

In the days of King Solomon, if the city walls were down, the opposition could come in and take the city. In the same way, if you don't keep the 'walls' up around your spirit, if you don't rule your spirit, everything is going to get in.

If your child is off course, instead of trusting that God has him / her in the palms of His hands, worry will get in. If your business slows down, instead of knowing that God is your Source, the stress will cause you to fear. If someone is talking negatively about you, instead of letting God fight your battles, you let the offense in and try to prove to them that you are okay. You don't need their approval; God has already approved you. Keep your 'walls' up. Stop allowing all that into your spirit. Your life is too valuable to let everything in. Be selective. If it is not positive, hopeful, and of a good report, don't dwell on it. You cannot control the whole world, but you can control your atmosphere.

Proverbs 25:28 "Whoever has no rule over his own spirit is like a city broken down, without walls."