Mind management is about watching over one’s thoughts and keeping the wrong thoughts away. It is all about keeping the human thoughts pure, positive, godly, and at peace to enable man live life to the fullest. Mind management is being careful of what kind of thoughts one thinks per time especially as unpleasant events unfold in one’s life.

You need mind management to keep your relationships stable and full of fun. You need mind management to keep your mind from discouragement and overcome the challenges of life, business, career and academics. You need mind management to keep your marriage exciting and happy. You need mind management to get along well with your colleagues, bosses, subordinates, management, and stay focused on the job. You need mind management to stay motivated on the job and in your chosen career. You need mind management to handle the difficult assignments you are given and deliver on time successfully despite the difficulties you face and pressures and unpleasant remarks from your superiors. You need mind management to separate your personal life from your work life. You need mind management to deal with the negative attitudes, unkind words and remarks, wrong criticism, and false accusations of people towards you. You need mind management not to fall in love with the wrong person; for love is a product of affectionate thoughts towards a person. You need mind management to live long and healthy, be happy, cheerful, and impact people positively. You need mind management to stay focused and not be distracted by what is happening in other people’s life or what they are doing. Broken focus is the real reason why many fail in life. You need mind management to be cheerful in the midst of challenges of all kinds, and not be anxious, worried, depressed or fearful. You need mind management to fulfill destiny and accomplish greatness in life.

The mind of man is a powerful force within man. What a man focuses his mind on is what he manifests. Thoughts are alive and have power to influence, direct the course of a man’s life and control him totally. A man’s thoughts make him a success or a failure. It generates faith or unbelief depending on what is being contemplated. The thoughts of a man makes him sin though he is born again. The thoughts of the believer make him unable to manifest love, forgiveness, the character and life of Jesus Christ in him. It is so powerful that God said we should give priority attention to it, and guard it continually.

Reasons for mind management:
1. It is the wellspring of life.
   Prov 4:23
   23 Above all else, guard your heart, for it is the wellspring of life.
   NIV

2. It shapes our lives.
   Prov 4:23
   23 Be careful how you think; your life is shaped by your thoughts.
   GNB

3. It determines the direction we go in life.
   Prov 4:23
   23 Guard your heart above all else, for it determines the course of your life.
   NLT
4. **Our health depends on it.**

*Prov 14:30*
30 A heart at peace gives life to the body, but envy rots the bones.
*NIV*

*Job 5:2*
2 Resentment kills a fool, and envy slays the simple.
*NIV*

*Prov 17:22*
22 A cheerful heart is good medicine, but a crushed spirit dries up the bones.
*NIV*

*Prov 17:22*
22 A happy heart is good medicine and a cheerful mind works healing, but a broken spirit dries up the bones.
*AMP*

*Prov 12:25*
25 An anxious heart weighs a man down, but a kind word cheers him up.
*NIV*

*Prov 15:13*
13 A happy heart makes the face cheerful, but heartache crushes the spirit.
*NIV*

*Isa 26:3*
3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.
*KJV*

5. **It determines faith, unbelief and doubt.**

*James 1:6-8*
6 But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. 7 That man should not think he will receive anything from the Lord; 8 he is a double-minded man, unstable in all he does.
*NIV*

*James 4:7*
7 Submit yourselves, then, to God. Resist the devil, and he will flee from you.
*NIV*

6. **Success or failure in life depends on it.**

*Isa 55:6-9*
6 Seek the LORD while he may be found; call on him while he is near. 7 Let the wicked forsake his way and the evil man his thoughts. Let him turn to the LORD, and he will have mercy on him, and to our God, for he will freely pardon. 8 "For my thoughts are not your thoughts, neither are your ways
my ways," declares the LORD. 9 "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.
NIV

Eph 4:22-24
22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.
NIV

Rom 12:2
2 Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — his good, pleasing and perfect will.
NIV

Josh 1:6-9
6 "Be strong and courageous, because you will lead these people to inherit the land I swore to their forefathers to give them. 7 Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. 8 Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. 9 Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go."
NIV

7. Our life is only a reflection of our thoughts.
Matt 12:34
34 You brood of vipers, how can you who are evil say anything good? For out of the overflow of the heart the mouth speaks.
NIV

Matt 15:18
18 But the things that come out of the mouth come from the heart, and these make a man 'unclean.'
NIV

Prov 27:19
19 For as in water face answers to face, so the mind of man reflects the man.
RSV

Prov 23:7
7 For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.
KJV

8. Holy living and pleasing God depends on the use of it.
Eph 4:22-24
22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.

NIV

Understanding the word heart

Prov 4:23
23 Above all else, guard your heart, for it is the wellspring of life.
NIV

Prov 4:23
23 Watch over your heart with all diligence, for from it flow the springs of life.
NAS

“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)

“Strong defines the ‘heart’ (3820) thus: ‘The heart; also used (figuratively) very widely for the feelings, the will and even the intellect; likewise for the centre of anything.’”

Based on what Crudens and Strong 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.

Analysis of Prov 4:23
1. Importance and power of thoughts
The thoughts of your heart (mind) determine the way in which things progresses or develop in your life. Your thoughts determine the procedure you adopt to deal with a situation in your life.
   - 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.

2. Watching over our thoughts
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.

Matt 12:34
34 O generation of vipers, how can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh.
KJV
Matt 15:18
18 But the things that come out of the mouth come from the heart, and these make a man "unclean."
NIV

- It influences and controls our emotions or feelings, and our actions.

Prov 27:19
19 For as in water face answers to face, so the mind of man reflects the man.
RSV

- God says it is the wellspring of life, which means that life springs from it. It means thoughts are alive. They are living forces, and not idle things running through the mind.

Prov 4:23
23 Above all else, guard your heart, for it is the wellspring of life.
NIV

- Everything conceived in the mind always finds expression in our lives.

Prov 27:19
19 For as in water face answers to face, so the mind of man reflects the man.
RSV

Matt 15:18-20
18 But the things that come out of the mouth come from the heart, and these make a man "unclean." 19 For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander. 20 These are what make a man "unclean"; but eating with unwashed hands does not make him "unclean.""
NIV

Prov 23:7
7 For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.
KJV

- The thoughts of man has life in itself, and has the ability to become manifest

Prov 4:23
23 Above all else, guard your heart, for it is the wellspring of life.
NIV

Isa 55:6-9
6 Seek the LORD while he may be found; call on him while he is near. 7 Let the wicked forsake his way and the evil man his thoughts. Let him turn to the LORD, and he will have mercy on him, and to our God, for he will freely pardon. 8 "For my thoughts are not your thoughts, neither are your ways my ways," declares the LORD. 9 "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.
NIV
• Evil thoughts will produce evil life and character.

Rom 8:5
5 Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.
NIV

Eph 4:21-24
22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.
NIV

• 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.
• Unhealthy thoughts will make you sick as it destroys your health gradually.

Prov 14:30
30 A heart at peace gives life to the body, but envy rots the bones.
NIV

Prov 15:13
13 A happy heart makes the face cheerful, but heartache crushes the spirit.
NIV

Prov 15:30
30 A cheerful look brings joy to the heart, and good news gives health to the bones.
NIV

Job 5:2
2 Resentment kills a fool, and envy slays the simple.
NIV

• Your thoughts produce the life that you live. Your life is a reflection of your thoughts.

Prov 27:19
19 For as in water face answers to face, so the mind of man reflects the man.
RSV

3. No respecter of persons
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:–

**King David:**
King David’s thoughts made him break his promise to God that he will not join the wicked in their discussion when he is in their presence. It was a good decision, but could not keep it because he stayed in their presence and listened to their discussion. As long as your ears hear, your mind will think, and then you will discover you will have difficulty keeping your promises

*Ps 39:1-3*
\[I said, "I will watch my ways and keep my tongue from sin; I will put a muzzle on my mouth as long as the wicked are in my presence." 2 But when I was silent and still, not even saying anything good, my anguish increased. 3 My heart grew hot within me, and as I meditated, the fire burned; then I spoke with my tongue.\]
*NIV*

What your eyes see, your mind will meditate. David saw a naked woman taking her bath, and that stirred a flood of thoughts within him. The result was adultery. Though David knew God hates adultery, and he had promised God earlier to live by His words, he found himself overwhelmed by his thoughts and he couldn’t control his emotions towards the naked woman.

*2 Sam 11:1-5*
\[11:1 In the spring, at the time when kings go off to war, David sent Joab out with the king's men and the whole Israelite army. They destroyed the Ammonites and besieged Rabbah. But David remained in Jerusalem. 2 One evening David got up from his bed and walked around on the roof of the palace. From the roof he saw a woman bathing. The woman was very beautiful, 3 and David sent someone to find out about her. The man said, "Isn't this Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite?" 4 Then David sent messengers to get her. She came to him, and he slept with her. (She had purified herself from her uncleanness.) Then she went back home. 5 The woman conceived and sent word to David, saying, "I am pregnant."\]
*NIV*

**King Solomon:**
Solomon though he had great insight into the power of the human thoughts which he preached and documented, he backslide because of his uncontrolled appetite for women which led him to marry from all the places God told Israel not to marry from in order to protect them from the seductive manipulations of women to join them and worship the gods of their people. Solomon was deceived thinking he will be able to handle all his women and non will be able to take him away from the LORD. No one can be wiser than God. True wisdom is to make you fear God and make you take precaution and keep away from what will make you rebel against His will. True wisdom will make you obey God and not give you a false sense of security in disobedience – There is no security from a fall when you are walking in disobedience to the commands of God.

Knowing about the power of the thoughts is not enough. We must work hard to manage our thoughts and keep away from the wrong thoughts that will separate us from God or lead us in disobeying Him. Whatever you give your mind to that you will manifest. Thoughts have no respect for you, your anointing, position, education or spiritual or social status. All it seeks is to influence, dominate, and
control your words, emotions, desires, decisions, actions and your life. And you must not let that happen. Mind management will help you resist that.

1 Kings 11:1-11
11:1 King Solomon, however, loved many foreign women besides Pharaoh’s daughter—Moabites, Ammonites, Edomites, Sidonians and Hittites. 2 They were from nations about which the LORD had told the Israelites, "You must not intermarry with them, because they will surely turn your hearts after their gods." Nevertheless, Solomon held fast to them in love. 3 He had seven hundred wives of royal birth and three hundred concubines, and his wives led him astray. 4 As Solomon grew old, his wives turned his heart after other gods, and his heart was not fully devoted to the LORD his God, as the heart of David his father had been. 5 He followed Ashtoreth the goddess of the Sidonians, and Molech the detestable god of the Ammonites. 6 So Solomon did evil in the eyes of the LORD; he did not follow the LORD completely, as David his father had done.

7 On a hill east of Jerusalem, Solomon built a high place for Chemosh the detestable god of Moab, and for Molech the detestable god of the Ammonites. 8 He did the same for all his foreign wives, who burned incense and offered sacrifices to their gods.

9 The LORD became angry with Solomon because his heart had turned away from the LORD, the God of Israel, who had appeared to him twice. 10 Although he had forbidden Solomon to follow other gods, Solomon did not keep the LORD’s command. 11 So the LORD said to Solomon, "Since this is your attitude and you have not kept my covenant and my decrees, which I commanded you, I will most certainly tear the kingdom away from you and give it to one of your subordinates.

NIV

Prov 27:19
19 For as in water face answers to face, so the mind of man reflects the man.
RSV

4. The devil seeks to control your mind
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.

James 4:7
7 Submit yourselves, then, to God. Resist the devil, and he will flee from you.
NIV

4:1 Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, 2 where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry. 3 The devil said to him, "If you are the Son of God, tell this stone to become bread." 4 Jesus answered, "It is written: ‘Man does not live on bread alone.’” 5 The devil led him up to a high place and showed him in an instant all the kingdoms of the world. 6 And he said to him, "I will give you all their authority and splendor, for it has been given to me, and I can give it to anyone I want to. 7 So if you
worship me, it will all be yours." 8 Jesus answered, "It is written: 'Worship the Lord your God and serve him only.'" 9 The devil led him to Jerusalem and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down from here. 10 For it is written: "'He will command his angels concerning you to guard you carefully; 11 they will lift you up in their hands, so that you will not strike your foot against a stone.'" 12 Jesus answered, "It says: 'Do not put the Lord your God to the test.'" 13 When the devil had finished all this tempting, he left him until an opportune time. NIV

Prov 4:23
23 Above all else, guard your heart, for it is the wellspring of life.
NIV

To lock out the devil:

1. Don’t open your mind to anything that is contrary to the word of God. The word of God must be accepted as the final authority on every subject, and you must resist any thought to speak or act contrary.

James 4:7
7 Submit yourselves, then, to God. Resist the devil, and he will flee from you.
NIV

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. Do not open your mind to anything that can strain your relationship with your co-workers, boss, management or friends.
6. Don’t open your mind to thoughts that can kill peace and sweetness in your marriage, family, church and organization.
7. Don’t open your mind to what can divide your home, relationship, church and promote selfishness, party spirit and destroy your love life.
8. As events unfold, as unpleasant things happen, watch what you think. Don’t give your mind to the enemy.

Pulling down mental strongholds
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, 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.
• 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.

*2 Cor 10:3-6*

3 For though we live in the world, we do not wage war as the world does. 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.

NIV

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.
   • Submit to the Holy Spirit to help you overcome the negative thoughts.
3. Prayer is very important to pulling down the strongholds in your mind and hearts 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.
   • Stand against all the strongholds in your mind in the name of Jesus Christ, and command them to come down and they will come down.
   • Cast down in the name of Jesus Christ every imagination and every high thing that is contrary to the truth of God, and take your thoughts or mind captive to the obedience of the Words of God.
   • You can move the strongholds in Jesus name because we have been given the power to move all that we don’t want in our lives.
   • Pray also that the Holy Spirit will keep you in remembrance of the fact that your thoughts give birth to the life that you live. For when you remember, you become careful how you think and what you think.
Pray that God will separate you from those who by their words and lifestyle through their association with you feed these strongholds that you want to pull down. Those who feed and strengthen that which God wants to destroy in your life are not really good company or friends.

Mark 11:23
23 "I tell you the truth, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in his heart but believes that what he says will happen, it will be done for him.
NIV

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 you 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 He 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.

Matt 13:5-6
5 Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. 6 But when the sun came up, the plants were scorched, and they withered because they had no root.
NIV

Matt 13:20-21
20 The one who received the seed that fell on rocky places is the man who hears the word and at once receives it with joy. 21 But since he has no root, he lasts only a short time. When trouble or persecution comes because of the word, he quickly falls away.
NIV

Jer 23:29
29 "Is not my word like fire," declares the LORD, "and like a hammer that breaks a rock in pieces?
NIV

Rock in this passage means strongholds as described earlier. When you begin to hammer a piece of rock the first time, there will be no sign that it will break apart or is breaking apart. The crack starts in the centre which cannot be seen or noticed. As you continue to hammer away, the crack will continue to grow and the rock getting weaker. When the rock can no longer stand the power of the hammer, the crack becomes visible for the human eyes and the rock falls apart. That is how it is with the strongholds within a man as the word of God continues to hit it when received continually. As you give your eyes to reading the word and your ears to listening to the word, it will continue to give you light and this light
will affect every area of ignorance, and as this is happening all negative strongholds are giving way to truth and light, and freedom is being gained, but may not be yet visible to the human eyes. But as you continue in the word, total liberation is achieved. You need to give your mind to the word with diligence to be free from strongholds. Prayer alone will not do the miracle. You need to give the Holy Spirit something to work with. The word you allow into you will equip Him to deliver you. Give attention to the word of God for it is God’s hammer for destroying mental strongholds.

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. So, you must give attention to guarding your mind in order to keep your mind from things that have the capability to strengthen that which you want to destroy.

Conclusion
Manage your thoughts well. No one will do it for you. God has assigned it to us, so don’t in the name of prayer, ask Him to manage and guard your mind when He has assigned it to you. For what God has assigned to man, he will never do. It is your duty and my duty to manage our thoughts and think the right things.

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 scatter 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.

Prov 4:23
23 Be careful how you think; your life is shaped by your thoughts.
GNB

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 marriage, business, career and church 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. You pray it a couple of times and relax your mind. It will definitely go away. I have overcome worries through this method when all other efforts fail to produce result.