

DEALING WITH TRIGGERS - PART II

BISHOP SAMUEL R. BLAKES

Before we can fully defeat these attacks, we have to understand our own vulnerabilities. Why do these triggers keep working? Why does the enemy repeatedly find a way past our mental defenses? We have to be brutally honest about where the breach is in our armor. Satan is strategic, but he is also opportunistic. He capitalizes on the cracks in our foundation.

If we are going to master our thought life and permanently shut down these demonic attacks, we must expose the exact reasons why we keep taking the bait.

Here are four reasons why triggers tend to work against us, and how we can close the door on the enemy.

1. WE HAVE NORMALIZED OUR UNHEALED WOUNDS

Jeremiah 6:14 KJV

They have healed also the hurt of the daughter of my people slightly, saying, Peace, peace; when there is no peace.

Triggers work because we have spent years treating our trauma like it is a personality trait. We wrap our dysfunction up in cute language. We say things like, "I just have a wall up," "I am just a hothead," or "I don't let people get close to me." No, you are bleeding. You are operating out of an infected wound, but you have lived with the pain for so long that you think it is just who you are. The enemy uses triggers to exploit the areas of your soul that

you have accepted as broken. As long as you justify your overreactions as just "the way you are built," the devil has legal ground to keep pressing that button.

Practical application:

- You must stop defending your dysfunction.
 - Stop putting a cheap bandage on a deep emotional bullet hole.
 - You have to get violently aggressive against your own excuses.
 - Recognize that your hypersensitivity to criticism, your immediate flight response, or your explosive anger is not your natural temperament—it is an unhealed scar.
 - Give the Holy Spirit permission to cure what you have been comfortably managing.

Advisory Steps for Implementation

— Rename the trait. Stop saying, "This is just my personality." Start saying, "This is an unhealed area that I am surrendering to God." Changing the language strips the stronghold of its permanence.

— Expose the defense mechanism. Write down the primary way you protect yourself when you feel vulnerable (e.g., sarcasm, shutting down, picking a fight). Acknowledge it aloud to God as a trauma response, not a strength.

2. WE TRY TO FIGHT A SPIRITUAL ATTACK WITH CARNAL LOGIC

2 Corinthians 10:4 KJV

For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds;

When a trigger hits, our immediate human response is to try and out-think it. We sit in our rooms replaying the conversation, analyzing the person's motives, and trying to logically dissect why the situation happened. But you

cannot use a carnal weapon to fight a spiritual war. You cannot out-think a demon. When the enemy hits your mind with a spirit of heaviness or a spirit of fear, you cannot just reason your way out of it. Cognitive strategies are helpful, but human psychology alone will not cast out a devil. The trigger works because you engage the enemy on his terms—in the flesh—instead of taking the battle into the Spirit.

Practical application:

- You have to shift the battleground.
 - Stop trying to figure out why your coworker looked at you a certain way.
 - Stop obsessing over the details of the offense.
 - When the attack hits your mind, bypass your logic and go straight to your spirit.
 - Drop the mental gymnastics and pick up your spiritual weapons: prayer, fasting, and the declaration of the Word.

Advisory Steps for Implementation

— Set a time limit on overthinking. If you catch yourself mentally replaying an aggravating situation for more than five minutes, force a stop. Say out loud, "I am stepping out of the flesh and into the Spirit."

— Pray in the Holy Ghost. When your natural mind is overwhelmed by a trigger and you cannot find the right logical words to calm yourself down, let your spirit pray. It bypasses human intellect and directly attacks the spiritual root.

3. WE ARE OPERATING IN CHRONIC SPIRITUAL FATIGUE

Proverbs 25:28 KJV

He that hath no rule over his own spirit is like a city that is broken down, and without walls.

Triggers are incredibly effective when you are exhausted. The enemy loves to attack when you are physically tired, emotionally drained, and spiritually depleted. Think about Elijah running from Jezebel; after a massive spiritual victory, he was hungry and exhausted, and suddenly a single threat triggered a severe bout of depression. When you run on empty, the walls of your mind come down. You lose your patience. Your spiritual discernment drops. A comment you could normally brush off on a Monday will send you into a tailspin on a Friday if you have not rested. The devil uses the fatigue of your flesh to magnify the size of the threat.

Practical application:

- rest is a spiritual weapon. You have to guard your physical and emotional margins.
 - You cannot be of service to the Kingdom if your walls are broken down because you refuse to rest.
 - If you want to stop being so easily triggered, you might need to go to sleep.
 - You might need to turn your phone off.
 - You have to replenish your spirit so that when the enemy brings the bait, your flesh is not weak enough to take it.

Advisory Steps for Implementation

- Audit your weekly output. Look at your schedule and identify where you are pouring out without being poured back into. Block out specific, non-negotiable hours for physical rest and spiritual silence.
- Check your physical gauge before reacting. The next time you feel a massive emotional trigger, ask yourself three questions: Am I hungry? Am I angry? Am I tired? If the answer to any of those is yes, delay your reaction for twenty-four hours.

4. WE KEEP MISDIAGNOSING THE REAL ENEMY

Ephesians 6:12 KJV

For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

The most successful trap the enemy sets is making you think the person standing in front of you is your problem. A trigger works because we take the bait of the physical conflict. Your spouse says something insensitive, your boss overlooks you, or a church member gossips about you, and immediately, you prepare for war against flesh and blood. You get mad at the person. Satan loves this. He hides behind your brother, your sister, or your friend, trying to get you to swing at the flesh so he can slip right past you in the spirit. As long as you are fighting people, the real enemy operates completely undetected.

Practical application:

- You must learn to look behind the person to see the spirit influencing the moment.
 - Stop fighting the puppet and start fighting the puppeteer.
 - When someone triggers you, remind yourself that the enemy is using their unhealed brokenness to agitate your unhealed brokenness.
 - Refuse to engage in petty, fleshly arguments.
 - Take your authority and address the spirit of division, the spirit of pride, or the spirit of offense that is actually pulling the strings.

Advisory Steps for Implementation

— Change your vocabulary during conflict. When you are triggered by someone's behavior, stop saying, "They are attacking me." Start saying, "The enemy is using this situation to attack my peace." This keeps your focus on the actual source.

— Pray for the person who is being used. It is difficult to destroy a relationship when you are praying for the person's deliverance. Ask God to open their eyes and heal the hurt inside them that caused them to lash out at you.

When you understand why the triggers work, you strip the enemy of the element of surprise. You stop being a victim of circumstance and start operating as a disciplined, militant believer who knows exactly how to guard the territory of the mind.