

3 Intentional Choices to Silence the Enemy

One of the ways Satan torments believers is in the area of fear. He messes with our thinking, sending messages of self-doubt and God-doubt. If we're not alert, we find ourselves wondering if we can really trust everything God has promised. The enemy's tactics aren't new. As far back as the Garden of Eden, he tempted us with thoughts of, "Did God really say that?" How do we silence his voice in our lives?

The psalmist wrote, "Every morning I will silence all the wicked in the land" (Ps. 101:8, EHV). God has created the human mind with the ability to choose. We are His only creation that can actually choose where our minds will camp out. We have the incredible capacity to re-direct our thoughts. As Paul wrote to the Corinthian church, we can "make every thought captive" (2 Cor. 10:5). How do we do this? It takes intentionality.

3 Intentional Choices to Silence the Enemy

Remember your emergency verses. Emergency verses are the Scriptures you have committed to memory. When Satan attacks your thinking, you are able to immediately go to Scripture. You can declare out loud, "No, that thought is not true! Here's what is true!" Then you quote out loud the Scripture you've committed to memory. For example, when you're watching the evening news and you feel fear gripping your heart, you can immediately turn your thoughts to Psalm 46:1-2: "God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea." In this way, you'll be following the example of Jesus who, when tempted by Satan, used Scripture as His weapon. Memorize a few key Scriptures. Know them well. The next time the enemy attacks, use your

sword (Scripture) to defeat Satan.

Direct your thoughts to the character of God. When Satan messes with my thinking, I have learned to pause and ask myself this question: "What do I know to be true about God?" Then, I begin praising God for His character. He is good, holy, faithful, loving, kind and true. As I praise Him for who He is, the Holy Spirit strengthens my soul to stand strong in the battle. The psalmist wrote, "May the praise of God be in their mouths and a double-edged sword in their hands" (Ps. 149:6).

The two greatest weapons we have to defeat the enemy are praise and Scripture. So be intentional about using both weapons.

Go to your prayer people. We were never meant to do the journey alone. When I feel Satan attacking my thoughts, I contact my prayer people. I know that I can count on them to pray for me just as they can count on me to pray for them. When we dare to be vulnerable and admit we need prayer, we are strengthened to continue in the battle. Who are your prayer people? I believe everyone needs at least 3 people they know they can count on to pray when the battle is raging.

Friend, the truth is, Satan isn't getting quieter. He is ramping up his game and is trying to attack our thinking. You don't need to be afraid because Jesus has already won the battle. However, you need to be aware and alert. When the enemy is attacking, remember your emergency verses, direct your thoughts to the character of God and go to your prayer people. I know that God wants to give you victory this week! Jesus Himself is praying for you, so stand strong!

Did you know The Extraordinary Power of Praise also has a six-week video series available for purchase? The video series is completely downloadable and is perfect for your small to do on your own! Visit the Extraordinary Power of Praise online as

well.{eo}

Becky Harling, an author, certified speaker, leadership coach and trainer with the John Maxwell Team, is an energetic and motivational international speaker inspiring audiences to overcome their greatest life challenges and reach their full, God-given potential. Her most recent book is *Listen Well, Lead Better*. Her husband, Steve Harling, is the president of *Reach Beyond*, a nonprofit organization seeking to be the voice and hands of Jesus around the world. Connect with Becky at [LinkedIn](#), [Facebook](#) or [Twitter](#).

Read articles like this one and other Spirit-led content in our new platform, CHARISMA PLUS.