

## The Battle of the Mind

Satan's most frequent and consistent attack is directed against our minds. He sends his hosts out with an arsenal of weapons: lies, threats and intimidation, questions, accusations, lust and other enticements.

The attack often starts very early in life. If a child is abused at home, lies from the enemy appear in the thoughts saying the child deserves it or is not worth anything to anyone. Accusations surface in the thoughts that it is the child's fault anyway.

As many children are developing, questions from the enemy often appear in their thoughts regarding their sexual identity. Over and over these thoughts emerge causing confusion, shame and fear.

Once a child begins to receive any lie as truth, more lies will appear to reinforce the central lie. After awhile, the child will begin to focus on its own shortcomings and perceive the rejection of others. Sometimes people are directed, by the enemy, into their lives to prey on them to add more reinforcement to the lies.

If parents do not reflect the character of God to their children, the children will project all their shortcomings on to God. For instance, if one or more parents is cold, lacking in emotion, rigid and constantly preoccupied with other things, the child will see God as lacking compassion, unloving and not there for them. The enemy will encourage these perceptions.

Many bring a lot of bad baggage along with them into adulthood from their childhood. Some grow up in homes where there has been considerable control, manipulation and emotional or physical abuse. Women are often "led" to find a man of similar qualities to continue the destructive negative reinforcements in their lives. We cannot underestimate the enemy's influence in these situations.

In many cases, the enemy already has claims upon parents and even grandparents. Now the enemy focuses on the children, because he knows that the consequences of family sins can make the children vulnerable to similar attacks.

We minister to many adults who have been believing the enemy's lies about themselves for years. Often there are strongholds of low self-esteem and self hatred. Needless to say, it is very difficult for them, as believers, to live by faith. The enemy continues to pummel them with lies and accusations, causing much doubt and hopelessness.

We see many adults who are full of anger, bitterness and unforgiveness. Some time in their life, often in childhood, they have been hurt deeply by someone. The enemy will constantly give them "flashback memories" of that situation in the past. The memories are so painful, that they constantly stir up the anger, bitterness and resentment, so strongly that it is very difficult for that person to forgive, even though they know the need to.

We could continue indefinitely with these scenarios, but it is my hope you have gotten the point concerning the enemy's activity directed toward your thoughts.

**What is a person to do when their mind has been under assault for such a long time?** My answer to that is not simple, nor is it easy. But you have to start somewhere.

**1.** It is extremely important to correct the wrong perceptions of God. Any study that presents a balanced study of the character of God will be extremely beneficial. You might want to start with a simple study that we have on this site, entitled "**Knowing God.**" This can be found at <http://www.sw-mins.org/strat4.html> This is only a basic study which can be built upon with more in-depth studies. I can't emphasize enough how important it is for you to correct your perception of God and have it line up with the Scriptures.

**2.** It is equally important to discover what God has to say about you. You need to know your true identity according to the Word of God. The enemy has been distorting and lying about you, so that you have a false perception of yourself. We have a simple study on this site in which you

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can discover what the Word of God says about you. The page is called, "**The Believer's Identity in Christ**," at <http://www.sw-mins.org/identity.html> Again, this is only a basic study which you can build upon later.

**3.** The apostle Paul tells us in 2 Corinthians 10:5 to "*take captive every thought to make it obedient to Christ.*" The first two steps, "Knowing God" and "The Believer's Identity in Christ," are the beginning of that process. It is imperative that you fill your mind with TRUTH to counteract the lies you have been believing. You also have to confess specifically that you have been believing the lies of the enemy and ask God to forgive you and cleanse you.

Part of taking your thoughts captive is to start disciplining yourself concerning the things you watch in the movies, TV and the internet, as well as the things you read in books and magazines. You need to clean up what you are allowing to influence your mind and emotions.

The apostle Paul tells us in Philippians 4:8, "*Finally, brethren, 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.*"

It won't be easy at first, but with God's help and a desire to please Him, you can overcome and claim victory.

**4. God has given each of us direct access to Himself through prayer.** He has said that we can come boldly into His presence and present our requests to Him. Most people do not take advantage of this great privilege. Many see it only as an obligation rather than a way to experience fellowship with the Lord. Parents want their children to come to them with their concerns. How much more does our God want us to come to Him. Jesus spent much time with his Father when he was on this earth.

Without a consistent prayer life and fellowship with the Lord, you will not experience the victory that you desire. God has given us the Holy Spirit to teach how to pray. God has given us promises to claim. He has given us tremendous provisions to utilize in our daily lives.

In closing, I want to remind you of another statement by the Apostle Paul.

*"Do not be anxious about anything, but in everything, 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 4:6-7

May God bless you with the determination to conquer the enemy's deceptions. It is the Lord's will for you to be free.