BATTLES: The Courage to choose your Battles

by Ladey Adey

**What is your battle?**

As you may know one of my battle is against the Cold, so it is unsurprising that I should title my book Unfrozen!

Perhaps you have many battles in your life so the question may be how do you choose your battles?

If you were to make a list of the kind of battles in your life what would they be?

I am sure they will contain at least one of what I call the 3Ds – Disappointment, Disillusionment or Discouragement?

These are within the majority of life challenges. Each 'D' produces a cold war against yourself reducing you to an algid state of conflict, tension and battle. Would you agree that the overall effects of the 3Ds are freezing conditions in which your heart becomes hardened or frozen heart?

**What about your Past?**

Are you immersed in your battle that is like a Frozen iceberg which nothing can penetrate? Are you a victim to your story? These are questions which challenged me greatly. I found that when I am being a victim, there are phrases which come up again and again, such as ‘Other people who were “doing this me”’, “It not fair”, “There’s nothing I can do”. Does this sound familiar to you?

How you handle this depends on whether you can melt your unfrozen heart or if it’s like using a hairdryer to melt a snowman. It’s a fact – life often feels unfair but living in a “it’s not fair” produces a victim scenerio.

We have all met the person who is a victim, perhaps you have been that person for a while. People meet you and say “how are you and you launch into your “Woe is me scenerio. You tell them, “this has happened and that has happened and you never guess what else….” On and on it goes.

What is the energy like? Do you feel energised or drained when talking with this person? Perhaps we have to go through a little of this – and people will be supportive – I look round my life and see many – who were great with me when I was the quivering mess in the midst of my Disappointment.

But what would happen if I stayed there – in the comfort of misery? How would my husband, Denis, cope not knowing what state I would be in when he returned home from work. Would friends continue to support and pray for me? Or would they avoid me. If I sucked too much energy from them …. They may ask the How are you? But inside their thought are really “please don’t tell me…..”.

This brings us to our main question. Who is the Battle Against? Who is the Battle REALLY against?

Is it your manager who is not dealing with you fairly? Is it your partner who seems to be ripping up your marriage? Is it your brother who is consumed with jealousy and acting out with you as the punchbag? The list goes on ….. Who is the perpetrator who is stealing your joy, freezing you out and putting the 3Ds obstacles – Disappointment, Disillusionment and Discouragement in your way?

We all have the same enemy. The Apostle Paul put it - 'for our struggle is not against flesh and blood' (Ephesians 6:12). This is God’s enemy. He is the one who comes and steals and lies and he is as real as God himself. Just as God uses us, you and me, so does His enemy and one of his strategies is to turn us against one another.

So our battle has changed, your scenerio can change from a Past of against an individual but against the one who is influencing that individual (with or without their knowledge or consent). Do you see the difference?

When you see this, then your strategy for fighting your battle changes and you know which are the ones you need to fight first?

Your first fight is for your mindset.

I married Denis when we were in our teens, and it was a joint decision to enter the Military and become a service family. He has had to prepare himself for physical battle. Not like in Bible times with sword and shield but in modern times with aeroplanes and technology. Albeit, he still has to train for the gas chamber! Ask him about his mindset when he has to go to battle for his Queen and Country? Does he approach it as a victim or a victor?

No-one preparing for war considers being the loser! It is not the mind-set or the mind game when in this kind of battle.

It has to be the same for us. When Resistance comes, and wins a few scurmises, it does not mean it has won the whole battle? Do you know when you are most likely to be attacked? It is when you are in God’s favour, working for him and about to do something really important for him. When you say, everything is going so well ……

**Has this been your experience?**

Knowledge is being forewarned so what can you do? Do you want to be on the winning side? Do you think God is likely to be a Victor? The moment you acknowledge God in your life you have made an enemy and a battle has begun.

As a Leader God tells us, what to do and it is not to be a victim. I love the story of *King Jehoshaphat* (2 Chronicles 20). What did he do before a battle? He sent the choir singing God's praises out in front of the army. IN Front. Not at the side, like cheer-leaders or at the back sending volumes of music over the soldiers but at the front. What does it take to sing? What does it take to sing when you see the thing you most fear coming towards you with the intent to kill?

It takes courage, faith and a victor’s mind-set.

In the meantime, you and I can sing praises to the Lord when in our own personal battles. What you can do? I don’t know your personal circumstances, some I do and I will say Sing – even when you don’t want to. Here is a 10 pointer to support you in your battle

1. Sing His praises.
2. Be thankful for what is happening.
3. Choose to learn from your battle.
4. Ask others to stand alongside you and join you. There is no need to be alone, and go in on one-to-one combat.
5. Use your supporters well and remember to pray for them too.
6. Call out to him for help – known as praying – but this takes different forms of conversation.
7. Bless those who are being used by the Enemy. It is not impossible that they can change their minds!
8. Put on your armour – provided by God – detailed in my book Unfrozen.
9. Wave His banner, flag, ensign to declare who’s side you are on.
10. Remember who is leading your battle and know that it is already won.

Ladey Adey

Author, Speaker, Coach and Passionpreneur

Sign up for regular Unfrozen news at [www.ladeyadey.com](http://www.ladeyadey.com)

or contact me about working together.

A Passion to Serve