

When negative thoughts come your way, you must *not* give them time to take root in your soul and spirit. This correlates with the wise saying that you can't stop birds from flying over your head, but you can stop them from building a nest on your head. We can't stop the enemy from attacking our minds, but we can confidently defend ourselves with the sword of the Spirit, which is the Word of God. (Ephesians 6:17) God's Word is infallible, unshakeable, and everlasting. (Isaiah 40:8, 1 Peter 1:25)

Our Lord Jesus Himself showed us what to do when we are under attack by Satan. Three times He was tempted by Satan in the wilderness. Each time, His response was the same - He quoted the *written* Word of God. Against each attack, His response was to say: "It is written." (Matthew 4:1-11) In the first temptation, Satan challenged our Lord Jesus to prove His identity, saying: "If You are the Son of God, command that these stones become bread." (Matthew 4:3) Our Lord did not rely on what His Father had audibly spoken over Him at the River Jordan, when a voice had come from Heaven, saying: "This is My beloved Son, in whom I am well pleased." (Matthew 3:17) Yet, the Lord did not point Satan to the spoken Word of God. Over and over again, He declared: "It is written." Now, if the Son of God used "it is written" to defeat Satan, how much more you need to.

Matthew 4:10 "Jesus said to him: "Away from me, Satan! For it is written: "Worship the Lord your God, and serve Him only.""