

# Keep Free of Unhealthy Thoughts and Emotions

Over the past 5 years, Father has taught me a strategy of spiritual warfare which we know as ‘resisting the Devil’. This is not resisting him *per se*, it’s more about closing the gates to stop him gaining access where he’s able to negatively impact me.

That training came from him simply telling me the following, one by one, over time:

- No regrets
- No disappointments
- No offence
- No fear
- etc.

It’s a longer list than that, but you can see the type of instruction he’s been giving me.

What I discovered when I decreed each of those No-statements to the spirit realm, I strengthened myself to resist giving in to whatever it was. On top of that, it neutralized the enemy’s attack in my mind each time.

Knowing that the battleground with the enemy is the mind and the soul, I quickly followed Father’s instructions each time he gave me a new one. I never asked “Why?” I just concurred, as an honouring son, and the outcomes have all been successful. Not that the enemy stops stirring me in the same areas, but each time it occurs, I say “No” to it and move on.

Recently Father gave us information about taking offence, which I now pass on to my readers:

*“Refuse to be offended by others; what they say or do is on them if you will release it to Me. Keep your own mind and heart free from unhealthy thoughts and emotions. Strive to be righteous.”*<sup>1</sup>

Don’t wait for Father to tell you what to say “No” to, copy mine and believe in your heart that it’s what you need to do.

Also, where ever the enemy targets one of your weaknesses, just name it and say “No”, each time you feel it being stirred, and move on with your day.

**NOTE:** The technique to identifying unhealthy thoughts and emotions is to keep a check on yourself.<sup>2</sup> That means evaluating what you think, do and say. You’ll need to be open and honest with yourself to do that, but it’s essential to be able to clean yourself up.

Here’s Father’s mind on that:

*“Examine yourself and your circumstances in an effort to understand why you do what you do. When you get to the bottom of your motivations, you will be able to separate right from wrong and to see whether or not your actions are consistent with what is honest and true. Ask for wisdom and guidance.”*<sup>3</sup>

Laurence

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(Readers will need to look up for themselves any scriptures alluded to in this document)

1 – Marsha Burns “Small Straws in the Soft Wind” (Jan. 5, 2023) [ft111.com/smallstraws.htm](http://ft111.com/smallstraws.htm) [ARCHIVE: [www.ft111.com/straws2023.htm](http://www.ft111.com/straws2023.htm)]

2 – “Self-Assessment is One of the First Principles Of Sonship”

[canberraforerunners.org/wp-content/uploads/2021/09/Self-Assessment-is-One-of-the-First-Principles-Of-Sonship.pdf](http://canberraforerunners.org/wp-content/uploads/2021/09/Self-Assessment-is-One-of-the-First-Principles-Of-Sonship.pdf)

3 – Marsha Burns “Small Straws in the Soft Wind” (Jan. 15, 2023) [ft111.com/smallstraws.htm](http://ft111.com/smallstraws.htm) [ARCHIVE: [www.ft111.com/straws2023.htm](http://www.ft111.com/straws2023.htm)]