

DEALING WITH TRIGGERS

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We are dealing with real pain, real trauma, and a real enemy. When you get triggered - when a word, a situation, or a memory suddenly sets off an emotional explosion inside of you - you are not just dealing with a psychological reaction. You are standing in the middle of a spiritual battlefield. The enemy is fighting for the territory of your mind, because he knows that if he can control your thoughts, he can control your life.

Trauma literally rewires the way you process information. When you experience severe emotional wounds, your mind builds defensive walls to protect you from being hurt again. But those same walls that keep pain out also keep the Holy Ghost out. The devil hides behind your defense mechanisms. We have to tear down the scaffolding of trauma so the Holy Spirit can do reconstructive surgery on your mind. You cannot afford to let every passing emotion dictate your spiritual posture. We have to stop letting our unhealed places make our decisions for us. It is time to get aggressive about our peace, take authority over our thought life, and shut down the demonic attacks aimed at our mental stability.

The Agenda of Satan With Your Triggers

Satan is an observer. He studies your history, he tracks your trauma, and he knows exactly where your emotional scars are located. His agenda with these triggers is highly specific: he wants to weaponize your unhealed pain against your present purpose. He knows the exact psychological effects of your past wounds, and he studies the patterns of your pain. He knows what makes you shut down, what makes you lash out, and what makes you run away.

His agenda is not just to give you a temporary bad mood; his agenda is character assassination and destiny abortion. He uses triggers to bypass your logic and hijack your flesh. When you are triggered, your brain enters

survival mode. You stop thinking like a son or daughter of God and start reacting like a wounded orphan. He wants you isolated. He wants you operating in self-sabotaging mindsets where you destroy the very relationships, marriages, and opportunities you have been praying for, all because you misread a situation through the lens of a bruised emotion. If he can keep you offended, paranoid, or emotionally fragile, he neutralizes your effectiveness in the Kingdom. The trigger is simply his bait to pull you into a mental prison of guilt and shame.

Five Keys to Defeating Emotional Triggers and Guarding Your Mind

We are in a fight for our thought life, and you cannot win a spiritual war with carnal weapons. In an institute of mind healing, we have to understand that cognitive behavioral therapy alone will not cast out a devil. We need the power of the Holy Ghost working in tandem with the rigorous discipline of our thought life. You cannot just try to "think positive" when hell is actively bombarding your mind. You need a spiritual strategy to dismantle the strongholds the enemy is trying to build in your head.

The Word of God gives us exactly what we need to shut down these attacks, govern our emotions, and walk in total mental victory. Here are five practical, life-applicable keys to stopping emotional triggers before they take root, along with actionable steps to execute them.

1. ARREST THE THOUGHT BEFORE IT ARRESTS YOU

2 Corinthians 10:5 KJV

Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

The moment a trigger hits, a thought is planted in your mind. You have a split second to decide what to do with it. If you entertain it, it will multiply. An

imagination in this context is a sophisticated mental fortress. It is a fabricated scenario the enemy projects onto the screen of your mind to incite panic. When you get triggered, your mind immediately creates a worst-case scenario. You start having full, heated conversations in your head with people who are not even in the room. You must recognize that an unauthorized thought is an intruder.

Practical application: you must arrest the thought immediately. Do not let it sit in your mind and build a nest. Arresting the thought means grabbing it by the collar and dragging it before the Word of God. You interrogate the thought: "Does this align with what God said about me?" The second you feel that familiar spike of anxiety, anger, or rejection, you must intentionally say, "I refuse this thought. I command it to bow to the authority of Jesus Christ."

Advisory Steps for Implementation - Implement the three-second rule. Make a conscious decision that you will not let an unholy, anxiety-driven thought linger in your mind past three seconds without challenging it. Cut off the fuel supply instantly. - Keep a mental capture journal. Write down the specific, recurring intrusive thoughts that trigger you. Right next to that lie, write down the specific scripture that defeats it. When the thought comes, you already have your weapon loaded.

2. TRACE THE TRIGGER TO THE ROOT

Psalm 139:23-24 KJV

**Search me, O God, and know my heart: try me, and know my thoughts:
And see if there be any wicked way in me, and lead me in the way
everlasting.**

You cannot heal what you refuse to reveal. You cannot put a bandage on an infected wound and expect it to heal from the inside out. We have too many people managing symptoms instead of attacking the root. When you overreact to a minor situation, the current situation is usually not the real problem. A trigger is simply an indicator light on the dashboard of your soul, telling you there is an unresolved issue under the hood. If a passing

comment makes you fall apart, the comment did not break you - it just bumped into a bruise that was already there.

Practical application: stop swinging at the symptoms and start dealing with the root. You have to be courageous enough to let God do deep, investigative surgery. Confront the pain of your past. Ask the Holy Spirit to show you why that specific comment or action hurt so badly. Was it a spirit of rejection? Was it a father wound? Was it a betrayal you never truly got over? Let God expose the rot so He can pull it all the way out.

Advisory Steps for Implementation - Track your physical reactions. Your body often registers a trigger before your brain catches up. Notice when your chest tightens, your stomach drops, or your breathing changes. Stop in that moment and trace it back to what was just said or done. Ask yourself, "Why did my body just react to that?" - Process the root in a safe environment. Once the Holy Spirit exposes the root trauma, do not try to fix it alone. Get with a spiritually mature counselor, pastor, or accountability partner who can help you walk through the grief and lay hands on that broken area.

3. REFUSE THE BAIT OF BITTERNESS

Ephesians 4:31-32 KJV

Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Triggers almost always try to bait you into being offended. The enemy knows that a bitter heart blocks the flow of the Holy Spirit. Bitterness is emotional cancer. It will eat away at your peace, your joy, and your physical health. When you are triggered, the flesh wants vindication. You want to prove you are right and they are wrong. But holding onto that offense is a self-sabotaging mindset. The enemy uses bitterness to keep you tethered to the person who hurt you. Every time you rehearse the offense, you are allowing the person who broke your heart to live rent-free in your head.

Practical application: you have to recognize the setup. When someone triggers you, realize the enemy is using them as a pawn to get to your peace. Drop the offense. Forgiveness is the spiritual scissors that cuts the cord between you and the trauma. Forgive quickly, not as a favor to them, but as a declaration of your own emancipation.

Advisory Steps for Implementation - Pray out loud for the person who triggered you. It is nearly impossible to remain bitter toward someone you are actively lifting up in prayer. Pray for their healing, their peace, and their salvation. It breaks the stronghold of offense in your own chest. - Put an expiration date on your venting. If you need to express your frustration, give yourself exactly five minutes to get it out before God or a trusted confidant. When the time is up, close the case. Release them, and refuse to rehearse the story again.

4. EVICT THE LIE WITH OUT-LOUD TRUTH

Revelation 12:11 KJV

And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.

You cannot successfully fight a demonic thought with another thought. We are dealing with an enemy who operates in lies and deception. A trigger is a localized lie screaming for your attention. You cannot fight a spirit with silence. When the enemy speaks, he is planting seeds of doubt, shame, and guilt. If you just sit there and listen, those seeds take root. When the enemy is screaming lies in your head - telling you that you are worthless, that you are going to fail, that everybody is against you - you have to open your mouth.

Practical application: speak the Word of God out loud. Evicting the lie requires you to vocalize a new revelation of your identity in Christ. Your voice has authority in the atmosphere. The auditory processing of hearing yourself speak the Word of God physically disrupts the neurological loop of anxiety.

You command the atmosphere in your mind by making your ears hear your mouth speak the truth.

Advisory Steps for Implementation - Build a custom scripture arsenal. Identify the top three lies the enemy uses to trigger you (e.g., "You are a failure," "You are abandoned," "You will never heal"). Memorize one specific scripture to combat each lie, so you do not have to go searching for a Bible when the attack hits. - Change your physical posture when you speak. Do not lay in bed and whisper when the devil is shouting. Stand up. Pace the room. Lift your head and speak with volume and authority. Your physical posture shifts your spiritual command.

5. ANCHOR YOUR MIND IN REAL-TIME WORSHIP

Isaiah 26:3 KJV

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

A triggered mind is a distracted mind. It is a hyper-focused mind obsessed with the threat. The enemy uses triggers to get your eyes off God and onto your crisis. Worship is the immediate pattern interrupt. We are not talking about pretentious worship. We are not talking about just singing a song on Sunday morning while your mind is completely detached. We are talking about raw, militant, heartfelt worship in the middle of a mental crisis. Worship forces your mind to change its focal point. It takes your eyes off the trauma and fixes them on the sovereignty of God.

Practical application: when your emotions are spinning out of control and you feel the anxiety rising, stop what you are doing and lift your hands. Begin to bless the name of Jesus. You don't have to feel like it. When you lift your hands in the middle of an emotional storm, you are declaring that your God is bigger than your trigger, bigger than your history, and bigger than the spirit of fear trying to choke you out.

Advisory Steps for Implementation - Have an emergency worship playlist

ready. Curate a specific list of songs that focus strictly on the majesty and power of God. Do not pick songs that make you cry about your struggle; pick songs that magnify the size of your God. - Speak the attributes of God aloud. If a song is not enough, start naming who He is. Go through the alphabet if you have to. He is Almighty. He is Bread. He is Creator. He is Deliverer. Keep declaring His names until the atmosphere in your mind completely shifts.

The Biblical Remedy for a Triggered Mind

The ultimate remedy for a triggered mind is not just managing the crisis; it is changing the entire atmosphere of your thought life.

Romans 12:2 KJV

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

The biblical remedy is the daily, intentional renewal of your mind. You cannot afford a passive approach to your mental health. Neuroplasticity - the brain's ability to rewire itself - is simply the scientific term for what the Bible calls renewing the mind. Every time you choose faith over fear, every time you choose forgiveness over bitterness, you are laying down new neural pathways in your brain. You are breaking the old, toxic highways of trauma and building up the mind of Christ.

You have to wash your brain with the Word of God until your default reaction is no longer fear, anger, or trauma, but faith. You renew your mind by staying in the Scriptures, sitting under sound teaching, and refusing to feed your flesh with things that make you emotionally toxic. Pull down the wrong attitudes. Refuse the guilt and shame of the past. As you fill your mind with the truth of who God is and who He says you are, those old triggers lose their ammunition. The scars heal. The strongholds break. You stop reacting from a place of deficit and start responding from a place of dominion, completely transformed by the power of God.

