

# **Shake It Off**

Mini-Book

*(Sample Excerpt)*

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Unless otherwise stated, all Scripture quotations are from the King James Version of the Bible.

Shake It Off

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### **Don't Receive the Package**

As a child of God, you don't have to receive what the devil offers to you. When the package delivery person comes to your door, you are required to sign your signature before you can receive that package. If the package belongs to someone who previously lived at your address, you normally would not sign for the package.

If you are a born-again person, Satan often comes to deliver packages to the "old man" who used to live at your house. Tell Satan; "that old man does not live here any longer. He is dead. Sorry, I cannot accept this package."

When the devil brings an evil thought of defeat to your mind, don't

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take that thought. How do we take thoughts? The Bible says we take them by saying words out of our mouth.

*“Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?”*

**(Matthew 6:25)**

### **Shake It Off and Step Up**

The story is told of an old mule that fell into a deep dried up well. The farmer could not get the mule out of the well, even with the help of his neighbors. So they decided to go ahead and bury the mule in the well to put it out of its misery.

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They began digging up dirt with shovels and covering the mule inside the well. With every load of dirt that fell on the mule, it simply shook it off and stepped up on top of that pile of dirt. This continued for several hours until the mule got closer to the surface of the well and simply jumped off onto the level ground.

This mule seems to be wiser than most Christians. When we find ourselves in the pits of life sometimes, the devil thinks he can bury us alive by shoving loads of dirt on us. We should be like the mule and simply “shake it off and step up.”

The devil wants you to think that there is no way for you to get out of your problems. He puts thoughts of fear, defeat and discouragement into

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your mind. He wants you to start telling people about your problems. He wants you to become anxious when God tells you not to be anxious about anything.

In order to defeat the devil, you need to guard your mind. What you think about constantly determines your victory or defeat. In order to shake the devil off, you need to change your mentality.

You need to remind yourself of who you are in Christ. You are more than a conqueror (***Romans 8:37***). You are the head and not the tail (***Deuteronomy 28:13***). You are above only and not beneath (***Deuteronomy 28:13***). You can do all things through Christ who strengthens you (***Philippians 4:13***).

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Instead of walking around with a devil-consciousness, you need to walk with a God-consciousness. If the devil puts stumbling blocks in your way, just use those blocks as stepping stones and step into the victory that God has for you.

I hope you do not misunderstand me here. The devil never tries to help you in any way. God never uses the devil to help you get to your goal. The devil comes only to steal, to kill and to destroy you. Jesus is the only one who brings you abundant life (**John 10:10**).

We should however be careful not to blame Satan for every hole we find ourselves in. Sometimes, we are the ones who dig those holes for ourselves by our words and our actions. It

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doesn't happen overnight. It sometimes takes many years of planting bad seeds before the fruits begin to show up. Sometimes, we even forget when we planted those bad seeds and begin to question God, "why me, LORD?"

Often, the dirt that Satan throws on us in our holes is people. He hides behind people to cause us all kinds of trouble. Just like the bull-fighter, he makes us think the "red-scarf" is our problem. We focus all our fight on the red-scarf instead of hitting the bull-fighter.

Even within the church, the biggest area that the devil tries to defeat us in is our relationships with one another. He convinces us that others are the reason for our

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problems. Sometimes, we even think our Pastor is our problem. We might say, “if he or she was teaching the right thing, then we would not be facing all these problems.” Or, maybe, “if he had enough faith, he would cast off these demons from my life.”

Whatever we focus on becomes magnified to us. If we focus on people, the devil will convince us that the people are our problem. Your wife or husband is not your problem. Your children are not the source of your problem. Your boss is not your problem. Your brothers and sisters in the church are not your problem. Remember that the Bible says our fight is not with flesh and blood.

*“For we wrestle not against flesh  
and blood, but against  
principalities, against powers,*

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*against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand”*  
**(Ephesians 6:12-13).**

Satan is a deceiver. His false prophets are deceivers. If you are on your guard, you will not be deceived. The Bible implies in **Matthew 24:24** that it is not possible for the true Christians to be deceived by the false Christs and false prophets.

*“For there shall arise false Christs, and false prophets, and shall shew great signs and wonders; insomuch that, if it were possible, they shall deceive the very elect”*  
**(Matthew 24:24).**

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If we want to live in victory, then we need to stop paying attention to everything that everybody says. We should pay attention to what God says. When people, even doctors, bring you a bad report, you should believe only the report of the LORD.

Do you remember the story of the centurion whose servant was ill? He asked Jesus to speak the word only and his servant would be healed. He had confidence in the words of Jesus. Even when people brought him the bad report that his servant was dead, he only believed what Jesus said and not what the people said.

*“And when Jesus was entered into Capernaum, there came unto him a centurion, beseeching him, And saying, Lord, my servant lieth at home sick of the palsy, grievously*

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*tormented. And Jesus saith unto him, I will come and heal him. The centurion answered and said, Lord, I am not worthy that thou shouldst come under my roof; but speak the word only, and my servant shall be healed. For I am a man under authority, having soldiers under me: and I say to this man, Go, and he goeth; and to another, Come, and he cometh; and to my servant, Do this, and he doeth it. When Jesus heard it, he marvelled, and said to them that followed, Verily I say unto you, I have not found so great faith, no, not in Israel" **(Matthew 8:5-10)**.*

We need to develop our faith in what God has said in His Word, the Bible. All our focus should be on God and not on the problems around us.