

NEW YORK TIMES BESTSELLING AUTHOR

CRAIG GROESCHEL

WITH JOSH MOSEY

i'm a
failure

i won't
finish

never

WINNING THE WAR

afraid

no one cares

it's
over

IN YOUR MIND

for Teens

i'm lost

CHANGE YOUR THINKING,
CHANGE YOUR LIFE

A PDF COMPANION TO THE AUDIOBOOK

ZONDERVAN

Winning the War in Your Mind for Teens

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EXERCISE 1

your thought
audit

On a typical day:

Defense:

- ▶ Are my thoughts tearing me down?

- ▶ Do I think worried thoughts?

- ▶ Does my self-talk cause me to shrink back in fear?

- ▶ Do my thoughts cause me to keep people at a distance?

- ▶ Are my unhealthy thoughts keeping me from the life I want?

- ▶ Are my unhealthy thoughts keeping me from the life God wants for me?

- ▶ Are my thoughts negative, toxic, or mean to myself?

- ▶ Does my inner voice tell me I'm helpless or that life is hopeless?

- ▶ Do I find myself skeptical of others?

- ▶ Do I lean toward imagining worst-case scenarios?

Offense:

- ▶ Are my thoughts building me up?

- ▶ Do I think peaceful thoughts?

- ▶ Does my self-talk inspire me to try new things?

- ▶ Do my thoughts help me get closer to others?

- ▶ Do my thoughts reflect my faith?

- ▶ Are my thoughts God-honoring?

- ▶ Do my thoughts reflect my hope in Christ?

- ▶ Do they inspire me to believe I can make a difference in the world?
- ▶ Do they equip me to become more like Jesus?
- ▶ Do my thoughts connect to the vision God has for my life?

EXERCISE 3

declaring
truth

Lie:

Truth:

Declaration:

Lie:

Truth:

Declaration:

Lie:

Truth:

Declaration:

Lie:

Truth:

Declaration:

EXERCISE 9

your collateral
goodness

Think about your life. Has God ever allowed you to experience a difficult circumstance or relationship that turned out better because of how you preframed it? What happened to change your mindset?

Ask yourself, “In what relationship or circumstance do I struggle to see anything positive or good?” Write it out.

What is one practical step you could take to change your mind about this situation?

What would you want to see God do to change this situation?

What would be the most positive, life-building, God-honoring, mutually edifying way for you to approach this situation?

You can use this exercise to continue to reframe circumstances in your life and open doors for God to give you a new perspective. Remember, you can't control what happens to you, but you can control how you frame it. And the way you frame it will dictate how you respond and behave.

EXERCISE 10

when you've had
enough

What's happening in your life right now that regularly creates panic for you?

Why do you think these specific situations create panic in you?

Is there any place in your life right now where you would say you have had enough and are at the end of your rope? Write it out.

What can you do to lean in and hear God's whisper among all the wind, fire, and earthquakes going on around you now in this circumstance?

Would talking to a counselor, pastor, or close friend help you get to a better place with this issue? If so, who?

EXERCISE 12

evaluating
what's right

What circumstance or relationship in your life right now do you need to stop focusing on so you can instead look at the big picture to see what God is doing?

What circumstance or relationship in your life right now do you need to look at in a different way so you see what's right instead of seeing only what's wrong?

In what circumstance or relationship in your life right now have you dropped your guard and know you need to raise both hands to God, surrendering to him and fully anticipating the victory?

Appendix

Bible Verses for Winning the War

Use these passages in the exercises at the end of each chapter. Better yet, memorize them and think on them daily. Allow the words of God to renew your mind.

- ▶ Scripture quotations are listed in the order they appear in the book.
- ▶ When any Scripture reference is made in the book, the entire verse or passage is included here.
- ▶ Some verses are repeated in each of the four parts.
- ▶ Some verses are also available as downloadable graphics on my website so you can take them with you wherever you go. Those verses appear as bolded text here.

Introduction

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

..... —PHILIPPIANS 4:8-9

As he thinks in his heart, so is he.
..... —PROVERBS 23:7 NKJV

Part 1: The Replacement Principle

Remove the Lies, Replace with Truth

God has not given us a spirit of fear, but of power and of love and of a sound mind.
..... —2 TIMOTHY 1:7 NKJV

We are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.
..... —EPHESIANS 6:12 NLT

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”
..... —JOHN 10:10

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.
..... —1 PETER 5:8

So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God’s law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the

law of sin at work within me. What a wretched man I am!
Who will rescue me from this body that is subject to death?

..... —ROMANS 7:21-24

I know what it is to be in need, and I know what it is
to have plenty. I have learned the secret of being content
in any and every situation, whether well fed or hungry,
whether living in plenty or in want.

..... —PHILIPPIANS 4:12

Though we live in the world, we do not wage war as
the world does. The weapons we fight with are not the
weapons of the world. On the contrary, they have divine
power to demolish strongholds. We demolish arguments
and every pretension that sets itself up against the knowl-
edge of God, and we take captive every thought to make
it obedient to Christ.

..... —2 CORINTHIANS 10:3-5

I also pray that you will understand the incredible
greatness of God's power for us who believe him. This is
the same mighty power that raised Christ from the dead
and seated him in the place of honor at God's right hand
in the heavenly realms.

..... —EPHESIANS 1:19-20 NLT

Take the helmet of salvation and the sword of the
Spirit, which is the word of God.

..... —EPHESIANS 6:17

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

—ROMANS 12:2

"Then you will know the truth, and the truth will set you free."

—JOHN 8:32

I can do all this through him who gives me strength.

—PHILIPPIANS 4:13

Rejoice in the Lord always. I will say it again: Rejoice!

—PHILIPPIANS 4:4

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

—MATTHEW 11:28-30

Cast all your anxiety on him because he cares for you.

—1 PETER 5:7

God is our refuge and strength,
an ever-present help in trouble.

—PSALM 46:1

What, then, shall we say in response to these things? If
God is for us, who can be against us?

—ROMANS 8:31

In all these things we are more than conquerors through
him who loved us.

—ROMANS 8:37

God demonstrates his own love for us in this: While we
were still sinners, Christ died for us.

—ROMANS 5:8

He who did not spare his own Son, but gave him up for
us all—how will he not also, along with him, graciously
give us all things?

—ROMANS 8:32

You created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and
wonderfully made;
your works are wonderful,
I know that full well.
My frame was not hidden from you
when I was made in the secret
place,
when I was woven together in the
depths of the earth.
Your eyes saw my unformed body;
all the days ordained for me were

written in your book
before one of them came to be.

—PSALM 139:13-16

Part 2: The Rewire Principle

Rewire Your Brain, Renew Your Mind

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

—ROMANS 12:2

I have hidden your word in my heart
that I might not sin against you.

—PSALM 119:11

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

—PHILIPPIANS 4:12

God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

—2 CORINTHIANS 9:8

God will meet all your needs according to the riches of his glory in Christ Jesus.

—PHILIPPIANS 4:19

Jesus replied, “I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.”

—JOHN 6:35 NLT

What, then, shall we say in response to these things? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies. Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written:

“For your sake we face death all day long;
we are considered as sheep to be slaughtered.”

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

—ROMANS 8:31-39

Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

—ROMANS 8:5-6 NLT

“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

—JOSHUA 1:8

Within your temple, O God,
we meditate on your unfailing love.

—PSALM 48:9

I will consider all your works
and meditate on all your mighty deeds.

—PSALM 77:12

Cause me to understand the way of your precepts,
that I may meditate on your
wonderful deeds.

—PSALM 119:27

I remember the days of long ago;
I meditate on all your works
and consider what your hands have done.

—PSALM 143:5

They speak of the glorious splendor of your
majesty—
and I will meditate on your
wonderful works.

—PSALM 145:5

Part 3: The Reframe Principle

Reframe Your Mind, Restore Your Perspective

Trust in the LORD with all your heart,
and do not lean on your own
understanding.
In all your ways acknowledge him,
and he will make straight your
paths.

—PROVERBS 3:5-6 ESV

“My thoughts are not your thoughts,
neither are your ways my ways,”
declares the LORD.
“As the heavens are higher than the earth,
so are my ways higher than your ways
and my thoughts than your
thoughts.”

—ISAIAH 55:8-9

This is the day that the LORD has made;
let us rejoice and be glad in it.

—PSALM 118:24 ESV

Part 4: The Rejoice Principle

Revive Your Soul, Reclaim Your Life

Praise the LORD.
Give thanks to the LORD, for he is good;
his love endures forever.
..... —PSALM 106:1

Rejoice in the Lord always. I will say it again: Rejoice!
Let your gentleness be evident to all. The Lord is near.
Do not be anxious about anything, but in every situation,
by prayer and petition, with thanksgiving, present your
requests to God. And the peace of God, which transcends
all understanding, will guard your hearts and your minds
in Christ Jesus.
..... —PHILIPPIANS 4:4-7

The LORD is righteous in all his ways
and faithful in all he does.
The LORD is near to all who call on him,
to all who call on him in truth.
He fulfills the desires of those who fear him;
he hears their cry and saves them.
..... —PSALM 145:17-19

Humble yourselves, therefore, under God's mighty
hand, that he may lift you up in due time. **Cast all your
anxiety on him because he cares for you.**
..... —1 PETER 5:6-7

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

—ROMANS 12:2

Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

—ROMANS 8:5-6 NLT

Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

—HEBREWS 4:16

I will continue to rejoice, for I know that through your prayers and God's provision of the Spirit of Jesus Christ what has happened to me will turn out for my deliverance. I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death. For to me, to live is Christ and to die is gain.

—PHILIPPIANS 1:18-21

Why, my soul, are you downcast?
Why so disturbed within me?

Put your hope in God,
for I will yet praise him,
my Savior and my God.

—PSALM 42:5

Bless the LORD, O my soul;
And all that is within me,
Bless His holy name!
Bless the LORD, O my soul,
And forget not all His benefits.

—PSALM 103:1-2 NKJV

By day the LORD directs his love,
at night his song is with me—
a prayer to the God of my life.

—PSALM 42:8

Praise the LORD, all his heavenly hosts,
you his servants who do his will.
Praise the LORD, all his works
everywhere in his dominion.
Praise the LORD, my soul.

—PSALM 103:21-22

Be alert and of sober mind. Your enemy the devil prowls
around like a roaring lion looking for someone to devour.

—1 PETER 5:8