



The Bible teaches that our struggle is not only emotional or practical. There is also a spiritual battle.

The enemy seeks to influence, deceive, accuse, tempt, and destroy.

One of his main battlegrounds is the mind.

How Satan Attacks the Mind

The enemy may work through:

- Accusation
- Fear
- Condemnation
- Temptation
- Confusion
- Hopelessness
- Lustful imagination
- Bitterness
- Rebellion
- Distrust of God
- Lies about identity
- Lies about other people
- Lies about God's character

Ephesians 2:2 refers to the prince of the power of the air working in the children of disobedience.

Evil spirits seek mental agreement because agreement gives influence.

- A lie believed becomes a prison.
- A lie rehearsed becomes a habit.
- A lie obeyed becomes bondage.

But Jesus gives freedom.



How to Respond

1. Submit to God

You cannot resist the devil while refusing to submit to God.

2. Resist the Devil

Reject lies, temptation, accusation, and fear in the name of Jesus.

3. Stand on Scripture

Truth is a weapon. Use the Word of God against the lies of the enemy.

4. Yield to the Holy Spirit

Do not fight spiritual battles in human strength. Ask the Holy Spirit to govern your mind.

5. Walk in Obedience

Freedom grows as truth becomes action.

Purchase the Workbook & Worksheets at:

MindFixGym.com