

# GUARD YOUR MIND

Sylvester Onyemalechi

*“Above all else, guard your heart, for it is the wellspring of life.” (Proverbs 4:23 NIV)*

“The word heart is used in scripture as the seat of life or strength; hence it means mind, soul, spirit, or one’s entire emotional nature and understanding. It is also used as the centre of inner part of a thing.” (Crudens concordance)

Based on what Crudens concordance says, one will be right to use ‘Mind’ in the place of ‘Heart’ in this passage. To guard your heart is to guard your mind, for the heart includes the mind in the above passage.

God, in this passage sets watching over our minds above fasting and prayer, attending of services, studying and memorizing of scriptures, and all kind of spiritual exercise. “Above all else”, means that it is the most important duty of man. Watching over your thoughts is a higher calling. “Above all else”, means there is nothing higher and more important than the task of watching over your mind. It means we are to give more attention to the things we permit in our minds or the thoughts that run through our minds. It will be foolish of any man to neglect what God Himself set above other matters.

Watching over our thoughts is so important because the thoughts we think influence and control the words we speak and the way we speak them. It influences and controls our emotions or feelings, and our actions. God says it is the wellspring of life. Everything conceived in the mind always finds expression in our lives. The thoughts of man has life in itself, and has the ability to become manifest. Evil thoughts will produce evil life and character. Lustful thoughts will produce immoral life. Angry thoughts will produce quarrels, fights, bitterness, hate, enmity and murder. Disappointment induced thoughts will bring discouragement, frustration, and defeat. Negative thoughts towards your partner will make your love sour and kill your marriage. Unhealthy thoughts towards your job will kill enthusiasm for your job and make you unproductive and this can lead to job loss. Your thoughts produce the life that you live. Your life is a reflection of your thoughts.

Life indeed springs from our thoughts. The earlier you understand and accept this, the better for you. Guarding your mind is your first priority in life if success is your desire. I always say that **mind management is the first priority for anyone who wants to be successful in any and every area of life.** Make no mistake about this: you need to guard your mind always. It is possible for you to know the Bible very well and yet fail God in your Christian life. If you don’t watch over your thoughts, your life will be a disappointment. King David knew the law about adultery, but his lustful thoughts led him to commit adultery and later murder in an attempt to cover it up. King Solomon, who wrote so much about the power of the mind, became an idol worshipper towards the end of his life because he could not control his thoughts towards all the pretty women he saw. He had to break two major laws of God to marry them. God had commanded that Israel’s kings should not marry too many wives. He married 700 wives and 300 concubines. God had commanded that Jews should not marry outside of the

Jewish tribes. Solomon ignored this also and married from Gentile nations. The result was that his heart was turned away to strange idols. His thoughts made him to set aside his knowledge. God blessed him with wisdom more than he had given any man in history. So, he should have known what to do. His uncontrolled desire for women born out of uncontrolled thoughts ruined him.

**Thoughts do not have respect for your calling, anointing, degree, ministry or Christian experience. All it is after is to make you do what it suggests to you, whether it is good or not.** All it needs is to be controlled with the help of the Holy Spirit. Watch over your thoughts. Guard your mind always because the devil is always attacking with evil thoughts to build evil desires and create evil experiences.

Moses having worked so hard to bring the Israelites to the Promised Land could not enter because he did something that made God to deny him entrance to the promise land. He had been bearing the opposition of his people before this time, but on this faithful day, he could no longer bear it. He became angry. He went into the presence of God angry, and came out angry. Instead of speaking to the rock, he struck the rock twice. It was the thoughts of anger that made him act the way he did, and he paid dearly for it. Despite his great understanding and anointing, his thoughts made him fail God.

Jesus taught that some will be rejected on the day of judgement because their life was lived contrary to God's will though they performed miracles in his name (Matthew 7:22-23). Why would someone who performed miracles in the name of Jesus miss heaven? Why would such a person live a life that disqualifies him? The answer is the thoughts they thought while on earth. It is a man's thoughts that will make him to live contrary to what he knew and preached to be right. Preachers of the Gospel need to guard their minds also, more so when the devil is more interested in pulling them down in order to discredit the Church.

To guard your mind is an assignment that every one who is serious about his life with God and determines to see himself succeed in every area of life should take serious. Guard your mind with all diligence, for life flows from it.

### **THE DEVIL SEEKS TO CONTROL YOUR MIND**

As the soil is to seed, so the mind to words. As the soil is to seed, so the mind to the things seen and heard. Whatever the eyes see is immediately registered in the mind, from where it begins to work in the person negatively or positively. The same thing with whatever is heard. If you give your ears to gossips and wrong and unconfirmed reports, you will be influenced wrongly. Thoughts have power to influence and control.

Always remember that there is an on-going battle to control your mind by the enemy in order to control your words, feelings, actions and experience. He who controls your mind controls your life. He who controls your thoughts controls your experience. What occupies your mind will occupy your life. What dominates your mind will manifest in your life. The devil has no access to your spirit. To control your spirit and actions, the devil or anyone seeking control must first get to your mind, influence it and possibly seize it. Don't open your mind to the devil.

**TO LOCK OUT THE DEVIL:**

1. Don't open your mind to anything that is contrary to the word of God.
2. Don't open your mind to anything that is contrary to love, and has the capability to create anger, resentment and hate.
3. Don't open your mind to gossips about your spouse, relation, friend, church members, Pastor or anyone.
4. In the face of provocation, do not open your mind to direct thoughts that will fuel anger, or from people that advice revenge or evil action.
5. Don't open your mind to thoughts that can kill peace and sweetness in your marriage, family, church and organization.
6. Don't open your mind to what can divide your home, relationship, church and promote selfishness, party spirit and destroy your love life.
7. As events unfold, as unpleasant things happen, watch what you think. Don't give your mind to the enemy.
  - Do not give your mind to thoughts that will worsen the situation.
  - Do not give your mind to thoughts that will promote anger and embitter you.
  - Through controlled thoughts, control your words.
    1. Words give birth to words.
    2. Words pierce like a sword.
    3. Words wound and kill.
    4. Words heal and comfort.
    5. Soft answer turns away wrath.
    6. Words spoken carelessly will produce a destructive result.
    7. Words spoken with wisdom from God's word will heal, pacify, mend fences and comfort the angry and wounded.

*"Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer every man." (Colossians 4:6 NIV)*
8. Fill your mind with the word of God. Let the word of God dominate and enrich you.

*"Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God." (Colossians 3:16)*

### **PULL DOWN EVERY STRONGHOLD IN YOUR MIND**

*"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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. And we will be able to punish every act of disobedience, once your obedience is complete." (2 Corinthians 10:3-6)*

The scripture reveals that there are strongholds in the mind of man that needs to be pulled down. When strongholds exist, thought control becomes extremely difficult.

One can become discouraged and give up trying 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. 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. 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. 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.

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.

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 asks 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.

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.

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.

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 break-up or keep together your relationship. Your life is a reflection of your thoughts. Your habits and character are manifestations of your thoughts. Your words are reflections of your thoughts. Success and failure of your marriage, business, career and church depends on your thoughts. Guard your mind.