

## **“You’ve Gone Shopping!”**

Dear Fellow Shoppers,

I don’t know about you but I’m tired of shopping in Satan’s Store of stinkin’ thinkin’. Let’s face it, many of us love to go shopping but it’s time we recognize how harmful it is if done in the wrong store. This practical “grocery shopping demonstration” is but a small sample of the countless dangerous thoughts that our mind can entertain. If entertained for too long, you can be assured that the enemy will be giving you the giant economy size. Never underestimate the battle that takes place in your mind. Your mind is the battlefield and you must learn to quickly and consistently fight with your spiritual weapons- the Word, prayer, and praise. If you’ve been shopping in Satan’s Store for years, it will take time to break the strongholds of stinkin’ thinkin’. You can start by simply refusing to receive the giant economy size. Long term victory starts one step at a time, one grocery item at a time. By the power of the Holy Spirit in you, you can do it! I pray that you will quickly and consistently choose to substitute the truth of God’s Word for any stinkin’ thinkin’ and in His time be consistently thinking, talking, and walking in the abundant peace, love, joy, and freedom that Jesus died for you to embrace.

A Most High 5!

Ann Allen Salter

“...be transformed by the renewing of your mind.” (Romans 12:2)

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### 1. WORRY -----> **ANXIETY, PANIC, DESPAIR**

Quickly replace WORRY with TRUST & WAIT. Many Christians act as if worry is a spiritual gift when in reality it is a well-used tool of the enemy. Worry simply says “I don’t trust God.” Worry is a sin and it grieves the Holy Spirit. The consequences of continued worry can be the giant economy sizes of anxiety, panic, and despair. Do not fret; it leads to evil. Trust God- He’s got it!

*Proverbs 3:5-6*

*Philippians 4: 6-8*

*Matthew 6:25-27*

*1 Peter 5:7*

*Psalms 55:22*

*Psalms 37*

### 2. DOUBT -----> **UNBELIEF**

Doubt is the opposite of faith so quickly replace it with TRUST/FAITH- believing that God is who He says He is and He will do what He says He will do. You must be “certain of the certainties”- His Sovereignty. Faith lives in the realm of your spirit not your mind. Your mind will try to lie to you. You must quit listening to yourself (that which does not line up with the Word) and the lies of the enemy. You must choose not to doubt but to trust in the One who loves you and gave Himself for you. There must be repentance from the sin of doubt and a turning to faith in Christ.

*Mark 9:24*

*2 Corinthians 5:7*

*Hebrews 11:1*

### 3. FEAR ————> **PANIC, DESPAIR**

Quickly replace FEAR with TRUST in the One who will never leave or forsake you. “I will not be afraid!” Let His Sovereignty silence your thoughts. Choose to speak out the Word, pray, and praise no matter the circumstance. Activate your faith and get out of Satan’s Store of fear and more fear. The giant economy size of fear is very dangerous. Fear is the opposite of faith- it is a sin with awful consequences. Repent & Trust in the One who will never leave you. Fear not!

*2 Timothy 1:7*

*Hebrews 13:6*

*Psalms 27:1-3*

*Deuteronomy 31:8*

### 4. ANGER ————> **BITTERNESS, HATE, RAGE, UNFORGIVENESS**

Quickly replace ANGER with SELF-CONTROL through the power of the Holy Spirit in you. Your flesh will not want to do this. Vent your anger to God- tattle to Him first. Choose to be quiet although your tongue may be poised and ready to strike. Uncontrolled anger will get you burned every time. Resist the temptation of the enemy to strike back- choose the supernatural forgiveness we have in Christ. Forgive and you will be forgiven. Pray, praise, and speak the Word. Thank Him for using the circumstance to grow you more into His image.

*Psalms 37:8*

*Proverbs 19:11*

*Ephesians 4:27, 31-32*

*James 1:19-20*

*Psalms 4:4*

*Psalms 142:2*

### 5. GUILT & SHAME —> **CONDEMNATION, LOW SELF ESTEEM, UNWORTHINESS**

God will never bring up your past to make you feel guilty. His way is to always lift you up, not push you down. Guilt will always push you down and you can be assured that it arises from your “flesh” (sinful nature) or from Satan. Remember that the enemy comes to steal, kill, and destroy but when you choose to replace his lies with the truths of God’s Word, the enemy has no power over you. The moment a guilty thought occurs you must replace it with the truth that “there is no condemnation for those in Christ Jesus.” His Blood has covered all your sins- past, present, and future. Now you must choose to forgive yourself otherwise you are saying that His Blood is not enough. Confess any unforgiveness and thank Him that you are not condemned but “are the righteousness of God in Christ Jesus.” Believe that you are who He says you are- fully forgiven, loved unconditionally, a precious child of your Father and so much more.

*1 John 1:9*

*Romans 8:1*

*2 Corinthians 5:21*

## 6. REASONING — — — — —> **CONFUSION**

A mind that reasons, wonders, wanders, ponders, etc. is on dangerous ground. You are headed to “spiritual paralysis by analysis.” You must quickly replace these relentless thoughts with the truths of God’s Word. You must choose to think with the mind of the spirit instead of the mind of the flesh (sense and reason without the Holy Spirit). You must acknowledge that you will never understand God’s Ways. Quit “rewinding the tape” in your mind and choose to TRUST & OBEY.

*Colossians 3:2*

*Romans 8:6*

*Isaiah 26:3, 55:9*

## 7. HURT & WOUNDED — —> **BITTERNESS, UNFORGIVENESS, WITHDRAWAL, ISOLATION**

Quickly choose forgiveness. The enemy will tempt you wallow in unforgiveness because he wants to destroy relationships. Satan can’t steal your salvation but he can keep you from fulfilling your life’s purposes if you choose to nurse your wounds. Many Christians wear their wounds as badges of honor but in reality they are honoring Satan and really saying that Jesus is not enough to heal their hurts. “But you don’t understand...” that’s right, nobody really understands your situation except God and He can heal you everywhere you hurt *if you allow Him*. Quit replaying the offense in your mind and replace it with the Word, prayer, and praise.

*Matthew 6:14*

*Psalms 147:3*

*John 14:18*

## 8. JEALOUSY & ENVY — —> **COVETOUSNESS, LACK OF CONTENTMENT, LOVE OF WORLD**

Quickly replace jealous thoughts with the truth that Christ is all sufficient. You can’t love the world and things of this world and still have a heart devoted to Him. Thank Him for all the blessings you have. Refuse to allow the enemy to sow seeds of discontentment. When envious or jealous thought arise, ask Him to show you the root. Be still and listen then do what He says.

*Philippians 4:11-13*

*Hebrews 13:5*

*1 John 2:15-17*

## 9. DISCOURAGEMENT — — — — —> **DEPRESSION, SUICIDE**

You must quickly choose not to stay discouraged. Satan uses this tool on all believers. His mission is to make you ineffective for the Kingdom. Through the power of the Holy Spirit in you and as an act of your will, you must choose to encourage yourself in the Lord. Prayer, praise, and the Word will drive discouragement away. Entertaining discouragement for too long is so dangerous because the giant economy size is depression and its effects on you and your family can be catastrophic. Remember that your feelings will lie to you. Believe God and His Word!

*Psalms 42 and 143*

*Lamentations 3:19-26; Joshua 7:10*