

Strategic Scriptures to Combat the Devil When He Throws Your Past in Your Face

The undisciplined mind works much like an out-of-control TV. Without even the press of a button, it flips channels to different networks. Sometimes it's the food channel. Other times, the shopping network. And if we're really honest, on too many occasions, we receive broadcasts from flicks not so family friendly.

The Video Reel of the Mind

For too many, this unending video reel in the head is the controller of their lives. It replays past experiences, which in turn, quickly lead to all sorts of unhealthy or even sinful behaviors. When your mind suddenly transmits a trauma from your history channel, the tendency is to shrink into fear or distrust. When it re-airs a regretful moment from "Sin-a-max," temptation arises until you fall to its fantasies.

The Mind of Christ

But God didn't wire us to be held captive by the media in our minds. As a Christian, part of your born-again birthright is what Paul referred to as "the mind of Christ" (1 Cor. 5:16). That's really an amazing concept to consider. At your salvation, the mind of Jesus was given to you. And to be sure, Christ's mind doesn't struggle with reminders of negative experiences or sinful desires. No, His mind is constantly tuned to Truth.

The great news is that God never promises something without giving us the ability to possess it. And that's also true for experiencing the purity of the mind of Christ.

So how do we get there?

As Paul attested to on numerous occasions, the key to overcoming your thoughts is Scripture. He instructed, "All Scripture ... is profitable for teaching, for reproof, for correction, and for instruction in righteousness" (2 Tim. 3:16). To put it plainly, God's Word helps us to tune our minds from what's bad to what's good.

How to Tune to Truth

As I explore in my new book, *Activating the Power of God's Word*, the best way to use Scripture to transform your mind is to speak it. Recent science research even boasts that the mind reacts faster to what you say than what you "hear" yourself think. So while you can't always keep negative thoughts from popping up, your mouth can act as a voice-activated remote to change the channel when they do.

Let's try it.

When your thoughts flip to fear, change them with 2 Timothy 1:7: "For God has not given us the spirit of fear, but of power, and love, and self-control."

Tune out reminders of regret with 2 Corinthians 5:17: "Therefore, if any man is in Christ, he is a new creature. Old things have passed away. Look, all things have become new."

Turn off temptation with James 4:7: "Therefore submit yourselves to God. Resist the devil, and he will flee from you."

As you speak Scripture, it cancels the negative thoughts that try to rule your mind, and it goes to work to rewire your mind with hope and purity. Over time, you'll do more thinking out of the mind of Christ, which will result in a transformed life. {eoa}

Kyle Winkler *equips people to live in victory. His mobile app,*

Shut Up, Devil!, is the No. 1 spiritual warfare app; and his upcoming book, Activating the Power of God's Word, uncovers 16 strategic declarations to transform your life. Kyle holds a Master of Divinity in biblical studies from Regent University. Get daily encouragement from Kyle on Facebook and Twitter.