



## Guard Your Roof!

*“Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won’t collapse because it is built on bedrock.”*

*Jesus Christ | Matthew 7:24-25 (NLT)*

I was shocked as I walked up the driveway of my client’s house. Her garage literally sat two feet below—it had sunk; its foundation had collapsed. I met her at the door, and she could tell I’d noticed. As she explained the situation, I was amazed by how calm she was. Amid her house (and financial) disaster, she was rock solid—a strong woman of faith. Amazing! So it is for those who build their house on Christ, our rock.

Yet I’ve seen countless houses in the countryside and inner cities

crumbling. Their foundations were solid. What took them down was a roof left untended. You see, though it may start small, once water seeps into the structure, the house begins to rot from within. Neglected over time, it collapses—the foundation still solid, yet everything built on it worthless.

*“A little extra sleep, a little more slumber, a little folding of the hands to rest—then poverty will pounce on you like a bandit; scarcity will attack you like an armed robber.” (Proverbs 6:10–11)*

Saved, your foundation is bedrock. Build your life on it! But how easy it is to neglect your roof—your life’s covering. *“I’ll get to that later; I’m not too concerned,”* we tell ourselves. Meanwhile, quietly, leaks form... and before long—**Kaboom!**

*“Guard your heart above all else, for it determines the course of your life.” (Proverbs 4:23)*

Your heart is the core of your being—of the life you’re building upon Christ—it must be guarded.

Reflect: **Have leaks exposed my heart to rot?**

When a tree falls on a roof—a catastrophe—we immediately call our insurance company to get it resolved. Far more concerning, however, are the leaks that develop through subtle incursions—like a missing roofing tile. It's this type we must diligently guard against.

*“Avoid all perverse talk; stay away from corrupt speech.” (Proverbs 4:24)*

Perverse talk is one such dangerous threat to our hearts—in more ways than you might think. Though the media brazenly confronts us and water-cooler jokes abound, there’s an even more insidious version: negative self-talk. It obsesses to corrupt the truth: *“I’m not good enough.”* Or *“Nothing ever works out for me.”* Or *“I’ll never be as good as them.”* Or *“What’s the point?”* The list seems endless and our days are full of experiences that reinforce its message—it can bring our house down. Honestly, who doesn’t experience negative self-talk?

What have you been saying to yourself lately? Your answer points to a leak in your roof—and it must be fixed before the rot—a stronghold—sets in.

Consider: **Negative self-talk is an assault against God’s truth—hate it!**

Our first instinct is to apply worldly methods—we try discipline, a counterattack, anything to shut it down—but this is a spiritual battle that requires spiritual weapons.

*“The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” The Apostle Paul (2 Corinthians 10:4-5 (NIV))*

Paul's confrontation of the forces derailing the Corinthians models a battle we must wage against the rot in our minds: to capture every thought and submit it to Christ. Simple—but not easy. And before you can capture a thought, you must recognize it. Practice *Spiritual Osmosis*—immerse yourself in the Truth (Scripture, solid teaching, the Gospel). Let it permeate your thinking. When held up to the Truth, evil becomes obvious. (Learn More: ["Let"](#))

*"All who fear the Lord will hate evil. Therefore, I hate pride and arrogance, corruption and perverse speech." (Proverbs 8:13)*

Fear the Lord—take him, his word, his truth, seriously—and negative self-talk will turn pitch black. Hate it! Hate it! Hate it! The Lord sure does.

Courageously obey the Lord and build up your heart using everything that is illuminated bright white—let his Spirit overwrite your negative self-talk with *Spirit Talk*—the Truth imparted, Holy Spirit to your spirit. Simply abandon the lies—let the Lord destroy them and seal your leak.

Imagine: **Leaks are not hindering my Mission.**

Have you developed a leak that's hindering your Mission? *"That's for other people, not me." "I have nothing to offer." "My Mission seems insignificant."* No! Hold these thoughts up to the Truth—what color do they turn?

*“Commit your actions to the Lord, and your plans will succeed.”*  
(Proverbs 16:3)

Beware the stronghold of *“tweener thinking.”* Negative self-talk that keeps you half-in, half-out will always lead to an unfulfilled life. What does the Spirit say? Fully commit your actions—your life—to the Lord and...

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Go off the grid and ask these questions:

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#### Coach's Questions

- **Reflect:** “What negative self-talk has entered my life? Could it be a stronghold?”
- **Ask:** “Which Scriptures affirm the truth and counter my negative self-talk?” Make a list.
- **Action:** Create a *Spirit Talk* from these Scriptures and post it somewhere you’ll see it regularly. (Learn about Spirit Talk: [“Spirit to spirit”](#))
- Don’t know my Mission? [Start here!](#)

Spirit Talk

Post this where you will see it regularly.

## Let the Truth overwhelm my thinking.

*"Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you."*

*The Apostle Paul | Philippians 4:8-9 (NLT)*



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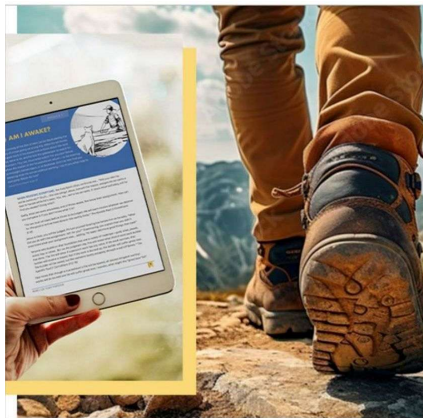
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