

# Dealing With Negative Thoughts

Satan's Most effective attack on the Christian is that of placing negative thoughts into our minds. If believe they can become strongholds.

"A STRONGHOLD is a mind-set impregnated with hopelessness that causes us to accept as unchangeable something we know is contrary to the will of God for our lives." - Ed Silvoso

If Satan can get us to believe these negative thoughts-- his lies -- we will begin to doubt God's Word, forget who we are IN CHRIST, and focus on our hopelessness rather than Christ's victory over Satan.

However, when we stand against Satan's LIES with God's TRUTH, as Jesus did when He was tempted (Matthew 4: 1-11 and Luke 4: 1-13), Satan is forced to leave.

## The "Eight R's"

Because the above is true, when bombarded with negative thoughts, WE NEED TO:

### 1. RECOGNIZE THE SOURCE

SATAN SAYS	BUT	GOD SAYS
"You will never get victory"		"You always have victory in Christ"
"You are worthless."		"You are a chosen vessel for me"
"You are stupid."		"You have been given Christs' mind"
"You are condemned"		"No condemnation to those in Christ"
"God doesn't love you"		"Nothing can separate you from my love"

### 2. REFUSE THE SUGGESTION

Because Satan is the source, we know the suggestion is based on deception (John 8:44b)

### 3. RELY ON THE SPIRIT

God will give us the needed TRUTH to deal with each deception of Satan. (John 16:13)

#### 4. REPEAT THE SCRIPTURE

As a joint-heir with Christ, declare God's TRUTH in full assurance of faith.  
(1 Corinthians 15:57)

#### 5. RENOUNCE SATAN'S HOLD

Canceling consent given Satan by believing his lies breaks his hold on us.  
(Proverbs 28:13)

#### 6. RESIST THE DEVIL

When we submit to God, we can resist the devil, knowing he must flee.  
(James 4:7)

#### 7. RENEW YOUR MIND

Establish a new mind set by memorizing and meditating on God's TRUTH.  
(Romans 12:2)

#### 8. REST IN CHRIST'S FINISHED WORK

Continued faith in Christ's victory over Satan releases God's power through us.  
(2 Timothy 1:7)