

Guide, Guard and Grace: A Recipe for Spiritual Warfare Success

Many believers have spoken words they wish they somehow had the power to retrieve. That's especially true when those words have hurt the people they love the most and know the best.

In her new book, *Guide Your Mind, Guard Your Heart and Grace Your Tongue*, Carol Burton McLeod reminds us that before these words are spoken, they are formed in our hearts and minds. Our thoughts and emotions determine what comes out of our mouths. In other words, we can take control of our thoughts and feelings so we can tame our tongues.

A best-selling author and popular speaker at women's conferences and retreats, McLeod says there's one sure way to guide your mind and win the spiritual warfare with the enemy.

"We have no hope of doing that without the power of the Word of God," McLeod told Dr. Steve Greene on the latest edition of "Greenelines" on the Charisma Podcast Network. "We must open our Bibles and read God's Word.

"Proverbs 23:7 is the anchor verse for guiding your mind. As a man or woman thinks within themselves, so are they. This is not new-age humanism. It's the Bible. The Bible says the thoughts we think today create the life we live tomorrow. So, if you think bitter, angry, critical thoughts, that's the life you'll have tomorrow."