

**“He who rules his spirit is better than he who takes a city” (Proverbs 16:32).**



**W**E CAN'T BLAME ALL OUR PROBLEMS ON THE DEVIL. Our number one problem is often with us. The evil spirits are subject to us (Luke 10:19–20); it's our own spirits that are often not as submitted to the Lord as they should be.

If we're saved, then Jesus will never leave us nor forsake us (Hebrews 13:5), but we can lose His power by our disobedience and wrong attitudes. Our spirits have free will and must be brought voluntarily under the Lord's control, otherwise they can certainly lead us astray just as bad as an evil spirit. In fact, our own spirits *become* evil when we disobey and are out of fellowship with God and out of His Spirit (Romans 6:16). When we don't control our spirits, we leave ourselves wide open to spiritual attack. “Whoever has no rule over his own spirit is like a city broken down, without walls” (Proverbs 25:28).

God leaves the choice up to us which way we want to go, but if we will make the right choice to go God's way, then He can step in to help us overcome our weaknesses. We need to yield to the Holy Spirit, then the Lord will help us rule our spirits.