

# BREAK DOWN THE WALLS

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Mental walls hinder a man from believing and striving for greatness and accomplish great things in life. It kills relationships and ruin marriages. Mental walls are invisible to the eyes yet they exists and are lethal (deadly, harmful). Thoughts seem harmless because they are regarded as just thoughts. But, the scripture teaches us they are alive and powerful and have the capacity to influence and control a man. The scriptures clearly tell us that it directs the course or our lives.

The New International Version of the Holy Bible says life springs from our hearts. This means that the thoughts that run through our minds are not just irrelevant things, but powerful and alive. It has the power to reproduce itself in our lives. So, we don't have to think just anything that comes into our minds. We have to select what we give our minds to.

*Prov 4:23*

*23 Above all else, guard your heart, for it is the wellspring of life.*

*NIV*

The Good News Translation tells us that our lives are shaped by our thoughts. Negative thoughts will shape a man to become a negative, depressed, confused, restricted, difficult to relate with, unhappy and unproductive person. Positive thoughts will shape a man to become a positive, happy, joyful, relaxed, composed, energetic, friendly, and productive person. Your thoughts always outflow into your daily words, moods, emotions, actions and life experiences and manifestations.

*Prov 4 :23*

*23 Be careful how you think; your life is shaped by your thoughts.*

*GNB*

The New Living Translation tells us that our thoughts or what we have in our hearts determine the course or direction of our lives. Thoughts give us a push to or away from our direction in life. Our thoughts determine the direction we go in life. It determines our attitude to God, life, people and life experiences. Our thoughts determine our responses and reactions to God, people we are in relationship, work or live with, and events and circumstances of life that come our way. Thoughts propel, push, direct, influence, control and make a man.

*Prov 4:23*

*23 Guard your heart above all else, for it determines the course of your life.*

*NLT*

When negative thoughts are dwelled on for a long time, it builds barriers in our minds. These barriers limit us in our faith and walk with God. These barriers limit how far we can go in life. It restricts our faith and advancement in life. There are no spiritual or demonic barriers that are strong and lethal as mental barriers. Mental barriers are very powerful because we don't recognize it or admit that we have them, so they subtly work in the background. Mental barriers are powerful because the devil needs them to

succeed. Satan uses them as footholds to have a place in the life of a man. It is extremely difficult to win over and demoralize a man full of faith in God and himself. I believe that this is the reason why God demands that we guard our heart with all diligence. The scripture teaches that above all else we should guard our hearts (minds) so the enemy will not gain entrance and manipulate us to go in the wrong direction in life.

*Prov 4:23*

*23 Watch over your heart with all diligence, for from it flow the springs of life.*

NAS

A man is what his thoughts are. No man can live differently from what his dominant thoughts are. Your thoughts form your attitude to life and people. Because the thoughts you think are alive and powerful, as you give your mind continually to a particular idea or thought, it begins to mould your attitude, response and reactions to the things that pertain to the very thought or idea. Through this means, man develops negative mindsets that become invisible barriers that hinder in life and relationships.

The more you think on a thing, the stronger its power over you. The more you give your mind to a subject in meditation and imagination, the stronger its influence and control over your person – your words, emotions, choices, responses, reactions, behavior and actions. Those who go into depression do so because they gave their minds negatively to the negative experience they had. The more they thought negatively about what happened, the angrier and more depressed they became. Depending on the amount of time spent on thinking negatively, that determines how much stronghold that is built within them by the enemy through those negative thoughts.

In the same vein man becomes unbelieving in God as a result of continual dwelling of the mind on negative thoughts about God in relationship to our life experiences and that of others in comparison to how we perceive God. Many have become negative in life, dejected without a fighting spirit, no drive, always blaming someone especially family members for their unfortunate experiences in life, unproductive, suicidal, uninterested in becoming somebody in life, unmotivated, uncommitted to any course or relationship, no vision, unhappy, defeated and unwilling to try new things because of days, weeks, months and years of negative thinking. Building mental blocks or barriers will not take anyone anywhere in life. Negative thoughts build negative strongholds that do not allow a man to move forward in life, but retards, and hinder a man's progress.

God respects your faith. Your state of mind is your faith. Your faith is your conviction. And your conviction is your mental state. If it is positive God will relate and respond to you based on it. If it is negative God will relate and respond to you based on it. Jesus Christ taught us that according to our faith it shall be done to us.

*Matt 9:29*

*29 Then he touched their eyes and said, "According to your faith will it be done to you";*

NIV

God judges us based on what he finds us thinking in our minds. The state of your mind is the truth about you, and God relates with you based on it.

*Prov 23:7*

*7 For as he thinks in his heart, so is he.*  
NKJV

Things will always happen to us based on our convictions. Your faith attracts to you what you believe. Fear is faith, but in the negative. This is the reason the very thing we fear always comes to us. Job said,  
*Job 3:25*  
*25 For the thing I greatly feared has come upon me, And what I dreaded has happened to me.*  
NKJV

Good things happen when we believe for them. Bad things happen when we believe for them. Your fears and anxiety is a negative faith. Positive thoughts will always open you up to a world of positive and exciting experiences in life. What we need now is to break down all negative mental barriers in our heads.

Some of the negative thoughts and statements that paralyze faith and hinder a man from moving forward in life that must be dropped and erased from our thoughts and vocabulary are:

**1. "I have no one to help me."**

This attitude stops you from believing and receiving help from God. When a man trusts God, he moves God to send help even through unfamiliar persons.

**2. "It is not easy."**

As you keep telling yourself it's not easy, life become more difficult for you, for that is your conviction (faith), so that is what you are going to have.

**3. "There is no money."**

There is no money mentality drives money away from you, while "God will provide" mentality magnets money to you by the grace of God through your faith.

**4. "There is no job anywhere."**

"No job" mentality blinds a man from recognizing new job openings, stops him from searching, and makes him loaf around and stay jobless. When a man breaks away from "no job" mentality, his faith causes him to be at the right place and the right time and to see the openings available and get employed.

**5. "I can't..."**

"I can't..." paralyze faith, cripples ingenuity, demoralizes, shuts in the man's greatness and abilities, and stops God from working for and on behalf of the person. "I can", however, opens the door of the human spirit so that all that God put in him can manifest. "I can", makes the man to be able to become what he never knew he could become. It makes him to do what he never knew he could do. Stop limiting yourself for you are more than you think you are. You can do more than you think you can do. That's why tough times come our way so that our hidden abilities can manifest. Keep believing and keep achieving great things.

**6. "If I had been born into a better family or in a better country, things would have been better."**

Life is full of challenges and tough times. It comes at different times in man's life and in various sizes and shapes. It comes to the righteous and to the unrighteous. It comes to

the rich as well as the poor. No one is immune from it. The only thing is that the nature and size may differ from person to person, and from time to time. Even if you were born in USA, you will still face challenges. There are poor and homeless people in USA. There are people with difficulties and serious problems in USA. It's not the country or community, but you and how you handle your challenges. Presidents and leaders of nations face personal challenges and troubles. The very rich also have their personal and relationship problems. It is not the family you were born into or the country you were born in that is the problem. You just have to embrace the challenge and face it and overcome. Blame no one. Do not blame God either. Face the challenge and overcome it. Determine to win and make it in life and God will back you up. Trust in the Lord Jesus Christ with all your heart and life, and you will be a celebrity soon.

**7. "It's not going to work."**

It is important that we have an open mind towards ideas, for ideas change the world. There are many things in existence today that was said to be impossible, but with faith and persistence have become a reality today. When we pray, God puts ideas in our minds that He intends to use to answer our prayers and solve our problems. It is important that we receive it with faith and trust God to help us actualize it. Faith never fails to produce a miracle. Don't kill, and stop killing ideas that God puts in your mind with the negative thought pattern of "It's not going to work." Always believe it will work. Don't forget, there is no harm in trial. Be an optimist and not a pessimist.

**8. "No need trying, he will never change."**

The moment you believe your friend, spouse or a particular person will not change, you automatically and unconsciously stop trying to please, help, or enjoying fellowship with the person. This kind of negative thinking cuts off love, breaks down the willingness to be patient, stirs confrontational attitude, hardens the heart, and finally breaks down relationship. There is no one who cannot change. The only thing is that, it is God that changes people, so we must look to Him to change the persons in our lives that need change. Continuous faith filled prayers for the one we love and patience on our part will get the Job done. Never stop believing. Have faith in God and keep loving; and your love and God's supernatural work will get the job done one day.

### **BREAK THE WALLS DOWN NOW**

From all that we have learnt from the passages above, it is very important that we begin dismantling all negative mental walls we have built against ourselves so we can move on to greater heights in life and relationships. I am not promising it is going to be easy, but it is a winnable battle. The Bible teaches that we have spiritual weapons to break down all the strongholds of the enemy in our minds.

*2 Cor 10:4-6*

*4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. 6 And we will be ready to punish every act of disobedience, once your obedience is complete*

Strongholds are mental barriers we have built unknowingly in our minds through negative thinking and imagination over a period of time. When strongholds exist, living a positive and thriving life becomes difficult. When mental barriers exist, life becomes a drag and a burden, and sometimes, thoughts of suicide begin to come in to one's mind. When strongholds exist, thought control becomes extremely difficult. One can become discouraged and give up trying to control one's thoughts because success in keeping evil out of one's mind is not attained. Strongholds need to be attacked and pulled down through spiritual warfare.

- Strongholds are mental attitudes that have been formed over the years.
- Strongholds are concepts, beliefs, doctrines, ideologies, principles, traditions, habits and character that one has lived with all his life.
- Strongholds are strong and deep-rooted convictions in the mind and heart of a person, and may not necessarily be correct.
- Strongholds are personal opinions that one has lived with and are not willing to give up.
- Strongholds are one's thinking pattern and perspective to life that are not easy to depart from even when the person wants to.
- Strongholds are wrong concepts of God and misunderstanding about His ways and teachings.
- Strongholds are negative attitudes towards life, certain race, skin colour, tribe, language, relationships, group of persons, certain experiences of life, authority and certain institutions.
- A stronghold is an evil lifestyle built on an evil thought life that is not easy to drop.

The nature of strongholds is that they are not easy to tear down. They don't easily go away. So you have to apply force to tear it down. The strongholds in your mind require more than will power. You need the help of God. This is the reason the name of Jesus Christ and the Holy Spirit are given to us.

1. First, you must give your life to Christ, and make him the Saviour and Lord of your life in practical terms. You must be willing to follow him and apply his teachings in every area of life.
2. Secondly, you need to daily ask the Holy Spirit to help you pull down the strongholds in your mind. Daily in prayer tear them down. Pull them down in the name of Jesus Christ. No stronghold will stand the power in the name of Jesus. Strongholds will not come down just because you want it to come down. It will take the spiritual weapon of God to pull it down. Jesus is the power that destroys strongholds. Stand against all the strongholds in your mind in the name of Jesus Christ, and they will come down.
3. Prayer is very important to pulling down the strongholds in your mind and heart to enable you think pure and positive thoughts. To keep evil out of your mind, you need to pull down the strongholds in your mind. The Holy Spirit is always ready to help you bring them down if you are willing, determined, and ask Him to help. Use

the authority you have in Christ to command them to come down. Sometimes, it will be better if you can take time to fast and pray about it because the strongholds must come down for you to control your thoughts and be positive.

4. You must believe that the prayer and word of authority you speak will work, and is working; otherwise, your faithlessness will make it impossible for you to be free.
5. Finally, you need the word of God to clean up your mind from all the wrong things you have believed and lived by. You need the word of God to renew your mind. You need to know what God knows, see what God sees, stand where God stands, to enable you live as God lives, say what God says and how he says it, and do what God does. You need re-orientation about life and how to live it. You need the Word of God, the Minister of God to teach you and the brethren to fellowship with and encourage you in this journey. You need a church family and a Pastor to guide you.
  - You need to invest money to buy resource materials that will impart knowledge to you in order to renew your mind. Invest in good Christian books, teaching tapes and CDs. Attend Bible seminars that will help impart the true knowledge of God. Find time to renew your mind so that all the strongholds in your mind will be totally destroyed. Your mind can never be blank. It is either you have the wrong knowledge inside or the right knowledge.

*Jer 23:29*

*29 "Is not my word like fire," declares the LORD, "and like a hammer that breaks a rock in pieces?"*

*NIV*

Pulling down the strongholds in your mind does not take the place of guarding your mind. The purpose is to make it easy for you to watch over and keep evil out of your mind always.

### **CONCLUSION**

Guard your mind and don't let the devil in. Though he seeks to control you through your thoughts, don't let him do that. Regularly hand your thoughts over to the Holy Spirit. Allow the word of God to influence and control your thoughts, feelings, decisions, words, actions and reactions.

Always remember that

- He, who controls your mind, controls your life.
- He who controls your thoughts controls your experience.
- The thoughts you think per time can increase and can reduce the love you have for God, your partner, friend, neighbour, colleague and boss.
- The thoughts of the mind can destroy or preserve your relationships.
- Your life is a reflection of your thoughts.
- Your habits and character are manifestations of your thoughts.
- Your words are reflections of your thoughts.

*Prov 23:7*

*7 For as he thinketh in his heart, so is he.....*

*KJV*

*Prov 27:19*

*19 For as in water face answers to face, so the mind of man reflects the man.*

*RSV*

Success and failure of your relationship with God, marriage, business, career and relationships depends on your thoughts. Guard your mind.

When evil thoughts come to your mind or you are under pressure to think a certain evil or think negatively, the following steps will be helpful in confronting and overcoming the thoughts.

1. You need to understand that thoughts thrive and overcome man when man concentrates his mind on it. So, what you need to do is to break the concentration. Remove your mind from it quickly. A little shake of the head breaks the concentration. Refocusing your attention on another thing or subject breaks the concentration. Take your mind to a scripture that contradicts or disapproves such thoughts and suggestions of the devil that is invading your mind. Concentrate by deliberate action on the word of God and the evil (negative) thoughts will go away.
2. If it comes back again, do the same thing all over again. If the thoughts keep coming back, then you have to take authority over the evil spirit behind the thoughts. Bind the spirit and cast him away from your mind. Break his influence and power over your mind, and release your mind to think positively based on God's Word and Will.
3. Positive confessions or words help battle negative and evil thoughts. Speak contrary to the negative and evil thoughts your mind is battling with. As you speak, your ears hear you. And as you hear what you have said, your mind processes it, and is purified by it, and your mouth speaks it out again. By this method, you are battling the negative thoughts with positive words especially from the scriptures.
4. If the thoughts persist after applying the three steps above, then you turn to the Holy Spirit in passionate plea to take your mind away from your worries and the evil thoughts bombarding your mind. Ask the Holy Spirit to take your mind away from the thoughts and your concern. Relax your mind and let Him take over. It will definitely go away. I have overcome worries through this method when all other efforts fail to produce result.