

Are you winning the battle for your mind?

Grant Mullen M.D.

In the last article I explained that there are three links in the chain of emotional bondage. They are physical conditions that affect our thoughts and moods, emotional wounds from our past and spiritual attack.

We've already discussed the first two, chemical imbalance mood disorders and how emotional wounds and lies can disrupt our lives. Today we are going to discuss how activity in the invisible spirit realm can affect your mind and emotions.

First, we have to recognize that we are in a battle. It's a battle for our minds and we are the ones who determine who wins. On one side of the battle is the Holy Spirit. He wants to fill your mind with truth that will strengthen your identity, purpose, will and emotions. That is the process of transformation which is molding you into God's image.

On the other side is Satan, he wants to fill your mind with lies that will weaken your personality and torment your thoughts. Even though you are a Christian and have left his kingdom, he still wants to take advantage of every opportunity to influence your thoughts.

We have to become wise to his tactics so we can effectively defend ourselves.

Satan's primary method of harassment is by inserting thoughts into our minds that will influence our feelings and actions. If we don't recognize his interference then we can easily presume that these intruding thoughts are our own and that we should act on them.

Satan loves depression and mood disorders because these conditions make a person more vulnerable to his insertions. When a person has a mood disorder, they can't shut their minds off or control their thoughts.

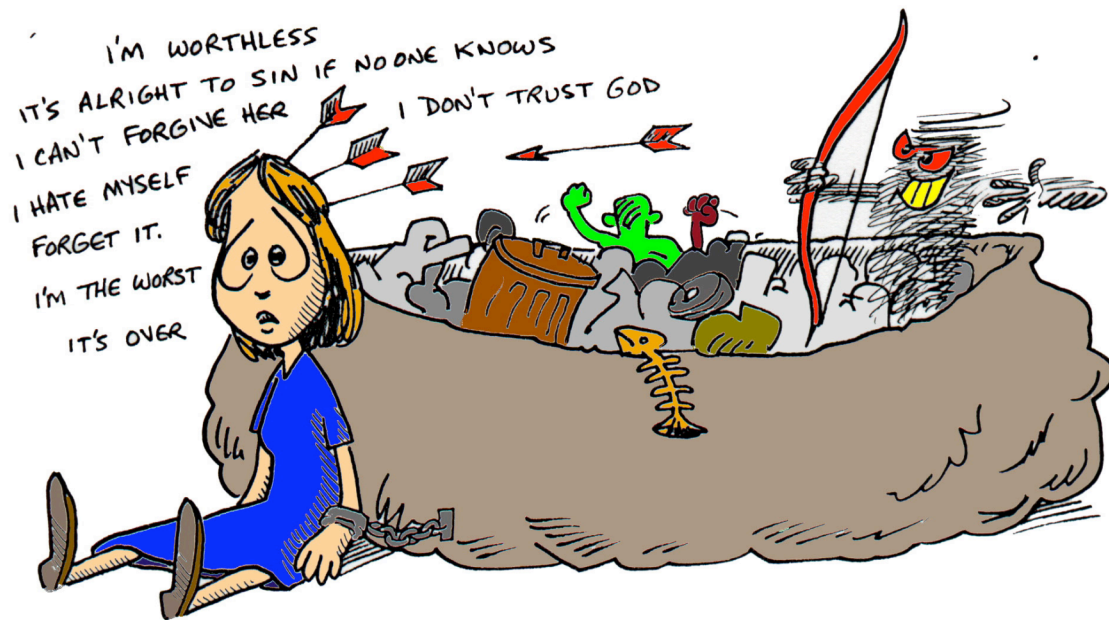
In depression, a person can't shut off worry, down, sad or negative thoughts. It will be very difficult for them to distinguish their own depressive thoughts from the inserted thoughts from Satan who wants to magnify the depression or anxiety. Satan will oppose or interfere with treatment as much as possible to keep a person bound in depression so they can be easily harassed.

One of Satan's greatest tools to keep Christians bound in mood disorders is to convince them that it is a lack of faith or a sign of spiritual weakness to go for help. In this way he uses a spiritual argument to keep Christians bound and out of treatment. I have found this lie to be widespread in the church.

We need to put an end to this lie right now. If Christians are allowed to wear glasses for blurred vision and not be accused of having a weak faith. Then they are also permitted to take medications or see a counsellor for depression and mood disorders.

If you struggle with your moods, get off the couch and get help.

Another tool Satan uses to harass us is our unhealed emotional baggage. As long as you are carrying painful memories that you have not yet dealt with, then you are also carrying imbedded lies waiting to be activated.



This baggage gives Satan ammunition to attack your thoughts.

At strategic times, he will remind you of a painful memory or a lie from your past. He does this to regularly upset you and to influence your behavior. The key to stopping this attack is to get rid of your baggage, deal with your painful memories and the lies that are embedded in them. The best and fastest way to do this is with the help of a Christian counsellor. They are God's gift to the Body of Christ.

We do not have to put up with Satan's attack. With the steps I've just mentioned you can reduce your vulnerability.

You can also help win the battle for your mind by being careful what you put into it. What are you watching, reading or listening to? Don't give Satan a foothold by polluting yourself.

As Christians we need to be continually reminded that as a result of Jesus' victory on the Cross, we have authority over Satan's attack.

2 Corinthians 10:3-5

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

By using our spiritual authority we can demolish Satan's inserted thoughts and place our minds in obedience to Christ. This is the victory that Jesus has already won for you.

Remember, God wants you to be Emotionally Free.

Dr. Grant Mullen is a mental health physician and author who lectures internationally on the keys to emotional recovery and healthy relationships. He has a special interest in the integration of medical treatment with spiritual and emotional healing models to see people and organizations transformed.

Dr. Mullen is the author of [Emotionally Free](#) , [The Breakthrough Solution](#) and the producer of [16 DVDs](#).

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