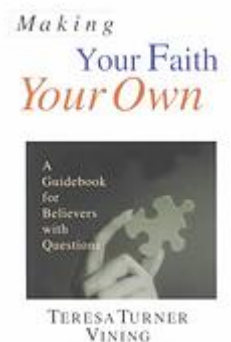


“I’m Having a Terrible Battle in My Mind”

I’m having a terrible battle in my mind. I know in my heart these terrible thoughts are lies, but getting it to my mind is hard to do. I have had thoughts of doubt, disbelief, and the devil has even questioned God’s holiness to my mind. About two years ago I got serious about my walk with Christ and answered the call to preach. I need your prayers very much.

The Bible teaches the principle of “displacement.” That is, rather than trying to make thoughts shoo away, we are told to replace them with what is good, true, and perfect (Phil. 4:8). As the truth comes in, the lies are displaced—much like when we fill a bathtub too full of water, and when we get in, our bodies displace the water, which flows out over the top of the tub.

What are you doing to displace the lies with the truth? I suggest that you read and meditate on Psalm 119, memorizing portions of it and reciting them OUT LOUD whenever possible. I also suggest you play good praise and worship music whenever you can, not as background music but as something to focus on. One other thing: it would probably be good for you to invest some time in reading books that will build your faith and send the lies packing, such as Lee Strobel’s books *The Case for Faith* and *The Case for Christ*, and Teresa Vining’s *Making Your Faith Your Own: A Guidebook for Believers With Questions*.



Also, spiritual battles are fought on the battlefield of the mind, so be sure to put on all your spiritual armor (Ephesians 6). It’s all anchored to truth, so fill your mind with truth. That includes being careful what ELSE you’re filling your mind with, such as TV, videos, movies and magazines that are filled

with garbage. Most of those sources of information or entertainment come from the world, which is Satan's realm. Cut out the garbage, which is flavored with lies about God and about reality.

Let me pray for you, as you requested.

Father God, I thank you that _____ is recognizing there is a terrible battle going on for his mind, and I ask that You show him what to do about it. Father, give him a distaste for anything other than the truth, and give him a deep desire to immerse himself in Your word and in works—books and music—that bring glory to You. Show him the source of the lies and give him a hatred of them, Father. Give him joy in resting in You and in developing discernment about his thought life. Teach him to love You with his mind as well as his heart and strength.

In Jesus' name, Amen.

Sue Bohlin
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