

WHAT PEOPLE ARE SAYING ABOUT KATHY DEGRAW AND *MIND BATTLES*...

My friend Kathy DeGraw has written a book that every believer needs to read. It doesn't matter whether you are a new believer or if you are a "seasoned saint"—this book is for you! As I've spent the past quarter century ministering in more than eighty nations around the world, I've discovered that the greatest battle everyone is facing, regardless of cultural background or social status, is the mind war. Yes, the mind is the location of your greatest spiritual warfare. Thankfully, Kathy has now written this powerful book that contains not only insight into our mind battles and how to overcome them, but also strategic activations that will help you to win this war *every time*! Through reading this book, I have personally gleaned some new revelation and received new tools that will be extremely useful to me in the days ahead. God desires for you to live a life of victory in His glory. He desires for you to win your *Mind Battles*.

—Joshua Mills

Best-selling author, *Moving in Glory Realms*

The devil bombards the mind with fear, worry, and panic! What if you could shield his attack and only think and then say good and pleasant thoughts? You will change *your* world and *the* world! *Mind Battles* is a "how to" book that is your difference maker!

—Sid Israel Roth

Host, *It's Supernatural*

Mind Battles is an essential and important book for this hour that must be read carefully. Apostolic leader and spiritual warfare expert Kathy DeGraw has written another powerful warfare manual to arm the body of Christ. I have personally read and endorsed some of her most recent art of warfare books but this one by far is one of my favorites. She unpacks and unleashes sound biblical teachings, references, and real-life spiritual experiences and encounters to assist every reader on how to win the battlefield of the mind. *Mind Battles* exposes the enemy's insidious unseen tactics and attacks on the believer's mind to manipulate, influence, and trigger a cycle of defeat. This power-packed book will activate the shield of faith that every believer should take up so they are able to quench every fiery dart sent.

This excellent book is for now and for every leadership team, intercessor, cell group, spiritual warfare/deliverance worker, and saint who is ready to defeat the works of the devil. We must understand primarily that spiritual warfare consists of day-to-day battles against invisible evil forces that plague our minds. The Bible is clear that this is not a battle that is fought on a physical plane, but rather a spiritual one. *Mind Battles* is not just a book for just a few spiritual people but it's for *all* who are ready to wield their spiritual weapon of warfare to cast down imaginations and every high thing that exalts itself against the knowledge of God, bringing into captivity every thought to the obedience of Christ for victorious living. (See 2 Corinthians 10:4–5.) Must read! Must do!

—Dr. Hakeem Collins

Prophetic leader; international speaker
Senior leader, Glory Central Hub, Wilmington, DE
Author, *Unseen Warfare*

Mind Battles by Kathy DeGraw is an excellent resource/manual for gaining freedom and deliverance from spiritual attacks and bouts of depression as we learn how to deal with our own flaws as well as demonic attacks. Each chapter contains prophetic activations that I know you will find both useful and encouraging. The combination of biblical insight and practical activations will lead you to the kind of freedom and joy you have always wanted.

—Joan Hunter
Evangelist; host, *Miracles Happen* TV show

I started reading this book as an endorsement, but ended up identifying an area in my life where I needed freedom, and I found myself actually praying the prayers outlined in this book! I would highly recommend *Mind Battles* as a must-read.

—Apostle Alexander Pagani
Best-selling author, *The Secrets to Deliverance*

In Kathy DeGraw's latest literary endeavor, *Mind Battles*, she tackles a subject that will trigger a shaking in the kingdom of Satan—the mind. This is literally and spiritually where most demonic battles are won or lost. DeGraw presents efficacious strategies and secrets that will empower the believer against the machinations of the satanic realm. Her transparency here is refreshing. Kathy uses her own real-life experiences to augment the various topics she has written about. She totally exposes herself here and that's a great thing for the reader!

DeGraw has included prophetic activations, prayers, declarations, and a plan of action that can be used at any time by the reader. In my opinion, this book is packed with essential information and revelation regarding prophetic deliverance of the soul (mind, body, and emotions). I believe that this is one of Kathy's greatest literary works to date!

—John Veal
Author, *Supernaturally Delivered*
and *Supernaturally Prophetic*

Armed and loaded with powerful prophetic application and revelation, this book is a Titanic-sized blow to the enemy's camp! I am excited to hear of the many testimonies of people being set free from *Mind Battles* as the result of this on-time book for this season!

—Joel Yount

Encourager; author; speaker
Host, *The Joel Yount Program*

Mind Battles is a timely book that has been penned strategically by Kathy DeGraw. As an apostolic leader, she has given this and successive generations a tactical warfare manual. Kathy DeGraw is a warfare strategist with powerful prophetic insights demonstrated in her deliverance ministry. In this uniquely written book, she has taken us into one of the most choice battlegrounds of the enemy in spiritual warfare—the *mind*. As I read each chapter, Kathy almost literally takes the reader prophetically into the war room of the enemy like Elisha the prophet, who was able to expose the thoughts, the war strategies, and the plans of the enemy in his bedchambers. (See 2 Kings 6:12.)

I strongly endorse and recommend this book by my friend Kathy DeGraw, who has shared with us her expertise and experience as a treasure to learn and rediscover the art of war. *Mind Battles* will arm every believer in psychological warfare with unseen weaponry and scriptural fortitude to counterattack any and every demonic trigger and landmine set up against your destiny. This must-read epitomizes: “For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ” (2 Corinthians 10:4–5 NKJV). I believe wholeheartedly that Kathy, in this well-written book, has revealed one of the powerful facets of the ministry of Jesus in bringing holistic healing, deliverance, and restoration in the mind.

—Dr. Naim Collins

League of the Prophets, Wilmington, DE
Author, *Realms of the Prophetic and Power Prophecy*

Outside of the Bible, *Mind Battles* is the best and most practical tool for overcoming struggles in your thought life that I have ever encountered. As one of the most profound and seasoned prophetic and deliverance voices today, Kathy DeGraw has created a tactical manual for exposing the works of darkness and winning the war in your mind. By applying the freedom applications, prophetic prayers, declarations, and activations that she provides, you will experience transformation in even the strongest negative thought patterns.

—Mike Signorelli
Senior pastor, V1 Church

MIND BATTLES

ROOT OUT
MENTAL TRIGGERS TO
RELEASE PEACE

KATHY DEGRAW



WHITAKER
HOUSE

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MIND BATTLES

Root Out Mental Triggers to Release Peace

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MENTAL TRIGGERS WE ENCOUNTER

The mind is a battlefield, but it doesn't have to be. In my case, fearful thoughts tormented me for years. I am a worshipper who loves to spend time in God's presence, but there were times when torment and fear would attack my mind while I was trying to pray and worship. I'd fight to pull my thoughts in a positive direction, but the lure and pull of fear plagued me. I would feel emotionally paralyzed, unable to redirect my thoughts in a positive direction.

This battle of mine was the result of a generational curse and observations during my childhood. I saw people overreacting to certain situations with fear, and I learned to respond with fear. For instance, if a thunderstorm was predicted, they would panic and prepare for the worst possible outcomes, all the while speaking fearfully about what was approaching and what could happen. When a slight health ailment or simple affliction targeted someone in our family, pessimistic words were spoken about what could happen to that person, even when the issue was so minuscule that it didn't even merit a doctor's visit. When the fire sirens went off within minutes after a teenager left the house, someone would go check to make sure they were okay.

As a result, I had many mind obstacles, fear, and torment to overcome. I had to renew my mind and watch my words so I didn't put curses on my kids. When they left on snowy roads I had to say,

“Have fun; may angels guard and protect you,” instead of, “Be careful—don’t get in an accident.” I had to overcome fear of storms, and eventually, so did my girls. Thankfully, we all overcame. We still don’t like strong winds and some storms, but we are no longer fearful. There is a difference between not liking something and fearing it.

A GENERATIONAL CURSE OF FEAR

It took me years to overcome medical and health fears. It didn’t help that I had unusual issues arise that contributed to the fear, but I believe it all began as a generational curse, which led to familiar spirits targeting attacks against my family. There were times I felt as if I was brainwashed to fear. To me, fear was a normal response to situations, and it was usually my first reaction. Later, I learned it wasn’t the only reaction.

Eradicating stress, fear, rejection, and negativity from our thoughts can be difficult, but not impossible. God’s Word tells us, “*With God all things are possible*” (Matthew 19:26).

My challenge was I didn’t *know* I was in a battle. I had known fear for so long that I didn’t think I could be free or how to gain that freedom. No one ever talked to me about what I was experiencing. Even as a Christian, I wasn’t taught techniques to pull my mind back into good and godly thoughts. I lived with the torment until I learned of God’s delivering power. His Word says, “*God has not given us the spirit of fear, but of power, and love, and self-control*” (2 Timothy 1:7), which also means self-discipline. I didn’t know I could control my thoughts instead of my thoughts controlling me.

EVEN AS A CHRISTIAN, I WASN’T TAUGHT HOW TO
FIGHT NEGATIVE THOUGHTS SO I COULD PULL MY MIND BACK INTO
GOOD AND GODLY THOUGHTS.

I needed tools. I needed instructions on how to pull my thoughts toward goodness and God. I needed to know the battle I was facing and how it manifested.

I could identify the mental triggers that would set me off and bring fear and torment. I knew thinking about certain things, such as sickness or money, would fill me with fear. So did experiencing some of life's challenges, such as driving on snowy or icy roads, being in a high place, or driving on a bridge over water. I knew fear would overwhelm me in certain situations or when I felt certain things, but I didn't realize I was in a dual battle—one of the flesh and one with principalities and powers. Therefore, I did only what I knew how to do and sought the Lord.

LYING PROSTRATE BEFORE THE LORD

Remember, I loved to worship. I ended up spending two years of my life prostrate on the floor with the greatest team of three: Father God, Jesus His Son, and the Holy Spirit. I didn't have to work and my kids were in school, so I could spend all day in the presence of the Lord. I went to church several times a week, studied the Word of God, read many books, prayed, worshipped, and pressed into Jesus as much as I could.

No one ever taught me to pray and fast. In fact, I didn't know about fasting because we had come out of a religious system that didn't teach it. I simply wanted all I could get of Jesus. I was with Him day and night. Sometimes I'd sleep in the presence of God on my living room floor. I didn't want to go to bed at night because I wanted to be with Him.

My kids knew that if I was on the floor, I was praying. They left me alone unless they needed me for something important. There were some nights that the presence of the Lord was so strong that I couldn't even get up to make dinner. I'd crawl across the floor,

reach in my purse, grab a twenty-dollar bill, and ask my husband to order a pizza for himself and the kids.

God's Word filled my heart.

I will bless the LORD at all times; His praise will continually be in my mouth...I sought the LORD, and He answered me, and delivered me from all my fears. (Psalm 34:1, 4)

Deliverance wasn't instant. I didn't get up off the floor with a supernatural mind transformation. However, I received revelation, deliverance, and some of the necessary tools to continue walking out my deliverance. The Bible says, "Work out your own salvation" (Philippians 2:12). *Merriam-Webster's Dictionary* defines *salvation* as "deliverance from the power and effects of sin." Your deliverance is a process you need to work out and walk out.

OUR MIND IS A BATTLEFIELD

We all have mind battles—things that trigger our thought processes to go into overdrive with worry, stress, anxiety, analysis paralysis, and fear. We can relate to these feelings because we've experienced one or more of them on multiple occasions throughout our lives. It's a struggle because these emotions are controlling us.

WE ALL HAVE MIND BATTLES—THINGS THAT TRIGGER OUR THOUGHT PROCESSES TO GO INTO OVERDRIVE WITH WORRY, STRESS, ANXIETY, ANALYSIS PARALYSIS, AND FEAR.

We cannot win the battle until we understand it.

Our mind is so intricate that it can process a wide range of emotions and thoughts, from joy to sorrow, from our shopping list to world problems. We analyze, ponder, and overthink situations. Our mind runs rampant with vain imaginations and false

scenarios. Our minds can think, visualize, and construct the words we want to say, create fantastic movie characters, costumes, and set designs, and so much more. I've often wondered how people think all this stuff up.

However, all the fascinating things the mind can do and the different directions it can go also explains why our mind can be a battlefield.

TWO SOURCES OF OUR THOUGHTS

Our thoughts come either from our own minds or an attack from the enemy. The latter is a lie that we believe, leading to spiritual warfare. No matter what the source, however, we can capture and control our thoughts.

Our thoughts are emotion-based reactions to life. We often entertain negativity. We'll think about an offense, guilt, rejection, or fear, and entertain it instead of dismissing it. Then it becomes part of us. As we focus on the negative, what didn't happen, or things that didn't go our way, we begin to spiral downward in our thinking. We focus on our circumstances instead of praying to turn our situation around or believing the Lord will manifest His best in our life. We start to feel bad about ourselves and what has happened, drawing us into depression, defeat, and fear.

We've all heard the lies of the enemy:

- ✦ *You're no good.*
- ✦ *You're never going to amount to anything.*
- ✦ *No one will ever love you.*
- ✦ *No one cares about you.*
- ✦ *Why don't you kill yourself?*

When we hear negative words from our family, friends, coworkers, or others, the enemy is quick to use them to trigger

negative thoughts such as these in our minds. We start to believe the lies, and they become us. The enemy has ensnared us in a mind battle.

Tormenting thoughts that the world would be better off without them can cause people to contemplate suicide. But it's all a lie! God put each one of us on this earth for a reason. Scripture tells us:

For I know the plans that I have for you, says the LORD, plans for peace and not for evil, to give you a future and a hope.

(Jeremiah 29:11)

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, so that we should walk in them.

(Ephesians 2:10)

Don't allow the devil to steal your destiny. Don't harm yourself and hurt those who love you through your demise. Your life is worth living. How do I know that? Because right now, I am hearing the Holy Spirit prophetically speak to me. He is telling me to put this part about suicide and wanting to kill yourself in this book. He wants to save your life and tell you that you are worth everything. Your life is worth living. God has a mission and a purpose for you, a kingdom assignment for you to accomplish. There is a portion of the world that you need to change and reach for Jesus Christ. He has plans and ways that are higher than your ways. (See Isaiah 55:8–9.)

**GOD HAS A MISSION AND A PURPOSE FOR YOU.
THERE IS A PORTION OF THE WORLD THAT YOU NEED TO CHANGE
AND REACH FOR JESUS CHRIST.**

The devil is “*the father of lies*” (John 8:44), who has only come to “*steal and kill and destroy*” (John 10:10). He tries to take away

everything good, including God's plans for us, but Jesus came so that we may have life and "*have it more abundantly.*"

Every minute you are not abundantly living, you are dying emotionally, which attacks your body physically.

FREEDOM APPLICATION

As I write this, I feel that the Holy Spirit wants to come in and deliver someone—likely many people—as you read this next part. I feel Him releasing the ministry of deliverance. Raise your expectations. Right now, the Holy Spirit is delivering you from some mind captivity. Yes, you will need to walk out some of your freedom and change thought patterns. I know the Holy Spirit is speaking to someone. He is ministering to your heart. He is delivering you from captivity in your mind. He loves you that much; He wants to intervene supernaturally on your behalf as you simply read this book, open your heart to the message being presented, and surrender your mind, will, and emotions to what He wants to do in your life. You are worth it all. You are worth everything to Him. Press in and press through to your breakthrough.

PROPHETIC PRAYER

Make a conscious decision today. Say and speak audibly:

This is my time. This is my moment. This is my season of divine breakthrough. This is the moment I turn around. I'm not going back. I'm moving forward. I'm no longer going to allow torment in my mind. I am no longer going to be depressed. Depression, I command you to leave. I speak and declare that the joy of the Lord is my strength. I don't have to do life alone. I have a Helper, the Holy Spirit, to lead and guide me through my day. Jesus loves me and died for me, which is more than enough. I will not allow torment, rejection, depression, stress, anxiety,

unworthiness, and fear to control me anymore. I take back my thoughts. I take a prophetic action. I command a spiritual shift and emotional renewal to come forth. I press forward and am not looking back. I have hope! I have joy! I live life abundantly! I am satisfied with the goodness of the Lord upon me at all times! I pray, speak, and command these things to come forth into total manifestation, in Jesus's name! Amen!

FREEDOM APPLICATION

I feel a deliverance anointing right now. I believe the Lord is doing amazing work in your life. Believe and receive the liberation He wants to give you. I want to pray for you right now.

Father God, in the name of Yeshua Messiah, I lift up my friends who are reading this right now. I speak and decree the shalom peace of God to come upon them right now. I speak for peace to come forth where torment has been. Give them the peace that surpasses all understanding. I thank You, Lord, that You love my friends and readers, and right now, I ask for them to feel the tangible presence of that love. Fill them up with fresh hope, joy everlasting, and the peace that only comes from You. I command and call forth peace to come, and negativity, stress, and anxiety to leave. Where they feel hopeless, Lord, give them hope. Put people in their path to support them and help them receive the freedom they so desperately long for, in Jesus's name. Amen!

WHAT TRIGGERS YOUR BATTLE

Discovering the trigger to your mind battle will expose the enemy and make you consciously aware of your thoughts when

they head in an unproductive and unfruitful direction. Be alert to your triggers. Write them down or make a mental note, so you know when to remove yourself from the situation, change a conversation, or move in another direction. Recognize where the enemy attacks and what makes your mind work overtime with vain imaginations and false scenarios.

DISCOVERING THE TRIGGER TO YOUR MIND BATTLE WILL MAKE YOU CONSCIOUSLY AWARE OF YOUR THOUGHTS WHEN THEY HEAD IN AN UNPRODUCTIVE AND UNFRUITFUL DIRECTION.

The emotional trigger that sets off your mind battle is unique to you. It could be a sin, trauma, emotional ailment, or an area where you need deliverance from strongholds. Every situation is different.

There's no cookie-cutter solution when it comes to deliverance or healing ministry. What works for one person may not work for another. In this book, I explain a variety of triggers to help you reach mental and emotional freedom. I come beside you to help you work it out and walk it out.

Here is a list of some triggers so you can get started right now.

RECOGNIZE SIN

One of the ways to determine your battle is to recognize the sin that is infiltrating your life and instigating a battle in your mind. For example, when you look at pornography, there is a lure into the sin of lust. The enemy whispers in your mind, "No one will know. Just look at that site on the Internet one more time," or, "It's okay. Everyone is doing it." The thoughts in your flesh justify your unclean actions, and the lies you believe intensify the battle that's holding you in bondage.

A food addiction may be rooted in an emotional ailment, such as a need for comfort, a feeling of loneliness, a desire for control, or an escape from boredom.

We can discover the battle when we recognize the sin in the first place. This opens doors and pathways to our hearts and minds. When we lie, cheat, steal, or have an addiction, we need to find the initial gateway and the lie that's compelling us to repeatedly sin.

All sin and open doorways have root causes and triggers that keep our mind stuck in the same negative patterns and habits. Once we discover the root cause or entry point, we can break the cycle. In my book *Unshackled*,¹ I explain how to discover and break free from the top ten strongholds in life.

DRAW OUT WORRY AND FEAR

Know where the enemy or your vain imaginations attack. Face your fear. If you are avoiding a person, place, or thing because of a past trauma, concern, or difficulty, you are attempting to mask the fear, not root it out.

IF YOU ARE AVOIDING A PERSON, PLACE, OR THING
BECAUSE OF A PAST TRAUMA, CONCERN, OR DIFFICULTY,
YOU ARE ATTEMPTING TO MASK THE FEAR, NOT ROOT IT OUT.

I once ministered to a lady whose family owned a boat. They loved to cruise on a lake and took a special trip every year centered around the water. But this woman would abstain from certain water activities. After we became friends, I was invited on a trip, and she told me about her fear of water. She had been concealing her fear rather than facing it. I had a deliverance session with her, found the root cause of her trauma, and she was set free. She even bought a bathing suit for the vacation we took together.

1. Kathy DeGraw, *Unshackled: Breaking the Strongholds of Your Past to Receive Complete Deliverance* (Bloomington, MN: Chosen Books, 2020).

We need to root out our fears and destroy the effect they have on us.

I used to be hypersensitive to every abnormal noise my vehicle made. I was convinced that I going to break down while traveling with the kids or get into an accident. Every time I heard a creak, rattle, or some other weird noise, I would tell my husband when I returned home, "Honey, something is wrong with the van." This happened so often that he began to ignore me because he knew it was fear talking. When I finally got over it and something really *was* wrong with my vehicle, I had to persist and persuade him to check into it.

The enemy used my fear of vehicle problems to attack me. I knew it was the enemy because I could feel fear arise from within me. It wasn't a normal reactionary fear; it was as if something was piercing me and gripping me internally. It would honestly freak me out. When I discovered nothing wrong with my vehicle and realized it was the enemy attacking me, or vain imaginations or false scenarios playing out in my mind, I was able to begin to conquer my thoughts, rebuke the attacks, and take authority over them. Discerning and destroying the enemy's works and exposing the target of fear was instrumental in my life.

One time while I was on a ministry tour, the Spirit of the Lord told me that my car would break down three times before I returned. During the trip, the temperature gauge kept going in the red. Three times, we stopped at a vehicle repair shop. Finally, at the last stop, the mechanic took me over to look at all the gauges hooked up to the machine.

"Ma'am, there is nothing wrong," he said.

I knew then that I had been under a spiritual warfare attack. It was a confirmation of the word the Lord gave me in advance. Upon renewing my mind, the attacks ceased against future travels. The enemy was exposed and lost his foothold in my life. I now knew

how to capture my thoughts and take authority over situations. I was free!

ROOTING OUT REJECTION

Many people suffer from the mind battle of rejection, which is commonly based on a lie. When you suffer from rejection, you hear lies in your mind that people are talking about you, that a friend likes someone else better, or that your boss is going to fire you. I remember a man who had such a fear of rejection that for years, he went into work daily believing he was going to get fired. He had to remove the lie, seek deliverance, and release rejection from his life.

When we root out the lie of rejection, we can step onto the pathway to freedom.

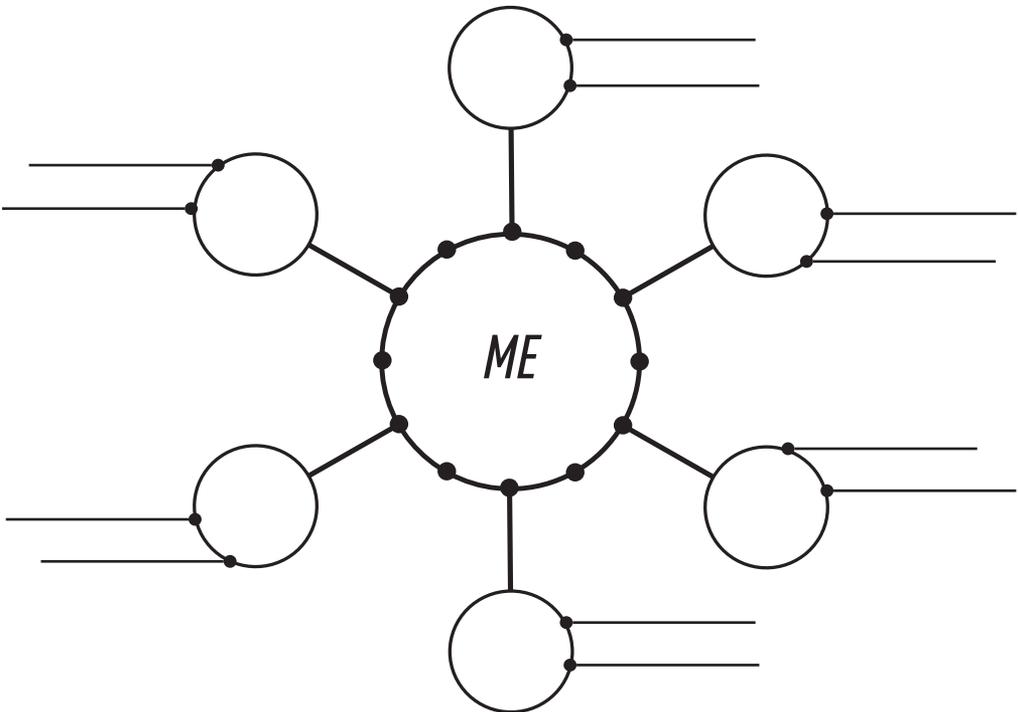
Rejection co-labors with the need for acceptance and people-pleasing. When we know a lie is triggering our thoughts, we can capture them and dismiss it, but we also have to work out an unhealthy need for acceptance and stop being doormats. This is where prophetic action and self-responsibility come into play. We need to recognize and remove the lie, which is a spiritual condition and emotional belief, but we also need to walk out behavior patterns, negative thoughts, and habits that cause us to crave validation.

A proper balance must occur between the reality that spiritual warfare occurs and the responsibility we have to control and manage our soul—our mind, will, and emotions. Not every battle can be blamed on a demon or spiritual warfare; many of the struggles we face and experience are of human origin.

**NOT EVERY BATTLE CAN BE BLAMED ON A DEMON OR
SPIRITUAL WARFARE; MANY OF THE STRUGGLES WE FACE AND
EXPERIENCE ARE OF HUMAN ORIGIN.**

One reason for the mind battles we face is that we haven't been taught to take authority over our thoughts. We get people to help us talk things out or process our emotions, but this does not provide practical tools to win the battle or discover and control mental triggers. We aren't learning to bring *"every thought into captivity to the obedience of Christ"* (2 Corinthians 10:5). If we don't capture our thoughts, they become us, but if we get to the root of our mental trigger, we can heal emotionally and spiritually.

Visual exercises can help us achieve freedom from a mind battle. The exercise here is designed to enable you to chart your triggers. In the circles around the central "ME" circle, write your feelings, such as rejection, anger, fear, worry, or depression. On the lines beside these smaller circles, note the things that trigger these feelings, such as feeling unloved, hurtful words, social media, coworkers, etc. Discovering what triggers your negative emotions can help you take steps to prevent them.



PROPHETIC ACTIVATION

IDENTIFY THE BATTLE

What is your battle? What consumes your thoughts? Ask yourself, “What are the main three things that hold me back from the fullness of God and walking in my destiny?” Your answers will assist you in identifying your battle.

Can you discern the root cause or entry point of these three things? The root cause is the event or situation that triggered the problem, while the entry point is the time period when the problem began. There could have been a number of things happening in your life around that time that impact the warfare you now experience.

FORGIVE AND REPENT

Once you have identified the battle, forgive anyone who was involved. Repent for any actions you took or unhealthy feelings you had toward another person. Speak audibly that you forgive these people, repent, and ask Jesus to forgive you:

Heavenly Father, I forgive [*insert name(s)*] for what they did to me or how they made me feel. I choose this day to forgive them and release this hurt from my life. I ask Your forgiveness, Jesus, for any sin I committed or wrong mind-sets I established. I receive Your forgiveness and release myself from the situation in Jesus’s name. Amen.

TARGET THE BATTLE AND BREAK AGREEMENT

Speak out and decree:

I break agreement with [*your issue*], and sin, rejection, and fear. I speak and declare that I will not allow my past to define me. I command the battle to cease in Jesus’s name. I declare the victory that has been won. I proclaim the

battle no longer rages. I speak and decree that I have the victory. I pray and declare this prophetic prayer proclamation, in Jesus's name.

RELEASE DELIVERANCE

Jesus was in the ministry of deliverance and cast out evil spirits. You are walking out your mind bondage now. One of the keys to getting free and staying free is to cast out the correlating spirit that could be manifesting. Pray audibly and command the evil spirit to leave. It could be a spirit of lying, depression, worry, stress, anxiety, fear, mind-binding, or torment. Declare aloud, "Spirit of _____, I cast you out, in Jesus's name."

WARFARE PRAYER DECLARATIONS

- ✦ I bind and restrict demonic attacks from coming against my mind in Jesus's name.
- ✦ I proclaim every obstacle to gaining freedom in my mind is removed in Jesus's name.
- ✦ I renounce negative thoughts that hold me in the wrong ways of thinking.
- ✦ I rebuke and take authority over every thought of rejection. I decree I am accepted!
- ✦ I live by the Word of God and capture every thought and subject it to the Word of God.

REMOVE THE BATTLE

How can you aim to think and react differently? Pray and seek the Holy Spirit. By thinking and partnering with the Holy Spirit, discern what is obtainable to you. This is an individual time for you to take a step of action and decide what will work best for you. You may have tried different things in the past, but you now know a little more about mind battles. Walk out, remove the battle, and receive freedom!

PROPHETIC APPLICATION

1. This chapter included a prayer that was a declaration and statement of faith. Spend time thinking about that prayer. What do you need that you currently lack? Write some additional sentences and prayer declarations to renew your mind.
2. While we want to lean on the Holy Spirit, a mentor can also help to keep us accountable as we walk out our freedom. Pray and discern if someone in your life can mentor you through this season. Ask the Holy Spirit to confirm it to you and that person. Approach the person and ask them if they would mentor you through your season of liberation from mind battles and hold you accountable to obtain and receive freedom.

FREEDOM THOUGHT

You were made in the image of God. (See Genesis 1:26–27.) No matter how troubled you are, your mind can be restored to that original image in which God created it.