

THE ABIDING LIFE SERIES



BUSY

MINDS

The War Within: Christ's Mind vs. the Carnal Mind

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Chapter One

THE HUMAN BRAIN

Understanding how the human brain functions is not merely a scientific pursuit—it's a spiritual necessity for those seeking transformation. The brain is the seat of thought, emotion, memory, and decision-making, and it plays a pivotal role in how we interpret reality, respond to circumstances, and form beliefs. Without insight into its design and tendencies, we risk being ruled by patterns we don't recognize and reactions we don't understand. The mind, left unexamined, can become a breeding ground for deception, anxiety, and flesh-driven reasoning. But when we begin to grasp how the brain processes information, stores trauma, and reinforces habits, we open the door to intentional renewal.

This understanding becomes even more vital when viewed through the lens of Scripture. Romans 12:2 calls believers to be “transformed by the renewing of your mind,” implying that the mind is not static—it can be reshaped. The Holy Spirit doesn't bypass the brain; He engages it, rewires it, and sanctifies it. Knowing how the brain functions equips us to cooperate with this renewal, to recognize the difference between fleshly thought and spiritual discernment, and to surrender our mental strongholds to the authority of Christ. In a world saturated with sensory overload and emotional manipulation, understanding the brain is not just helpful—it's foundational to living from the indwelling mind of Christ.

Steps of Sensory Information Processing in the Brain

1. Sensory Detection

- Specialized sensory organs (eyes, ears, skin, tongue, nose) detect stimuli from the environment.
- These organs contain receptors that are tuned to specific types of input:
- **Sight:** Photoreceptors in the retina detect light and color.
- **Hearing:** Hair cells in the cochlea respond to sound vibrations.
- **Touch:** Nerve endings in the skin sense pressure, temperature, and pain.
- **Smell:** Olfactory receptors in the nose detect airborne chemicals.
- **Taste:** Taste buds on the tongue identify chemical compounds (sweet, salty, bitter, sour, umami/savory taste).

2. Signal Transmission

- Once detected, sensory signals are converted into electrical impulses.
- These impulses travel via the peripheral nervous system (PNS) to the central nervous system (CNS), primarily through sensory neurons.

3. Initial Processing in the Brainstem or Thalamus

- Most sensory signals pass through the thalamus, the brain’s relay station.
- The thalamus filters and directs signals to the appropriate regions of the cerebral cortex.
- Exception: Smell bypasses the thalamus and goes directly to the olfactory bulb and limbic system.

4. Cortical Interpretation

- Each sense has a dedicated area in the brain:
- Visual Cortex (occipital lobe) for sight
- Auditory Cortex (temporal lobe) for hearing
- Somatosensory Cortex (parietal lobe) for touch
- Gustatory Cortex (insula and frontal operculum) for taste
- Olfactory Cortex (temporal lobe and limbic system) for smell
- The brain interprets the raw data into meaningful perceptions—recognizing faces, voices, textures, flavors, and scents

5. Integration and Response

- The brain integrates sensory input with memory, emotion, and context.
- It decides how to respond—whether to act, reflect, store the information, or ignore it.
- This step involves higher-order thinking in the prefrontal cortex, where decisions, judgments, and emotional reactions are formed.

Understanding this process helps us see how easily the flesh can dominate perception—when the senses feed the brain without spiritual discernment, the mind can become reactive, anxious, or deceived. But when the Spirit governs interpretation, the brain becomes a vessel of renewal rather than a source of confusion.

Satan and his dark forces are masterful manipulators of the human senses, using what God designed for discernment and delight to instead distract, deceive, and derail the believer from experiencing true victory in Christ. From the beginning, the enemy has targeted the five senses to stir fleshly desire and distort spiritual perception. In the Garden, Eve “saw that the tree was good for food, and that it was pleasant to the eyes” (Genesis 3:6)—a sensory temptation that led to spiritual rebellion. This pattern continues today, as Satan crafts environments, images, sounds, and sensations that appeal to the old nature, drawing the believer’s attention away from the indwelling Life and toward self-gratification, fear, or confusion.

The eyes, designed to behold the glory of God, are bombarded with images that glorify sin, stir envy, and normalize compromise. The ears, meant to hear the voice of the Shepherd, are flooded with noise—media, opinions, and lies that drown out truth. The sense of touch, created for comfort and connection, is twisted into indulgence or isolation. Taste and smell, which reflect God’s goodness and creativity, are often used to anchor the believer in worldly pleasure or emotional escape. Each sense becomes a portal through which the enemy whispers, “You need

this,” “You deserve this,” or “You’re missing out”—all lies that reinforce dependence on the flesh rather than surrender to Christ.

But Scripture is clear: “Those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit” (Romans 8:5). Satan’s strategy is to keep the believer’s senses tethered to the visible and tangible, preventing them from walking by faith and not by sight (2 Corinthians 5:7). He knows that a distracted mind cannot abide, and a busy soul cannot hear. Victory in Christ requires not the elimination of the senses, but their sanctification—bringing every sensory experience under the authority of the indwelling Spirit. When the believer learns to interpret what they see, hear, and feel through the lens of truth, the enemy loses his grip. The senses become instruments of worship, not warfare.

Ultimately, the believer must choose daily to walk in the Spirit, taking every thought—and every sensory impression—captive to the obedience of Christ (2 Corinthians 10:5). This is not passive resistance; it is active abiding. It is the declaration that no image, sound, or sensation will define reality apart from the Word of God and the Life of Yeshua within. In this posture, the senses are redeemed, the mind is renewed, and victory becomes not just possible—but promised.

Purpose and Victory

This book serves as a spiritual shield, exposing the subtle and strategic ways Satan manipulates the five senses to distract, deceive, and derail believers from their identity and victory in Christ. Through scriptural insight, prophetic clarity, and practical equipping, it dismantles the enemy’s sensory strongholds and reorients the reader to walk by faith, not by sight. Each chapter is a call to awaken, to discern, and to reclaim the senses for the glory of God—transforming them from gateways of temptation into instruments of worship. By anchoring every truth in the indwelling Life of Christ, this resource empowers believers to deflect deception, silence the lies, and live in the fullness of their spiritual inheritance. It is not merely a book—it is a battle cry for those who refuse to be mastered by the flesh and instead choose to be mastered by mercy.

PRAYER:

Yeshua, my Redeemer and Indwelling Life, As I open these pages filled with Your truth, I ask for Your covering, Your clarity, and Your courage. Let every word I read be a sword in my hand, a shield around my mind, and a light to expose the schemes of the enemy. I do not come to this book as a student of information, but as a soldier in formation—ready to stand, to discern, and to abide.

I renounce every lie that has taken root in my thoughts, every flesh-driven impulse that seeks to interpret life apart from You. I reject the distractions, distortions, and deceptions that Satan has planted through my senses, and I declare that my mind belongs to You alone. Let Your Spirit renew my thinking, sanctify my perception, and anchor me in the victory You have already won.

As I read, teach me to walk in the authority of Your indwelling presence. Let these principles not just inform me, but transform me. May Your truth dismantle strongholds, silence confusion, and awaken me to the fullness of Your Life. I choose to abide—not in fear, not in striving, but in You. And in that abiding, I receive peace, power, and protection.

In Your holy name, Yeshua—my Life, my Truth, my Victory—I pray. Amen.

Visit Dr. Phinney's Author Spotlight Page for detailed information on the upcoming release of his book, *Busy Minds*. You can find it [\[here\]](#)