

# Resist the Intrusions

by Paul West

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*To resist ungodly intrusions and experience victory, we must keep our minds girded with scripture and rely on the power of the Holy Spirit and the Word of God.*

**Scripture:** Psalm 119:11, 2 Corinthians 10:4, Ephesians 6:13, James 4:7, 1 Peter 5:8

**Topics:** "Spiritual Warfare", "Mental Discipline"

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## Description

Paul West emphasizes the importance of resisting ungodly intrusions that target the mind and flesh, highlighting the need to stand firm in Christ to receive great rewards from God. Believers are urged to guard their minds, abide in Jesus, and rely on His grace to overcome temptations. By staying girded with scripture and maintaining mental discipline, one can experience victories over discouragement and find peace through the power of God's Word and the Holy Spirit.

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## Transcript

Resist ungodly intrusions that seek to enter your mind and stir your flesh to action. God will call for a cease fire and reward you greatly if you continue to stand fast in Christ. The only way the powers of darkness can get you to yield to temptation is if you ungird your mind and let them in. This resistance is the responsibility God has given to all His children, and the reason why we are exhorted to abide in Jesus Christ and depend each moment on the power of His grace.

The loosening of the mind is a habit. Spiritual forces wait to attack when they know the girding is down. They are watching you. They don't know your thoughts, but they can observe your activity and listen to your speech and make inferential judgments based on what they find. Keep filling yourself with scripture. Keep notes on the activity of your mind. Don't let it wander aimlessly and indulge itself too heavily on worthless subjects that will not strengthen your inner man. Keep yourself fortified.

It becomes very encouraging when you suddenly see these precepts working! Where you once lost your tempter, now you begin overcoming. The things that once caused you to become discouraged and lose your peace now hit a shield in your mind and are countered with an appropriate verse. The fight is over before it's begun and you're still standing! What happened! You got a small taste of victory - the victory promised by God in His Word which is the birthright for all New Covenant believers. Can it be repeated, you wonder? After all, this was just one skirmish in a war that must be fought daily.

When you're attacked the next day and again overcome, you'll begin to see a pattern. Think of Moses' arms being held up by Joshua and Hurr: As long as his arms were lifted, God's children prevailed in the war. As Moses sat on the rock and rested, his arms were propped up by two helpers. For the believer in Christ, we can see these two helpers as the Word of God and the Holy Spirit. As long as we rest upon Christ and allow the Holy Spirit and Word of God to lift our inner men, no enemy in hell can prevail against our minds or infiltrate our hearts. But as soon as we allow our inner men to sink, the power of the flesh and the weapons of the enemy begin to prevail upon us and inflict damage.

Keep your mind well-girded, therefore, and feed your spirit with God's Word. Extend your inner man's arms as a shield against the forces of darkness, and you will experience the victory God wills for your life. For such is your birthright in Christ.

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