

INTERNAL ENEMIES

By: Fountain Hendricks

James 1:14

Internal enemies are invisible. You cannot see these enemies. However, you can **FEEL** them. You cannot hear these enemies but you can **SENSE** them. The people around you cannot identify these enemies but you **KNOW** who they are.

Your internal enemies are your **EVIL DESIRES**. James 1:14 says, “But people are tempted when their own evil desire leads them away and traps them.” Evil desires will lead you toward destruction. They are cravings that your neighbor knows nothing about.

They are the fantasies you dream of at night. They are the dark thoughts you meditate on when you are alone. They are the things you seek for that no one knows about. Evil

desires are enemies that stop you from walking in righteousness.

These types of enemies are highly dangerous. They contaminate your relationship with the Lord and His Kingdom. A desire is created in your mind, nurtured in your heart and manifested in your behavior. It is highly important that you manage the thoughts you mediate on because evil desires will warrant God's judgement.

Proverbs 6:16-19 says, "There are six things the Lord hates. There are seven things he cannot stand: a proud look, a lying tongue, hands that kill innocent people, a mind that thinks up evil plans, feet that are quick to do evil, a witness who lies, and someone who starts arguments among families."

The Lord hates a mind that thinks up evil plans. When you mediate on an evil desire it leads you toward developing a plan to fulfill those desires. A desire is a strong passion that influences you to comprise a strategic plan to manifest that idea.

If you are doing what the Lord hates will you receive His blessing or His punishment? Will you receive His best or His worst? The answer is obvious. You will receive the **WORST** and His **PUNISHMENT**.

Evil desires are seeds that germinate into a harvest of punishment and trouble. It is one of the most seductive ways to self destruct. You can become your own worst enemy by the evil desires you have and most importantly the evil desires you **ACT** on.

THE CURE

To prevent yourself from having evil desires there are two things you can do. The first thing you can do is protect the entry gates to your mind. Protect your sight, hearing and taste buds. These elements are the gateways to your mind.

What you see, inspires you. What you hear influences you and what you taste

attracts you. If you control these gateways you will stop yourself from pondering and thinking about evil desires.

The second thing you can do is control your thought life. Proverbs 4:23 says, “[Be careful what you think, because your thoughts run your life.](#)” You cannot control the thoughts that pop in your mind. However, you can control the thoughts you entertain.

The thoughts you entertain are the ideas that are running your life. You can decide what you meditate on. If you follow Philippians 4:8 you will **AVOID** the temptation of being seduced by evil desires.

Philippians 4:8 says, “[Brothers and sisters, think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected.](#)”

Practice these two methods so you can defeat your internal enemies. Everyone is susceptible to this type of

enemy because this enemy looks into your soul. Unlike other enemies, this enemy lives with you everyday.

THE ONLY THING THAT CAN DEFEAT AN INTERNAL ENEMY IS AN INVISIBLE WEAPON...YOUR MIND!

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