
What seed or thought has the enemy planted in your mind?

By **Tori King** August 20, 2026

Proverbs 23:7 says that as a man thinks in his heart, so is he. We become what we think about, and the enemy will wait you out.

Genesis 3:1-7. What did the enemy do in the Garden of Eden? He planted a seed of doubt in Eve's mind. He didn't force her to eat the fruit or shove it down her throat. He kept on her, calling into question God's authority, convincing her that God was holding out on her. As she listened to the enemy, he planted seeds of disobedience, and she ate of the forbidden fruit.

Numbers 13:33. The spies went into the land and saw the giants occupying it. They said that they looked like grasshoppers in their own eyes and the giants' eyes as well. The giants didn't speak to them or threaten them. No, they had a thought, and they followed that seed of doubt that the enemy planted in their mind.

If you are living in defeat, it's because you are letting yourself stay there. You have the power of the finished work of Jesus, alive and active in you through the Holy Spirit.

The most fearful battle you'll ever fight is not against people, circumstances, or challenges, but it's the battle for your mind. Fear says you won't make it, and doubt says God is not with you. Shame says you are too far gone. Every one of those voices is defeated by the Word of God. A battlefield is not won by ignoring the enemy; it is won by confronting him.

Matthew 4. Jesus defeated Satan in the wilderness by answering every trap with the phrase "It is written." When temptation comes, answer it with scripture. Jesus defeated Satan in the wilderness, not with feelings but with the Word of God.

So today, make a decision that I will not let fear sit on the throne of my mind.

I will not allow the lies of the enemy to become the language of my life. Every stronghold and lie must bow to the name of Jesus. My mind belongs to Christ, and every lie is exposed. Every stronghold is broken. I will think God's thoughts and speak God's Word and walk in God's victory in Jesus' name.