

FIVE EMOTIONAL GATES WE LEAVE OPEN TO THE ENEMY

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The mind is the command center of your entire life. Whoever controls the mind controls the direction of your destiny. Satan knows he cannot just walk in and take over a blood-bought believer, so he waits for an opening. He waits for an unsecured gate. We often think of spiritual warfare as this spooky, mystical thing, but the heaviest demonic attacks happen right between our ears. We leave emotional gates wide open, and the enemy slips in to set up strongholds, tear up our homes, and sabotage our peace.

If we are going to experience total mind healing, we have to recognize where we are giving the enemy access. This is not about blaming the devil for our bad choices. This is about taking responsibility for our emotional health and shutting the door on his agenda.

Here are five specific ways we leave our emotional gates open, the psychological toll it takes on our minds, and the relational destruction it leaves behind.

1. HARBORING UN FORGIVENESS AND REFUSING TO LET GO OF OFFENSE

Ephesians 4:26-27 KJV

**Be ye angry, and sin not: let not the sun go down upon your wrath:
Neither give place to the devil.**

When someone hurts you, the pain is real. But when you hold onto that pain and turn it into a grudge, you have just handed the enemy the keys to your mind. Unforgiveness is a massive gate. We think we are protecting ourselves by staying mad, but we are actually drinking poison and hoping the other person dies. You give place to the devil the moment you decide your right to be angry is more important than your command to be free.

The psychological effect of unforgiveness is chronic stress and mental exhaustion. Your brain literally stays in a state of high alert. You develop a self-sabotaging mindset where you view everything through the lens of suspicion. You become cynical. Every action is questioned, and you lose the capacity to experience pure joy because your mind is constantly guarding a wound that you refuse to let God heal.

The relational carnage this leaves behind is devastating. Unforgiveness makes you bleed on people who did not cut you. You end up punishing your current spouse for what your ex did. You push away loyal friends because you are convinced they will eventually betray you just like the last group did. You create a cold, bitter environment in your home, and your children grow up walking on eggshells because your triggers dictate the mood of the entire house.

2. REHEARSING PAST TRAUMA AND REJECTION

Isaiah 43:18 KJV

Remember ye not the former things, neither consider the things of old.

There is a difference between acknowledging your past and moving into it. Many of us have set up camp in our trauma. We replay the tape of the divorce, the abandonment, or the failure over and over again. We rehearse the rejection until it becomes our core identity. When you constantly ruminate on what broke you, you leave the gate wide open for a spirit of heaviness and depression to take up permanent residence in your mind.

Psychologically, rehearsing trauma keeps your nervous system trapped in yesterday. It creates intense anxiety and panic. You train your brain to expect disaster. Every time you face a minor conflict, your mind rushes back to the worst thing that ever happened to you, and you react to a level two problem with a level ten emotional explosion. You become completely driven by your triggers rather than the truth of God's word.

The relational carnage here is massive. You cannot build a future with someone who is obsessed with their past. Spouses get worn out trying to prove they are not the enemy. Friends step back because every conversation turns into a therapy session about what happened ten years ago. It leaves a trail of exhausted relationships because no one can love you enough to compensate for a rejection you refuse to surrender to God.

3. AGREEING WITH TOXIC SHAME AND GUILT

Romans 8:1 KJV

There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

Conviction is from the Holy Spirit, and it draws you closer to God to get it right. Shame is from the enemy, and it drives you into hiding. When you agree with the lie that you are entirely defined by your worst mistake, you open a gate to a deep, dark stronghold. The enemy loves it when you sit in church feeling dirty, convinced that God could never really use you because of what you did in your past.

The psychological effect of carrying shame is a fractured sense of self-worth. You battle deep depression. You feel like a fraud. Shame tells you that you are fundamentally flawed, which strips away your confidence and courage. You start to self-sabotage. Right when things are going well in your career or your ministry, you blow it up because subconsciously, your mind believes you do not deserve the blessing.

In your relationships, shame creates a brick wall of defensiveness. You become hyper-sensitive to criticism. If a spouse or a friend brings up a legitimate concern, you explode in anger because their feedback bumped

into your hidden shame. Shame destroys intimacy. You cannot be truly known and loved by your spouse if you are constantly hiding behind a wall of guilt, terrified that if they see the real you, they will walk away.

4. ENTERTAINING ISOLATION AND CUTTING OFF THE VILLAGE

Proverbs 18:1 KJV

Through desire a man, having separated himself, seeketh and intermeddleth with all wisdom.

The enemy is a predator, and predators always separate their prey from the herd before they strike. When you get hurt, disappointed, or overwhelmed, the temptation is to pull away. You stop going to church, you stop answering texts, and you tell yourself you just need some space. But isolation is a dangerous gate. When you cut off the people God placed in your life to protect you, you are sitting alone with a demonic agenda designed to destroy your mind.

The psychological effect of isolation is a complete distortion of reality. When you are alone with your thoughts, your thoughts will lie to you. Paranoia sets in. You start to believe that nobody cares, nobody understands, and everybody is against you. Your mind becomes an echo chamber of deception. Without the grounding presence of a supportive community, small fears magnify into giant mental strongholds.

The relational carnage of isolation is abandonment. You leave a hole in your family and your church. Fathers who isolate emotionally leave their children fatherless while sitting right in the living room. Spouses who shut down leave their partners starving for connection. Isolation breaks covenant. It destroys the very support systems you need to survive, leaving your family trying to hold together a relationship with someone who has already checked out.

5. ENGAGING IN PRETENSION AND HYPOCRISY

James 5:16 KJV

Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

Notice that confession brings healing. But we have a bad habit in the church of wearing masks. We pretend everything is fine when our minds are breaking down. We lift our hands in worship while secretly battling addiction, anxiety, and despair. Pretension is an emotional gate that invites the enemy to establish a stronghold of hypocrisy. You cannot heal what you refuse to reveal. When you act like you have it all together, you cut yourself off from the grace required to fix what is actually broken.

Psychologically, pretending to be perfect is utterly exhausting. It creates a severe split in your personality. You live with imposter syndrome, terrified of being exposed. The stress of managing two different lives - the holy version you show the church and the struggling version you live at home - drains your mental energy and pushes you toward emotional burnout and deep internal conflict.

The relational carnage of pretension is a legacy of fake faith. Your children see the hypocrisy. They hear you shout on Sunday and watch you tear down your spouse on Monday. It destroys your witness to your family. It also creates superficial friendships. You have people around you, but they only know the mask. If a crisis hits, you have no real support because no one actually knows the real you. You sacrifice authentic love on the altar of looking good.

Shutting the Gates

The enemy has had access to your mind long enough. It is time to shut the gates. Healing your mind requires radical honesty, fierce repentance, and a total surrender of your emotional pain to Jesus Christ. You have to stop rehearsing the trauma, drop the mask, forgive the people who broke you, and step out of isolation. The blood of Jesus is powerful enough to heal your mind, but you have to be willing to lock the doors and evict the enemy from your emotional house.

