

THE ANATOMY OF A HIJACKED MIND

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I am talking to you from the trenches of real life, from years of watching good people sit in church pews while their minds are trapped in a prison of their own making. We are dealing with mind healing, and you cannot heal a mind until you evict the tenant that has been destroying the property. That tenant is fear.

Fear is not just a passing emotion. It is a spiritual stronghold and a psychological tyrant. It will dictate your relationships, sabotage your destiny, and keep you chained to a past that God has already forgiven. The enemy uses fear as a lure to pull you out of the will of God and into a cycle of mental torment. Today, we are going completely after the root of it. We are going to look at how fear operates, how it disguises itself, and what it actually takes to heal.

POINT 1: FEAR LEAVES YOU HOLDING YOUR PAIN

When you have been hurt deeply, your natural instinct is to protect the wound. But there is a dangerous shift that happens when fear takes over: you stop trying to heal the pain and start guarding it.

1 John 4:18

There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

Fear carries its own torment. It creates a perverse attachment to the very thing that broke you.

Psychology understands this through the lens of trauma retention and the

function of the amygdala. The amygdala is the brain's alarm system. When you experience trauma, that alarm gets stuck in the "on" position. Your brain becomes so terrified of being hurt again that it keeps the memory of the pain front and center, constantly scanning your environment for similar threats. You hold onto the offense, the bitterness, and the memory of who did you wrong because your brain falsely believes that remembering the pain will protect you from future harm.

But holding onto pain does not protect you. It poisons you. You end up cradling your trauma instead of handing it to the Healer. You build your identity around what you survived rather than who God called you to be. Fear convinces you that letting go of the pain means you are vulnerable. The truth is, holding onto the pain is exactly what keeps you weak.

Action Step: Interrupt the Rumination

To break this specific stronghold, you must intentionally interrupt your brain's habit of feeding on the past.

The moment a painful memory flares up and the anxiety sets in, short-circuit that neural pathway by immediately praying out loud for the person or situation that hurt you.

By forcing your mind to respond with prayer rather than panic, you are retraining your nervous system and teaching your brain that the past no longer has the authority to dictate your present peace.

POINT 2: FEAR CAUSES HIDING

The first recorded negative emotion in human history was not anger or jealousy. It was fear, and its immediate fruit was isolation.

Genesis 3:10

I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.

This is the psychological principle of avoidance coping. When the mind is

overwhelmed by fear, guilt, or shame, the instinct is flight. We withdraw. We pull back from God, we pull back from supportive relationships, and we build walls. Adam was terrified of being exposed. He felt his nakedness - his vulnerability, his failure, his inadequacy - and decided that hiding in the bushes was safer than standing in the presence of God.

Fear will always tell you to isolate. It will convince you that if people really knew your struggles, your thoughts, or your failures, they would reject you. So you put up a facade. You stop answering calls. You stop being honest in your small groups. You hide your true self from your spouse. The enemy's agenda is to separate you from the very connections that God designed to heal you. Hiding never cures the nakedness; it only breeds more shame.

Action Step: Bring the Secret into the Light

Healing cannot happen in the dark, so you must systematically dismantle the walls of isolation you have built.

Find one spiritually mature, trustworthy person this week and confess one specific area where you have been pretending everything is fine when it is not.

The moment you expose the secret, the fear attached to it loses its oxygen.

POINT 3: FEAR IS THE MASK OF THE HURTING

People rarely walk into a room and announce, "I am terrified." Instead, fear puts on a costume. It disguises itself as something else to protect the ego. We see a powerful picture of this in the life of King Saul.

1 Samuel 18:12

And Saul was afraid of David, because the LORD was with him, and was departed from Saul.

But Saul didn't cower in a corner. His fear manifested as rage, jealousy, control, and attempted murder.

In psychology, we call this a secondary emotion. The primary emotion - the deep, raw truth at the bottom of the soul - is fear, inadequacy, or the threat of abandonment. But because acknowledging that fear feels too weak, the human mind automatically converts it into a secondary emotion like anger or obsessive control. When you see a man blowing up over a minor inconvenience, you are often looking at a terrified little boy inside a grown man's body. When you see a mother micromanaging every single detail of her children's lives, you are looking at a woman paralyzed by the fear of failure or loss.

Fear hides behind the mask of a bad attitude. It hides behind perfectionism. It hides behind an argumentative spirit. If we are going to heal the mind, we have to stop dealing with the mask and start interrogating the fear behind it. You have to ask yourself: what is the terror driving this behavior?

Action Step: Interrogate the Trigger

You cannot conquer an enemy you refuse to identify. The next time you experience a sudden outburst of anger or the overwhelming urge to micromanage a situation, stop right there and ask yourself the "Why" question three layers deep: Why did I get mad?

Why does that specific outcome bother me? Why does that loss frighten me? Drilling down past the mask will expose the raw terror driving the behavior so you can finally bring it to God.

POINT 4: OVERCOMING FEAR DEMANDS HEALING

A lot of believers think they can just rebuke fear and it will permanently leave. But if fear is attached to a wound, you cannot just cast it out; you have to heal the wound it is feeding on.

2 Timothy 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

That phrase "sound mind" comes from the Greek word *sophronismos*, which means discipline, self-control, and a mind that has been saved and restored to its proper function.

Psychology backs up this biblical mandate through the concept of neuroplasticity. Your brain is not hardwired permanently. It can change, adapt, and heal. But it demands active participation. You have to do the heavy lifting of confronting the trauma, challenging the irrational thoughts, and deliberately rewiring your mental habits. Healing is not a passive event where you sit back and wait for God to erase your memory. Healing is spiritual warfare combined with practical discipline.

You have to confront the self-sabotaging mindsets. You have to refuse the comfortability of your dysfunction. It is easier to stay broken because brokenness comes with zero expectations. But overcoming demands that you step into the new revelation of your identity in Christ. You are not a victim of your past. You are a victor with a renewed mind.

Action Step: Challenge the Worst-Case Scenario

You have to actively participate in the reconstruction of your thought life. When fear tries to project disaster, challenge your "what if" thoughts by writing down the absolute worst-case scenario the enemy is threatening you with. Right next to it, write down exactly how God's promised provision and power will sustain you if that scenario actually happens, completely neutralizing the threat.