

## Live Stream Notes: Hoesch Healing by capturing thoughts

[Mike Hoesch: Healing in capturing thoughts](#)

Notes compiled by Ann Windsor  
(punctuation incomplete)

Outline:

The weapons God gives you to pull down strongholds

“Bring into captivity”: to “take by the spear”.

Two sources for our thoughts and they're both spiritual.

Mike's personal example: Flu like symptoms

Your first line of defense is your thoughts.

Why we need to capture thoughts.

Proverbs 4: 23 keep thy heart with all diligence

Your flesh follows your thoughts

The enemy wants you to think about what he's talking to you about.

Watch the thoughts sinking down into your heart

Mike:

### 1) The weapons God gives us pull down strongholds!

Go with me to 2 Corinthians 10:3-5 and I'll read where that 'capturing thoughts' Scripture phrase came from. it says *for though we walk in the flesh we do not war after the flesh for the weapons of our warfare are not carnal but they are mighty through God to the pulling down of strongholds*

think about that for a minute: **the weapons God gives us pull down strongholds!**

Then Paul goes on to say, *Casting down imaginations and every high thing that exalteth itself against the knowledge of God and bringing into captivity every thought to the obedience of Christ. Bringing captive every thought to the obedience of Christ*

Why is this important? Why is **healing in capturing thoughts?** reflect for a moment on some of your past thoughts? I think all of us have experienced a thought taking us captive! I want to illustrate how a thought can take us captive unless we take it captive. captivity is not a good thing. Captivity isn't something that you want to be in. In fact Jesus said he came to set the captives free.

7:03

## 2) “Bring into captivity”: to Greek: “take by the spear”.

This is serious business that he's talking about here. and he's saying you have a spiritual weapon so you can capture a thought to its death. In other words, you're not going to keep it around and pen it up or shut it up in a closet somewhere in your head! you're going to destroy it.

you're going to kill it by the spear. What spear? the Sword of the Spirit that is the Word of God.

8:04

How is the healing (found) in the capturing of thoughts? Well let's say you get up in the morning. You're fixing your tea, your coffee. Getting some water. Whatever your morning routine is. Then you go and sit down to enjoy your morning. All of a sudden you have this pain that pops up somewhere in your body? Now **it's not the pain that is the problem.**

I'm going to give you a second to think about that: **the pain is not the problem!!!!**

Q. Do you know what the problem is?

A. The very next thing that comes into your mind about the pain. That thought is going to determine healing or it's going to take you captive.

9:04

Let's build on that scenario a little bit. let's say that you already have a predisposition towards fear.

Q.What do I mean by that?

A. when something comes up you panic.

Let's say you already have that disposition for fear, then you feel a pain.

Q. You know what thoughts are going to be coming to your mind?

A. A thought that the enemy is going to bring to explain to you why that pain is there.

## 3) Two sources for our thoughts and they're both spiritual.

Now that we know we have two sources for thoughts, and on that foundation of it's 'either from God or from the devil', let's say you sit down and all of a sudden you just feel this dull ache in the back of your calf. The first thing you're probably going to do is rub it and think, “What did I do?”

Every thought that follows to explain why you have that pain, you need to bring captive to the obedience of Christ. the enemy is going to explain what it is and he's going to tell you where it came from and what you need to do about it and you better do it right now. don't wait even a second. It's a blood clot and it is starting to move up. it's going to go to your heart. you're going to die. That's the spirit behind the thought that comes to us

when it's from the enemy. There's no time to wait. you have to deal with this immediately. That's all from the devil.

The **contrasting thought** would be your Father bringing His Word to your remembrance: "*by the stripes of Jesus you were healed*. So whatever that pain is, it's not something that is going to be harmful or that's going to hurt you or be destructive because those are all the fruits that come from the enemy and you're a healed person. the thought that's going to come to your mind, when it's from your Father, is going to produce joy. it's going to produce peace. It's going to produce good. it's going to stir faith in you.

You can go look at the Fruits of the Spirit in Galatians chapter 5 and you'll see exactly, when God ministers to you, what the Spirit is going to produce in your life. What is going to be the fruit of a thought that comes from your Father. So if you receive His thoughts about your situation, it's going to produce healing in your life. It's not going to increase the trauma. It's not going to make you panic. You're not going to be fearful. You're not going to break out in a cold sweat. You're not going to be anxious. It's going to produce peace if you receive it.

#### **4) Mike's personal example: Flu like symptoms**

One day I had lunch with some friends. It was a beautiful sunny day and we stopped in the shade of a building. As we were talking, I suddenly had this feeling come over me like flu symptoms. I had it once years ago and so I remembered what it felt like. in fact the very first thought that came to me was: "You know those are flu-like symptoms." That's what came to my mind. But you know what the very next thing that came to me was?

A thought that put a smile on my face, "Oh don't don't worry about that. That's no problem at all. it's not going to stay, it can't stay." it was just so casual that I actually just smiled like: "I don't need to worry about that. I don't even need to be concerned about that."

**The contrast** there for me was: even though the flu-like symptoms were the first thought, deep down in my heart I'm thinking, "No I can't get the flu. That's something that doesn't happen to me."

Q. Now did the symptoms leave at that moment?

A. No. I still felt the same way. but now my heart was perfectly at peace. perfectly at rest. and I just continued the conversation we were having. didn't miss a beat. I heard every word they were saying, while I had all this going on in the **background**, in my mind and heart.

#### 17:04 **If I would have accepted the thought of the enemy**

Now if I would have accepted the thought of the enemy thinking, "I better do something about this", then that's the course I would have taken. I probably would have wanted to go home, take some vitamin C or whatever people do when they get the flu. But that wasn't what I did. I didn't want to hurry through the conversation. I was enjoying it!

Now the enemy is the opposite of that. He wants to drive you to follow his agitation, his anxious feelings, his fearful attitude or thoughts about what's **going** to happen.

#### **5) Your first line of defense is your thoughts.**

You have to be aware that your enemy is not out here in the flesh where you can see him. he's not going to knock on your door one day and say, "Here, I have a delivery for you, it's the flu and it's really not from me, the devil, it's from God sending it to you." you're not ever going to see the devil like that. The Devil comes *as a roaring lion seeking whom he may devour*.

Q. How does he communicate that roar to you that produces the anxiety or the flinching or the "Oh no!" How does he do that?

A. through a simple thought.

#### 19:02: **He tempts us through thoughts**

He tempts us through thoughts. He challenges us through thoughts. That's the only way the enemy can communicate to us - through thoughts.

Like I said a moment ago: **Thoughts Are Spiritual they're not physical. they're spiritual.** you cannot speak a word without first having a thought because **words are a vehicle of thought.** They are a means of communication.

Q. Do you know pictures work the same way?

A. the devil doesn't always speak to you about a problem. he might just show you a picture about a problem. something might flash in your mind that you've seen before. That picture/imagination is a communication that's happening at the spiritual level.

that's why we read 2 Corinthians 10, because I wanted to point out that:

**Thoughts Are Spiritual** and God's given us **spiritual weapons** to defeat those thoughts. Again, you're not always hearing words, oftentimes it's just a picture. This is the danger of allowing thoughts into your mind as pictures.

Q. Do you know how you do that?

A. By what you watch on YouTube. what you watch on television. what movies you watch. when you're watching something, your heart and mind are usually open and you

are putting things in that the enemy can use later to bring back to your remembrance by flashing it before your face again.

The enemy has the capacity through a thought, a picture, an image, to bring something to your mind that will produce a reaction in you. but you have the choice of what you're going to do to address it. If you respond in fear, panic, anxiety, then it's the enemy (and you know right away it is if you're responding that way). you're hearing his thoughts. not necessarily about sickness or disease, but maybe about what somebody tells you, something that's not pleasant to hear but it makes you mad and changes your demeanor. your voice or whatever.

### **YOUR RESPONSE OPTIONS**

Your response could be good or bad then in the sense that

1) if you're responding from a position of your authority in Christ to a thought from the enemy with force and you're talking to it with an attitude like Jesus had driving the money changers out, then that's good, that's the Spirit of God being stirred inside of you.

24:05

2) But if you're feeling like **you** have to do something in the flesh to be free from it, then the enemy's mixed in a little bit of work and performance mentality and you aren't doing it from a position of authority that you have in Christ.

### **Jesus cautioned us about thoughts that defile:**

Matthew 15:16: *and Jesus said those things which proceed out of the mouth come forth from the heart and they defile the man. out of the heart proceed evil thoughts (emphasis on thoughts), etc.*

if evil thoughts come out of the heart, they have to get in there. How did they get in there? They came in through the door. **What door? they came in through (the door of) your mind.** What happens when you receive an evil thought? it goes into your heart and it begins to fuel all of your actions because your actions & reactions come out of your heart. It's the same as when you eat food. What does food do when it gets in your belly? it starts to be dispersed throughout your body. all that's in it goes to fuel the rest of your body.

### **33:41 The point I'm trying to make is:**

**a thought comes into your mind and it's either from our Father or it's from the enemy. If you allow that thought to rattle around in your mind and you don't capture it by comparing it to what the Word of God says and say: If this thought that I'm having does not agree with the truth of God's Word, then I don't want any**

**part of it. I'm going to kill it. I'm going to say Get thee behind me Satan, I am not going to have this thought and leave it in my life where I can stumble over it later.**

## **6) Why we need to capture thoughts.**

The Enemy can take you down and bring sickness and disease into your life through Just one thought that you receive. that you begin to chew on. that you become afraid of. then you're positioning yourself to let the enemy continue in your life. see the thought from the enemy is a knock on your door Can I come in and play? Can I come in and ruin your life? Can I come in and kill you? destroy you? that thought is from the enemy and you have to say No you can't come in get out of here in Jesus Name!

It's very important that you "check your thoughts at the door". That is your first line of defense. I've ministered on this many times but I was impressed by our Father to go over this again and there's a reason why. because the enemy is a roaring lion seeking whom he may devour but he just can't come up to you and kill you. he needs you to cooperate with him killing you and he does that by starting with a thought in your mind that he speaks to you.

That's why we are told in no uncertain terms to capture every thought and bring it into obedience to the Word of God. why? because if you don't it's going to get in your heart and the Bible says to *guard your heart*, not some of your heart but all of your heart.

## **7) Proverbs 4: 23 *keep thy heart with all diligence***

The word 'keep' is translated elsewhere as guard or protect. *guard your heart with all diligence for out of it are the issues of life.*

47:00

if you've been diagnosed with something and you've told somebody and now they're trying to tell you how to fight it after the flesh you can say like Jesus did to Peter, *Get thee behind me Satan because you're not savoring the things that be of God but the things that be of men.*

go with me to Colossians 3:1: *if you then be risen with Christ seek the things which are above where Christ sits on the right hand of God.*

it says if you're in Christ you're seated with Christ so you should be thinking meditating on and living in the identity that you have in Christ. then Paul goes on: *set your affection on things above and not on things of the earth*

Savor the things that are above and not the things of the earth. when you're savoring or setting your affections on the things of God you're not going to be savoring or having your affection on the things of men. why? Because they're opposites. you cannot serve two masters at the same time.

folks that's something you have to develop in. you are a new creature in Christ but if you don't set your affection on the things above then your default will be what's most familiar to you. most of us have spent more time meditating on the things of the world through all sorts of mediums: television, worldly conversations, whatever else you can imagine. Those are the things that you've been engaged in and what has it done? it's written things in your mind and in your heart and like Jesus said *out of the abundance of the heart the mouth speaks*, so if your heart is full of the flesh and the world and earthly things and things that pertain to just man, then that's what's going to be coming out of your mouth. you'll find out what the most abundant thing is in your heart when you get in a jam or when you get backed in a corner. When you hear these words: "Oh this looks very serious." When you feel that pain or it hangs on for a day, a week, or three weeks. you're going to find out what's in your heart

## **8) Your flesh follows your thoughts**

Romans 8:5: *they that are after the flesh do mind or think about or meditate or have their affections set on the things of the flesh.* whatever your mind and your thoughts are thinking about your flesh is going to follow.

54:01

*....and they that are after the things of the Spirit do mind the things of the Spirit.* Do you know that if you're meditating on the things above then you're going to be following after the things of the Spirit and what you're going to see in your life is prosperity success Joy goodness peace health wholeness healing Deliverance....the uncommon life.

but it starts with what you are meditating on. What are you thinking about. our Father said to Joshua and he's repeated it unto us in many different ways, but I like the way it's worded in Joshua 1:8, he said: I want you to do this. I want you to get into the Word. What was the Word at that time? the law of Moses. I want you to meditate in it day and night. don't turn away from it. don't let it depart from your mind or your focus, but keep it, do what it's saying, and when you do that, when you're meditating in that day and night, you're thinking about it, you're chewing on it, it's getting down into your heart and by doing so you're going to make your way prosperous and you're going to have good

success. see that's what happens when we meditate or our mind is focused on the things of the Spirit. there's no place for the devil. Meditating in the Word gave Joshua a spiritual mind.

### **9) The enemy wants you to think about what he's talking to you about.**

he wants you to meditate on it because he knows if he can get you with that thought, it's going to eventually, if you don't cast it down, it's going to get into your heart and you're going to be a pawn in his game and the only end of that game is Checkmate.

folks it says the carnal mind is enmity against God for it is not subject to the law of God folks. You cannot defeat the enemy with carnal thinking. you might think, I'll do this or that and then I'll defeat that sickness that he's telling me I have. I'll get rid of it by changing my diet. I'm going to start eating healthy. I'm not going to eat any more sugar. the devil was the one who told you that you were sick and now he's telling you how to fight it!

Now let me see, if his goal is to kill, steal and destroy in your life, maybe you might want to check the solution that he has to the problem he gave you, if that's really something you should follow or not. it doesn't make good sense if he said I want to kill you and then he tells you: "Oh do this. This is what's really going to keep you alive." I don't think so. it's going to distract you and hinder you from receiving what is actually going to make you free. You will never fix the problem and reach your goal following the devil's counsel.

folks let me just remind you of something I've said many times before:

**Do you know why our Father put sickness and disease on Jesus Christ? Because there was no cure for it after the flesh.(the devil will constantly suggest flesh/natural solutions.)**

1:00:29

### **10) Watch the thoughts sinking down into your heart**

Proverbs 23:7: guard your heart with all diligence by making sure the thoughts that you're allowing to sink down into your heart are of God and of the Spirit and not of the devil and of the flesh.

Again I'm just going to reiterate this final thought:

**there is healing in(by) capturing thoughts**

There's death in leaving a thought go that's not from God the thought that you don't take captive is the one the enemy is going to use to become a thorn in your side and a prick in your eye and it could be death to your physical body.



so folks I'm just encouraging you that God has never told us to do something that we are not capable of doing so when he said to bring every thought into Obedience to Christ we can all do that if we will just do it, one thought at a time amen?

## **There IS healing in capturing thoughts!**

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### **Closing:**

Again I'm just going to reiterate this final thought:

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