



CELL GROUP MATERIAL

18 JULY 2026

18 JULY (SATURDAY) SERMON

The Theology of Thought

PASTOR DYRON ADAMS

The War for Our House of Thoughts

Ice Breaker

Question: Share one area of your life where you've experienced significant mental or emotional breakthrough. What helped you get there?

Key Scripture References

- 2 Corinthians 10:3-5
 - Romans 12:2
 - Philippians 4:8
 - Isaiah 26:3
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Main Teaching Points

1. Not Every Thought Deserves a Home

Our minds are not neutral territory. Some thoughts are invaders that need to be evicted (forcefully chased out), not negotiated with.

2. The Difference Between Casting Out and Casting Down

- **Cast out** = illegal architects (demonic influences)
- **Cast down** = strongholds and imaginations
- **Surrender** = our flesh on the altar

3. Strongholds Have Spiritual-Sounding Labels

The enemy disguises dysfunction (*where something fails to work in its expected or healthy manner*) with religious language:

- Unbelief as "being realistic"
- Bitterness as "protecting my peace"
- Isolation as "consecration"
- Passivity as "waiting on God"

4. Temptation Is Not Identity

Not every thought that enters your mind is yours.

Temptation is *not* sin. It is agreement with temptation that is sin.

5. Deliverance Without Displacement Is Dangerous

We must not only **pull down** wrong thinking but **rebuild** with truth and invite Jesus to be the architect of our renewed minds.

Discussion Questions

Section 1: Identifying Strongholds

1. **The sermon mentioned that "some people are trying to fight devils while living under mental architecture that those devils designed."** What does this statement mean to you? Can you identify any "mental architecture" in your life that might not be from God?
2. **Pastor Dyron said never to let dysfunction become your norm.** What are some examples of dysfunction that our culture (or even church culture) has normalized? How do we recognize when we've normalized something God never intended?
3. **Read 2 Corinthians 10:3-5.** What is the difference between a spiritual attack and unchecked (uncontrolled) flesh? Why is this difference important?

Section 2: The Voice of the Enemy vs. The Voice of Jesus

4. **The sermon asked, "What lie have you hosted (listened to/entertained) for so long that it now sounds like your (own) voice?"** Take a moment of silence for personal reflection. If comfortable, share what came to mind.
5. **How do we distinguish between conviction (from God) and condemnation (from the enemy)?** Share a personal example if possible.
6. **Pastor Dyron provided questions to discern our thoughts:**
 - Does this thought sound like Jesus?
 - Does it produce purity, truth, hope?
 - Does it push me toward life or death?
 - Does it clarify or cloud?

Practice together: Think of a recurring negative thought and run it through these questions. What did you discover?

Section 3: Unforgiveness and Flesh Issues (15 minutes)

7. **The sermon stated: "You are forgiven at the rate (to the same capacity) that you can forgive."** How does this truth challenge you? Is there anyone you need to forgive to experience greater freedom?
8. **"What sustains Satan and gives him access in my life is the flesh I keep alive because I refuse to put it on an altar."** What does it practically look like to put our flesh on the altar? What flesh patterns might God be asking you to surrender?
9. **Discuss "church hurt" and community.** How does the enemy use past wounds to keep us isolated? What steps can we take to trust and be vulnerable in Christian community again?

Section 4: Renewing Our Minds (15 minutes)

10. **Read Romans 12:2 and Philippians 4:8.** What does it mean to "think on these things"? How can we be more intentional about what we allow into our minds?
11. **"Peace is not the absence of thoughts—it's the proper government (control) of my thoughts."** How does this definition of peace change your perspective on anxiety or mental battles?
12. **The sermon emphasized that we need to not only tear down but rebuild with truth.** What are some practical ways to rebuild our thought life with God's truth daily?

Key Takeaways

- ✓ **Not every thought you have must be claimed as yours** – Recognize intrusive thoughts vs. your true identity in Christ
- ✓ **Temptation is not sin** – Agreement with temptation is where the line is crossed
- ✓ **Cast out illegal architects, cast down strongholds** – There's a difference between demonic influence and mental strongholds
- ✓ **Forgiveness is freedom** – Withholding forgiveness keeps us bound
- ✓ **Your mind is a house** – Who are you allowing to be the architect?
- ✓ **Deliverance requires displacement (removal) and replacement** – Replace lies with truth through the renewing of your mind

Practical Applications

This Week's Challenge:

Daily Practice: The Thought Audit Each day this week, set aside 10 minutes to:

1. Write down 3-5 recurring thoughts you've had that day
2. Run each through the discernment questions:
 - Does this sound like Jesus?
 - Does this produce life or death?
 - Does this convict or condemn?
3. For any thought that fails the test, write out a corresponding truth from Scripture
4. Speak that truth out loud over yourself

Specific Action Steps:

Choose ONE to focus on this week:

- ☐ **Forgiveness Assignment:** Make a list of people you need to forgive. Pray through the list daily, declaring: "Father, as You have freely forgiven me, I now freely forgive [name]."
- ☐ **Mental Architecture Review:** Identify one "spiritual-sounding label" you've been using to justify dysfunction (example: "I'm just being realistic" when it's actually unbelief). Confess it and ask God for a renewed perspective.
- ☐ **Community Commitment:** If isolation has been your pattern, reach out to one person this week for genuine connection. Take a step toward vulnerability.
- ☐ **Scripture Saturation:** Choose one verse from Philippians 4:8 that addresses your specific struggle. Write it on notecards and place them where you'll see them throughout the day. Memorize it by week's end.
- ☐ **Imagination Sanctification:** Spend 10 minutes daily asking God to show you His vision for your life. "Dare to dream *with God*." Write down what He shows you.

Prayer Focus

Group Prayer Time:

1. **Confession:** Invite the Holy Spirit to reveal strongholds that need to be pulled down
2. **Renunciation:** Together, renounce agreements with lies and cast down imaginations that exalt themselves against God's truth
3. **Invitation:** Ask Jesus to be the architect of your renewed mind
4. **Declaration:** Declare freedom over one another from condemnation, unforgiveness, and normalized dysfunction

Prayer Prompts:

- "Lord, reveal any lie I've hosted so long it sounds like my voice"
 - "Jesus, purify my perception and renew my mind"
 - "Holy Spirit, awaken my ear to hear Your voice more clearly"
 - "Father, help me forgive as I have been forgiven"
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Closing Thought

"Your life moves at the speed and in the direction of your strongest, most repeated thoughts."

This week, let's intentionally make Jesus our strongest and most repeated thought. His nature, His likeness, His voice—let these be what we think on most.

Additional Resources

- **Recommended Reading:** "Battlefield of the Mind" by Joyce Meyer
 - **Worship Playlist:** Create a playlist of songs about God's truth, freedom, and renewal to listen to throughout the week
 - **Scripture Memory:** Isaiah 26:3 - "Thou wilt keep him in perfect peace, whose mind is stayed on thee"
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*Remember: You are **not** your lowest moment. You are **not** your temptation. **You are a son or daughter of the King, and your bloodline just ran into the blood of Jesus.***