

Ps. Lissette Martinez - *Long Beach Campus*

SUNDAY SERIES: THE SILENT BATTLE

Winning the war within your mind

HAPPY MOTHER'S DAY - MAY 10, 2026

"I'm Covered, I'm Not Captured"

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

Happy Mother's Day!

"If at first you don't succeed, try doing it the way your mom told you to do it from the start." — Anonymous

"Life doesn't come with a manual. It comes with a mother." — Anonymous

Silence is golden. Unless you have kids. Then silence is just suspicious." — Anonymous

"She taught me that fear is not an option." — Diane Von Furstenberg, on her mom

Last week, Pastor Obed kicked off our series about …

Motherhood is often described as a labor of love, but it is <u>equally</u> <u>a battle of the mind.</u>

- From the moment a child is born, a mother's mind becomes a command center—whirring with schedules, safety concerns, and the spiritual development of her family.
- However, the "arguments and pretensions" Paul mentions often manifest as mother-guilt, fear for the future, or the lie that "I'm not doing enough."
- Today, we look at how a godly mother uses the spiritual authority of 2 Corinthians 10:5 to guard her heart and her home.

1. Demolish the Stronghold of Comparison

In a world of "filtered" parenting and social media perfection, mothers often face the pretension of comparison.

This "argument" sets itself up against the knowledge that **God has uniquely equipped you for your specific children.**

13 "You formed my innermost being, shaping my delicate inside and my intricate outside, and wove them all together in my mother's womb. I thank you, God, for making me so mysteriously complex! **14** Everything you do is marvelously breathtaking. It simply amazes me to think about it! How thoroughly you know me, Lord!" **Psalm 139:13-14 (TPT)**

The Truth: Your worth is found in your identity in Christ, not in how your home looks compared to your neighbor's.

"For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, *I would not* be a servant of Christ." - **Galatians 1:10 (ESV)**

Quote: *"Comparison is the thief of joy." — Theodore Roosevelt*

2. Take Captive the Thoughts of Fear

A mother's imagination can be a breeding ground for "what-ifs."

- To take a thought captive means to arrest it before it leads to anxiety.
- We replace the "what-ifs" with the "even-ifs"—knowing that even if things go wrong, God is still sovereign.

Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through **a total reformation of how you think**. ***This will empower you to discern God's will*** as you live a beautiful life, satisfying and perfect in his eyes. - **Romans 12:2 (TPT)**

The Truth: We do not have to worry about tomorrow because God is already there.

"**Do not be anxious** about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." - **Philippians 4:6 (NIV)**

How?

- Remember that God loves you.
- He is for you!
- He is for your children!
- When we get back under the canopy of God's love, we are reminded:

"**Love never brings fear,** for *fear is always related to punishment*. But love's perfection drives the fear of punishment far from our hearts. Whoever walks constantly afraid of punishment has not reached love's perfection." - **1 John 4:18 (TPT)**

Quote: *"Fear is a liar. It takes a tiny spark of worry and fans it into a forest fire of anxiety. Faith takes that same spark and offers it to God."* — Unknown

Fear is oppression.

- It's Satan's destructive power.
- Just as God's love brings healing, deliverance, and freedom, fear brings oppression and death.
- Because of Jesus' sacrifice on Calvary's cross, we have been redeemed from his fear because it's under the curse.

"Jesus was wounded for our transgressions, He was bruised for our iniquities; **the chastisement of our peace was upon Him,** and by His stripes we are healed. "- **Isaiah 53:5 (MEV)**

Jesus already paid the price for us to walk free from fear.
We've been redeemed from it forever.

"He who dwells in the shelter of the Most High shall abide under the shadow of the Almighty."**- Psalm 91:1 (MEV)**

Dwell: Yashab (pronounced yashav יָשַׁב in Hebrew)

- Meaning to sit down, to dwell, to remain.
- When you remain in Him, the Bible tells us …

"He shall cover you with His feathers, and under **His wings you shall find protection**; His faithfulness (Truth) shall be your shield and **wall**." - **Psalm 91:4 (MEV)**

Protection: Socherah סֹחֲרָה — Transliteration: so-kheh-RAH

- **Meaning**: something surrounding a person; A surrounding defense
- His faithfulness, His goodness, His truth, His love - surrounds you!
- Your trust is secure in Him, knowing …

"He shall give His angels charge over you to guard you in all your ways." - **Psalm 91:11 (MEV)**

"With long life I will satisfy him and show him My salvation." - **Psalm 91:16 (MEV)**

Jesus brings life, love, peace, joy, and freedom into the heart of the believer.

3. Making Words Obedient to Christ

Our thoughts eventually become our words.

- A mother's tongue has the power to build up or tear down.
- By making our thoughts obedient to Christ, we ensure that the atmosphere of our home is one of grace rather than criticism or bitterness.

The Truth: A captive mind leads to a controlled tongue.

"For the mountains may be removed and the hills may shake, but My kindness shall not depart from you, nor shall My covenant of peace be removed." - **Isaiah 54:10 (MEV)**

What you set your mind on is who you will become.
When I reset my thoughts and remember God's kindness, His peace, I'm able to line up my words with His Word, and now I can bring wisdom to my home:

"She speaks with wisdom, and faithful instruction is on her tongue." - **Proverbs 31:26 (NIV)**

I'm so very thankful for my Mom.

- She's always been passionate about life, serving the Lord, loving people, and enjoying everyday life.
- Because she's given me a legacy of faith, I'm able to share that with my kids and with those the Lord gives me the pleasure of leading.

Quote: ***"The words of a mother are like a digital recording; they play over and over in the hearts of her children for a lifetime." — Billy Graham***

4. Setting the Knowledge of God as the Standard

Paul tells us to demolish anything that sets itself up against the "knowledge of God."

- For a mother, this means making the Word of God the final authority in the home.
- When the world tells your children who they should be, you remind them who God says they are.

- **The Truth:** The most powerful thing a mother can do is filter her family's life through the lens of Scripture.

“Start children off on the way they should go **(Train up)**, and even when they are old they will not turn from it.” - **Proverbs 22:6 (NIV)**

Train Up:

- A process of guiding or narrowing one's path through instruction and discipline.

Parents, we’re here to GUIDE, to help narrow their path

- They’re dating, great, here are the values to help them narrow their path
- They’re building their career, great, here are their strengths and their personality to help them better determine which career would be the best fit
- Which they discover in the Journey!

13 “All your sons shall be taught by the Lord, and **great shall be the peace of your sons. 14** In righteousness you shall be established; you shall be far from oppression, for you shall not fear; and from terror, for it shall not come near you. **17 No weapon that is formed against you shall prosper,** and every tongue that shall rise against you in judgment, you shall condemn. **THIS IS THE HERITAGE of the SERVANTS OF THE LORD,** and their vindication is from Me, says the Lord.
- **Isaiah 54:13,14,17 (MEV)**

Quote: "*To be a mother is to be a gardener of souls. You must know the Soil (the Word) to grow the Seed (the Child)." — Charles Spurgeon*

Conclusion

- Mothers, you are not just "managing" a household; you are conducting a spiritual defense. This Mother’s Day, lay down the heavy burden of trying to be "perfect" and instead pick up the authority to be **obedient.**
- When you take your thoughts captive, you create a sanctuary where Christ is the King.