

Win the Battle for Your Mind With This Powerful Shield

David prayed, “But you, Lord, are a shield around me, my glory and the one who lifts my head high” (Ps. 3:3, NIV).

A shield is a common symbol of God’s protection. Shields were used in defensive warfare. According to *Smith’s Bible Dictionary*, “The ordinary shield consisted of a framework of wood covered with leather; it thus admitted of being burnt. It was frequently cased with metal, either brass or copper.” Here’s the thing: weapons couldn’t get past the shield.

You are in a major battle with the enemy of your soul. One of his primary targets is your mind. If he can get you wrapped up in faulty thinking and focused on what-ifs and what-thens, you will live a distracted life. Rather than centering your focus on Christ, you’ll be focused on all your worries and all that could possibly go wrong. We need to shield our thinking.

In the book of Ephesians, the apostle Paul mentions a shield in his famous passage on the armor of God. He called the shield “the shield of faith.” I used to think this translated as me working to get enough faith to believe that God would protect me. However, what Paul is really referring to is the shield of Christ’s faithfulness. Christ will be faithful to us in every situation.

In every challenge you face this week, Christ will be faithful. In every decision you face, Christ will be faithful. Every time you face uncertainty, Christ Himself will be your certainty. When you face hardships or disease, Christ will be faithful.

We live in very uncertain days. Anxiety is all around us threatening to dislodge our peace. When worry and fear come knocking, step back from those thoughts. Ask yourself, “What

do I know to be true about God? What reminders do I have of God's faithfulness all around me?" Focus your thoughts on how He has been faithful in the past. Then, unleash the power of praise. Praise Him for every single memory you have of Him being faithful in your life. Has He ever healed you? Has He ever provided for you? Has He brought people into your life to love you? Has He comforted You? Has He forgiven You? Praise Him!

Friend, the truth is, if He was faithful before, He will be faithful today and tomorrow. You can trust Him.

I wrote this prayer in *Psalms for the Anxious Heart*. It's a good one for you to claim as your own in these uncertain days:

"Lord Jesus, in these uncertain days, I often feel anxious and afraid. I bow before you and praise you for Your unfailing love in my life. I take the shield of Your faithfulness, and I hold it up against any attack of the enemy toward my mind. I praise You that I can trust You to accomplish what concerns me. Lord God, Your Word teaches me that the key to keeping my mind at peace is to focus my thoughts on you. Holy One, You have already established peace for me. You are good, holy, faithful and true. You alone are worthy of all my praise. You are worthy, Lord, to receive glory and honor and power." (Based on Ps. 138:8, Isa. 26:3, 12-13; Eph. 6:16; Rev. 4:11).

Today, take a moment to listen to "Peace Be Still" by Hope Darst. Let the words prompt your praise as you listen.

This article originally appeared at .

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