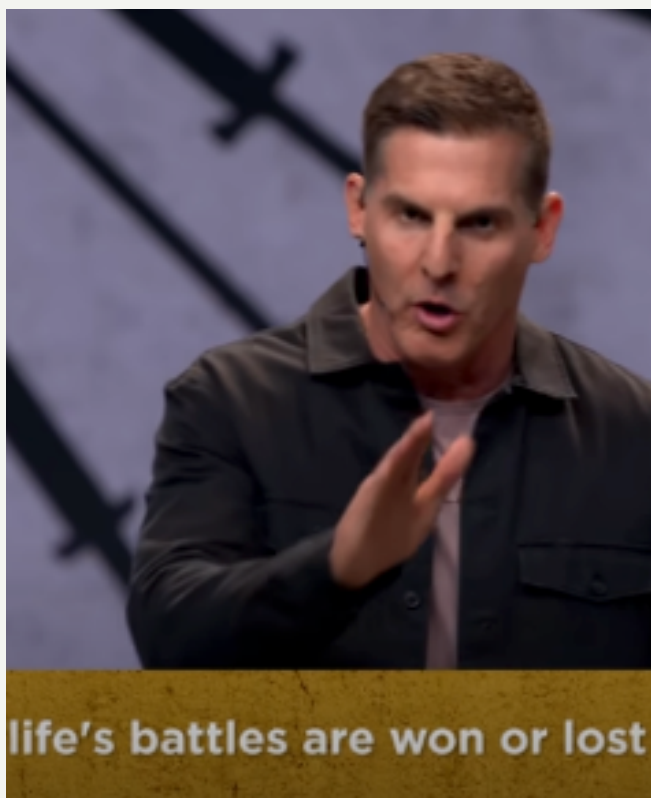
1. Spend dedicated time daily meditating on scripture.
2. Begin a journal to track and counteract negative thoughts with biblical truths.
3. Pray specifically for God to reveal and dismantle the lies you believe.



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Day 2 Devotional - Changing Your Life by Changing Your Thoughts

[Play Audio Devotion](#)



Devotional Text Created by DailyDive365

“We often underestimate the power of our thoughts. Scientific research and Scripture both confirm that our lives tend to move in the direction of our most dominant thoughts. Proverbs 23:7 says, as a person thinks in his heart, so is he. Toxic thought patterns can lead to many life issues, from relational challenges to various forms of anxiety. Reflect on the nature of your thoughts. Are they filled with worry or peace, negative or positive, worldly concerns or eternal truths? Shifting your mindset starts with a thought audit. Consider where your thoughts currently lie and envision where you want them to be. Ask God to help you transform and renew your mind. By focusing on positive, faith-filled, and eternal thoughts, we move our lives in a healthier direction. Pray daily for God to replace lies with His truth. Remember, you are not alone in this journey. God is the ultimate source of strength and renewal”.

Scripture Reference: **Romans 12:2 (NLT)** “Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.”

After reading the devotional, what specific action will you take to shift your mindset?

1. Begin each day with a prayer asking God to renew my mind.
2. Perform a daily thought audit to identify and address toxic thoughts.
3. Meditate on a scripture focusing on God's truth and promises

Day 3 Devotional - Identifying and Breaking Strongholds

Devotional Text Created by DailyDive365

“Have you ever felt trapped by a particular thought or belief, like you're stuck behind an unlocked door? These strongholds keep us prisoners by distorting reality. The first step to freedom is identifying your largest mental stronghold. Perhaps you think you're not good enough, or you'll always struggle financially, or that you can never have a fulfilling relationship. Name it. Then counteract that stronghold with God's truth. Jesus said, 'You will know the truth, and the truth will set you free' (John 8:32). God's Word is powerful enough to break these chains. Write down these strongholds and actively replace them with Scriptural truths relevant to your situation. Take those thoughts captive. Every time a lie tries to sneak back in, combat it with the truth. Over time, these new, healthy thought patterns will become your default, leading you to live in the freedom Christ has for you”.

2 Corinthians 10:4-5 (NLT) “We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ”.

What action can you take today to start breaking free from your mental strongholds?

1. Write down one stronghold and find a specific scripture that counteracts it.
2. Spend five minutes in prayer asking God for help to identify and overcome your mental strongholds.
3. Share your identified stronghold with a trusted friend and ask them to pray with you.



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THOUGHT AUDIT

Worried	1	2	3	4	5	6	7	8	9	10	Peaceful
Negative	1	2	3	4	5	6	7	8	9	10	Positive
Worldly	1	2	3	4	5	6	7	8	9	10	Eternal

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Devotional Text Created by DailyDive365

“Our thoughts have the power to change the physical structure of our brain through neural pathways. When we repeatedly think a particular thought, it becomes a well-worn path, making it easier to think that way again. Negative thought patterns can create ruts, leaving us stuck. However, God offers us a way out. Romans 12:2 tells us not to conform to the pattern of this world, but to be transformed by the renewing of our mind. This involves staying off old, damaging paths and forging new trails filled with truth. Replace toxic thoughts with Scriptural promises. Practically, this may look like turning to God and Scripture instead of old habits when you feel beaten down. Consistently investing in these new paths changes your brain structure over time. Embrace this journey of renewal, knowing God’s powerful Word supports and transforms each step”.

Day 4 Devotional - Creating New Neural Pathways of Truth

Scripture Reference: **Romans 12:2 NLT**

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect”.

What action will you take to begin renewing your mind with God's truth?

1. Commit to reading a chapter of the Bible each day.
2. Start memorizing and meditating on specific Scripture verses that counter negative thoughts.
3. Seek out fellowship or a Bible study group to support you in your journey.

Day 5 Devotional - Embracing Your True Identity In Christ

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Devotional Text Created by DailyDive365

“Many of us struggle with a diminished view of ourselves, fueled by lies we believe about our worth and abilities. But through Christ, we are enough. Scripture reassures us that God’s divine power has given us everything we need for a godly life (2 Peter 1:3). In moments of inadequacy, rely not on your own strength but on the power of the Holy Spirit within you. God has already equipped you, and His grace is sufficient. Reflect on areas where you feel not enough and bring them before God. Confess these lies and replace them with the truth of God’s Word. Let His truths rebuild your self-view. Remember, your identity is not based on what you do but on who God says you are”.

Scripture Reference: **2 Peter 1:3 NLT** “By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence”.

What is one action you can take to align your self-view with what God says about you?

1. Spend time in prayer, asking God to reveal the truth about your identity in Him.
2. Study and meditate on Bible verses that affirm your worth and identity in Christ.
3. Speak with a trusted friend or mentor about the lies you've believed and seek their support in prayer.

Day 6 Devotional - The Truth Will Set You Free

Devotional text created by DailyDive365:

“We often live captivated by the lies we believe. The enemy aims to keep us in spiritual bondage by distorting our view of God and ourselves. But Scripture promises that knowing the truth will set us free (John 8:32). What lies have you believed about yourself or your circumstances? Write them down and identify the corresponding truths found in God’s Word. Jesus, the personification of truth, has already secured your freedom. Embrace these truths daily. Replace negative, fear-filled thoughts with the assurance of God's love and promises. Pray for a transformation of your thoughts and trust in the power of God’s Word to remake your mind and life”

Scripture Reference: **John 8:32 (NLT)** “And you will know the truth, and the truth will set you free”.

What action can you take to replace lies with God's truth?

1. Write down the lies you believe and find corresponding truths in Scripture.
2. Pray for a renewed mind and ask God to transform your thoughts.
3. Meditate daily on the assurance of God's love and promises.

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Day 7 Devotional - Walking In Spiritual Freedom

Devotional Text Created by DailyDive365

“God calls us to live in the freedom Christ provides, yet many of us feel ensnared by lies. Being renewed by God's word is a process, much like walking off an old mental path and creating a new one. This daily commitment to embracing God's truths over lies transforms our thoughts and lives. Reflect on your thought patterns and ask yourself if they align with God's truths. If you find areas where lies prevail, make a conscious effort to replace them with Scripture. Over time, you will begin to experience the freedom Jesus promised. Trust the process of renewing your mind, and lean on God's strength in moments of doubt. His truths, consistently applied, will set you free”.

Scripture Reference: **Romans 12:2 (NLT)** “Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect”.

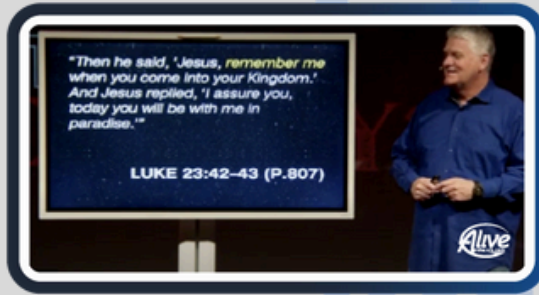
What action will you take today to embrace God's truths over lies in your thought patterns?

1. Spend time reading and meditating on a specific Bible verse that addresses a lie you struggle with.
2. Pray and ask God to help you recognize and replace lies with His truths.
3. Write down the lies you believe and find Scripture that counteracts those lies, and then review it daily.



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YOUR SERMON



DAILY DEVOTIONS APP



Turn Your Sermon Into Devotions



ENHANCE YOUR SERMON ENGAGEMENT WITH EFFECTIVE, DAILY CONTENT DELIVERY.

Just like these seven daily devotions can be automatically created from Craig Groeschel’s sermon, you can have a week’s worth of devotions from your recorded sermon.

Your members will be more engaged every day in the main points of your Sunday message, which not only deepens their understanding, but also fosters a stronger community bond.

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