

The Surprisingly Simple Solution to End the Enemy's Mind Games

The greatest hindrance to the new life that Jesus offers is the old life and the things of the world that tend to remind us of it. That's why in order to have what is good, acceptable and perfect, the apostle Paul instructed, "Do not be conformed to this world, but be transformed by the renewing of your mind" (Rom. 12:2a).

Certainly, those of us who have been in the church for a length of time are undoubtedly familiar with this concept of mind renewal. What we're not all as familiar with is how to practically do it.

Your New Position in Christ

While penning my book, *Activating the Power of God's Word*, I dissected Paul's instructions, which revealed the surprising solution. The answer for how to renew your mind lies in the word itself, which means "to resume to an original position after an interruption."

You see, when you were born again, you were instantly positioned as a new person in Christ. That's what 2 Corinthians 5:17a assures: "Therefore, if any man is in Christ, he is a new creature." As this new creation, you now possess the fruit of the Holy Spirit: "love, joy, peace, patience, gentleness, goodness, faith, meekness, and self-control" (Gal. 5:22–23a). Because you're now clothed in Christ, you also get the identity of Christ: a child of God, righteous and complete, just to name a few of His attributes.

Interrupting the Interruptions

The struggle we face as Christians is that the world and the enemy continue to try to interrupt us with reminders and feelings that take us back to the old life—old ways of thinking, speaking and living—and to at least dampen God's promises of joy, peace and patience.

The key, then, to experience the new, transformed life that Jesus died for you to have is to interrupt the interruptions with the truth of God's Word.

Here's how to do it:

If feelings of fear try to interrupt you, resume back to your fearless position in Christ with 2 Timothy 1:7: "For God has not given us the spirit of fear, but of power, and love, and self-control."

If anxious thoughts try to interrupt you, resume back to your peaceful position in Christ with Philippians 4:6–7: "I am anxious for nothing ... And the peace of God, which surpasses all understanding, will protect [my] heart and mind through Christ Jesus."

If reminders of mistakes try to interrupt you with guilt or shame, resume back to your forgiven position in Christ with 2 Corinthians 5:21: "God made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him" (2 Cor. 5:21).

As you interrupt the interruption with God's Word through your mouth, your mind focuses back on your position in Christ, which in time trickles down to transform everything about you.
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Kyle Winkler equips people to live in victory. His mobile app, Shut Up, Devil!, is the #1 spiritual warfare app; and his 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.

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