

Poisoning the Battlefield

We have established that the battleground is the mind.

Which means if you wanted to wage war against humanity — if your goal was to keep God’s image-bearers weak, confused, foggy, and ineffective — the most strategic thing you could do is target the mind systematically. Not just through spiritual lies whispered in quiet moments. Through the physical world itself. Through the things people eat, watch, hear, learn, and trust every single day.

I want you to look at something. Entertainment. Games. Movies. Music. Television. What do all of these things affect?

The mind.

News. Education. Pharmaceuticals. Drugs. Food. Government. What do they all affect? The mind.

As we said at the beginning of this book — the battleground is the mind. And everything I just listed is a vector of attack against it. Not all of it is intentional on the part of every person involved. But the effect is real regardless of the intent. And for those who have spiritual eyes to see what is actually happening — the pattern is not accidental.

◆ ◆ ◆ THE BODY IS THE TEMPLE

The Bible tells us to take care of our bodies because they are the temple of the Holy Spirit. Most of the time in the American church, we brush over this. We treat it as common sense — take care of yourself, don’t die too early, stay reasonably healthy. But that is not what the verse is saying. Not fully.

The body affects everything to do with the spirit. What happens to your body affects your mind. What happens to your mind affects your spirit. These things are connected. And an enemy who understands this connection will absolutely use the physical realm to wage war in the spiritual one.

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.” — 1 Corinthians 6:19–20 NIV

Honor God with your bodies. Not just avoid obvious sin with your body. Honor God. That is a higher standard. And it includes what you put into it.

◆ ◆ ◆ WHAT’S IN THE FOOD

I am not a scientist. I am not a doctor. I am not giving medical advice. What I am doing is asking questions — and encouraging you to ask them too.

Walk into any grocery store. Bright colors. Convenient packages. Ingredients lists that take a chemistry degree to understand. Quick meals, sugary drinks, snacks designed to make you want more before you've finished what you have. I thought nothing of it for years. Most people don't.

Then I started asking questions. What are these ingredients? What do they actually do in the body? And what I found was not reassuring. Many of the things sitting on the shelves of ordinary grocery stores — things marketed as food, things that have been declared safe by the agencies supposed to protect us — contain compounds that affect the mind. That cause inflammation. That disrupt the gut, which science is increasingly clear has a direct relationship with how the brain functions. That create a kind of fog. The pushback I expect is predictable: the amounts are too small to matter. It's perfectly safe. You're not a scientist. They wouldn't be allowed to sell it if it was harmful.

I've heard all of it. Here is my response: if someone offered you a piece of cake and then mentioned — just before you took a bite — that there was a very small amount of something foul in it, would you still eat it? Of course not. The amount doesn't change what it is. And small amounts, consumed daily over years, are not small at all. They accumulate.

Try it. That's all I'm asking. Start taking care of your body. Stop filling it with processed foods, seed oils, and ingredients you can't pronounce. Replace them with real food. Give it a few weeks. See what happens to your mind. See if the fog lifts. See if you can think more clearly, feel more alert, have more energy for the things God has called you to. When your body is toxic and your mind can't think clearly — you are not sober. And Peter told us to be sober and vigilant. Sobriety is not just about alcohol. It is about the clarity of mind required to recognize what is happening around you and respond rightly.



ENTERTAINMENT AND THE OCCUPIED MIND

The average person today spends hours per day consuming content. Social media. Streaming. Games. Music. Most of it without a second thought.

I am not saying you cannot watch a movie or listen to secular music. I am saying the kind of content matters, and the amount matters, and the effect on your mind is real whether you are thinking about it or not.

The brain is not a passive receiver. It is shaped by what it consistently takes in. We established this with the brainwashing science — the same thought repeated rewires neural pathways. The same principle applies to entertainment. Fill your mind consistently with content that is vulgar, violent, sexually charged, or spiritually dark, and those pathways get reinforced. The thoughts that used to require effort to resist become automatic. The things that used to bother your conscience stop bothering it.

The average teenager, at the rate social media use is currently trending, will have spent the equivalent of more than twelve years of their life scrolling by the time they reach eighty. Twelve years. That is not a small number. That is a life. And what is filling those twelve years — what is occupying that extraordinary amount of the human mind — matters enormously.

You were created for a purpose. You were called to something. And an occupied mind — a mind that is constantly being filled with noise, stimulation, and distraction — is a mind that has very little room left for the things of the Spirit. Very little room to hear. Very little room to think deeply. Very little room to be renewed.

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things.” — Philippians 4:8 NIV



EDUCATION, MEDIA, AND THE NARRATIVE

We have largely handed the formation of our minds — and the minds of our children — to people we don’t know.

Education systems tell us what to think and what not to question. Media tells us what is happening and how to feel about it. And if our conclusions don’t align with the approved narrative, we are labeled. Dismissed. Marginalized. The labels change over time, but the mechanism doesn’t — social pressure is one of the most effective ways to keep people from asking questions they should be asking.

I want to be clear: I am not telling you to doubt everything and trust no one. That is not practical and it is not what I believe. What I am saying is that spiritual eyes require discernment. Not paranoia. Discernment. The ability to ask — who is telling me this? Why are they telling me this? What do they gain? Where does the evidence actually come from? What am I not being shown?

These are not radical questions. They are the questions of a sober mind. And a sober mind is exactly what the enemy does not want you to have.



THE SPIRITUAL REALITY BEHIND THE PHYSICAL

I want to be direct about something that the American church tends to avoid.

The enemy operates through systems. Through institutions. Through governments. Scripture does not leave this ambiguous — Paul writes that we wrestle not against flesh and blood but against principalities, against powers, against the rulers of the darkness of this age, against spiritual wickedness in high places. High places. That language is not accidental. It describes influence at the levels of government, culture, and institutional power.

Paul writes that we wrestle not against flesh and blood but against principalities, against powers, against the rulers of the darkness of this age, against spiritual forces of evil in

the heavenly realms. The word translated “rulers” there carries the idea of governmental authority — dark spiritual powers operating at the level of culture, systems, and nations. Jesus Himself was offered the kingdoms of the world by the enemy in the wilderness, and He didn’t dispute the claim that they were his to offer. John writes that the whole world lies in the power of the evil one. These are not vague or metaphorical statements. Scripture is describing real spiritual influence operating through the real structures of this world.

Which raises the question — where did the enemy get that authority in the first place? God never gave it to him. The dominion over the earth was given to mankind in Genesis. But through sin, through idolatry, through generation after generation of human agreement with darkness, that authority had been transferred. The enemy was not operating as an intruder. He was operating with permissions that came from the very beings God had placed in charge of the earth. That is how far-reaching the fall was. And that is precisely why Jesus came as a man — to reclaim, legally and completely, what man had surrendered.

“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.” — Ephesians 6:12 NIV

This does not mean every government official is evil or every institution is corrupt. It means that spiritual warfare operates at every level — including the levels most Christians never think to look. And a believer who understands this is not a conspiracy theorist. They are someone with spiritual eyes open to what Scripture has always described.

The goal of all of it — the food, the entertainment, the education, the media, the political systems — is the same as it has always been. Capture the battleground. Keep the mind weak, foggy, distracted, and occupied. Because a mind that cannot think clearly cannot walk in the Spirit. And a church that cannot walk in the Spirit cannot advance the Kingdom.

◆ ◆ ◆ WHAT TO DO ABOUT IT

This is not a chapter designed to make you afraid. It is a chapter designed to make you aware.

Awareness is the beginning of discernment. And discernment is what allows you to navigate the world without being shaped by it. Paul says do not be conformed to this world — be transformed by the renewing of your mind. That transformation requires that you take seriously what is going into your mind. What you eat. What you watch. What you listen to. What you allow to speak into your life as authority.

Take care of your body. It is the temple of the Holy Spirit and the instrument through which you carry out everything God has called you to. A compromised instrument produces compromised results.

Be selective about what occupies your mind. Not legalistic. Not fearful. Selective. Ask whether what you are consuming is making you more alert, more clear, more capable of walking in the Spirit — or less.

Ask questions. Think for yourself. The ability to reason, to discern, to weigh evidence and arrive at conclusions — that is not arrogance. It is the exercise of the mind God gave you. And a mind that has been renewed by the Spirit, that has been protected by the Helmet of Salvation, that is being fed truth rather than toxin — is a mind the enemy cannot easily capture.

The battlefield is your mind. Guard it like it matters.

Because it does.