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Week 8: WFL

Randy Robison and Sheila Walsh

Kyle Winkler

RANDY: Welcome to *LIFE Today*! I'm Randy Robison, Sheila Walsh is with me.

SHEILA: Hey, everyone!

RANDY: I don't know what you're going through but you're probably going through something. And the biggest thing that will help you in this process is the truth. So we're going to silence some of the lies, and we're going to say *Shut Up, Devil!* Because that's the title of a new book. We're excited to welcome Kyle Winkler to *Life Today*. Great to have you!

KYLE: It is great to be with you, an honor to be with you both. Thanks so much!

SHEILA: I discovered before there was a book there was a *Shut Up, Devil* app. So I downloaded it. It is free. And so I hit on -- there's this common issue and so I hit on "depression." "But you, Lord, are a shield around me, my glory, the One who lifts my head high." And then you have a declaration: "God is my shield and glory; He lifts my head high." What's the back story to all of this?

KYLE: It's my story, which is really what I elaborate about so much in the book. But as far back as I can remember, going all the way back to potty training, really, I just had this feeling that I didn't belong. I know now that that is a lie but back then I just thought if I felt it, it must be true. So that created a lot of insecurities in me to the point to where I

was a preschool dropout. I cried and I cried until my mommy let me out of my preschool year.

But in kindergarten, first grade, and elementary years, I was so insecure and shy from that feeling that I just didn't fit that they thought I had a reading problem. They would call on me to read aloud and I'd just freeze up. Nobody wanted to be friends with a kid that didn't talk. So I was the outcast and the loner, and the one chosen last for about everything.

So that really kind of -- those feelings that nobody likes me cemented this identity in me of I am a reject. And that was another lie that I picked up; to the point to where even when I became a Christian at 16 years old and fell in love with Jesus for how much he loved me, I realized that I related to God based upon how I related to people even.

Because I thought I always had to try so hard to get people to like me or accept me; that I had to try so hard to keep God loving me and to keep God's acceptance.

So it was real performance-based Christianity that I lived with for like the next ten years of my faith until I got to a point where I complained to God. I said, God, why am I still feeling and dealing and struggling with the same insecurity and mind games and fear and shame as I did before I was a Christian, in a lot of ways? What more do I need to do? That's when God really showed me, it wasn't about doing anything more. As a matter of fact, that was creating all the more mind games because He loves me, He loves me not, He loves me, He loves me not cycle of success and failure, success and failure. He said you need to start getting your believing right.

So he led me on this process of deprogramming my mind from all the lies that I had picked up and reprogramming my mind with truth. So the *Shut Up, Devil* app that was part, I had created for me to keep the truth in me in a way that I identified with. And then the opportunity came up to write a book, to expound upon the principle of it and that's really what I take people through is my story of deprogramming your mind from the lies that you picked up when life let you down and reprogramming it with truth.

RANDY: I want to ask you about some of those lies but I have a question. Sheila is the more tech-savvy around here. But have other people started using the app?

KYLE: Oh, there have been more than a quarter-million downloads now. So the favor of God has been on it. And as I said, I created it for me, and surprise, surprise, a lot of other people deal with the same mind games and fears and insecurities that I did. So it's really taken on a life of its own.

RANDY: So you actually would have some pretty good data on what people are, and what categories they're clicking on. Right?

KYLE: That's right.

RANDY: Well, what are the big issues?

KYLE: Fear, certainly, I think that's a universal negative emotion that we all face. That would be one of them. Also loneliness.

SHEILA: And that's surely been exacerbated by the whole pandemic. Yeah.

KYLE: Absolutely. Because there is so much more to be paranoid about and worried about, at least in our minds. And then as I said, the loneliness. I didn't necessarily see that one coming but now that's actually even one of the top search issues on Google is people feeling lonely. And that, as you said, has also been exacerbated by the pandemic as well.

RANDY: Walk us through some of the, you touched on some of the lies but walk us through some of the truths that you had to reprogram to kind of get you out of that crazy up and down cycle.

KYLE: One of them is so simple but for years I just couldn't accept it for me or others and it was the lie that I am not unconditionally loved by God.

SHEILA: I think that is hard for a lot of people. We say we believe it but do we actually grasp it? Because I think if we grasp it as 100 percent true it totally changes the way you live.

KYLE: Absolutely! It changes the way you live. Nothing can separate you, as the Bible says, from the love of God that is in Christ Jesus. But because of all my rejection issues growing up, and the way then I went to relate to God as to stay loved by you, to stay accepted, to stay right in that peace with you, I, therefore, have to perform and I have to achieve. I couldn't believe at that time that God could keep loving me even with the things that I thought were unlovable about me. I thought there was always more I had to prove to him. I didn't know who I was in Christ.

SHEILA: Did that hold you back potentially from ever stepping into the ministry that God had called you to?

KYLE: It did. Certainly! I had a call of God on my life when I was about 17 years old. I discerned that call, though I never thought I was qualified enough for it. Definitely, at that point, I was so insecure. I had so much shame. I thought someone like me cannot be used in the ministry. So that led all the more to me living in fix-it mode and striving mode. Ultimately, trying to be someone that God already made me in Christ.

And so all of this stress and all this striving as I said created all these mind games so that when it did come time to step into ministry, I just remember this all-out assault in my mind of God can't use you. Look at the things you've done. Look what people have said about you. Nobody is ever going to accept you in the ministry. And all of those reminders from the past, words people have said, things I have said about myself, all came back. And really, it was severe warfare in my mind at that moment that I was stepping out.

RANDY: I'm curious because we talk about unconditional love and I think sometimes we confuse love and approval. God doesn't approve of everything we do because he

recognizes sin and we should too. But he loves us -- I mean Christ died while we were yet sinners. I think sometimes it is not just lies, it is like there is some truth.

KYLE: That's a great point.

RANDY: Talk about that.

KYLE: I make that point in the book. I call it the sneaky way the enemy gets into us. Because he uses bits of truth and that surprises people.

RANDY: He quoted scripture to Jesus.

SHEILA: But it makes it more palpable because there is a little bit of truth in there.

KYLE: He mixes it with truth. So he will come to you with things that you did do, things that people did say, maybe things that you do feel or you do face. And we will often easily swallow that because we say, oh, well that is true. But he interprets that truth then and that's where his lie is. Second Corinthians 10:5 says that what comes against us are arguments and lofty opinions. The arguments are those things that are true that the enemy brings up and then he turns it into an interpretation, an opinion about what that means about you. Oh, you did that back then, therefore, God can't use you today.

SHEILA: One of the things I found most fascinating that you write about in *Shut Up, Devil* is the way a lion kills its prey. I did not know that. That's fascinating!

KYLE: The Bible in First Peter 5:8 likens the enemy to a roaring lion. It says, "Stay alert, watch out! For your great enemy, the devil prowls like a roaring lion." When I got studying the predatory behavior of a lion, it blew open the revelation of how the enemy goes after us. A lion, according to wildlife experts has a small heart and lungs compared to the rest of the size of its body. That means a lion is one of the slowest runners in the animal kingdom. So that affects how it hunts. It can't just look at a potential prey and go

after it because it is probably going to get outrun in the long run. So what does a lion do? It studies. It determines what is the weakness of that prey and then it finds the opportune time, and it prowls around waiting for that opportune time. And when it decides I'm going to go in for the kill, it pounces, goes for the head, picks up the head a little bit, and ultimately, it goes for the mouth. A lion kills its prey through suffocation.

SHEILA: I've never heard that! That's fascinating to me.

KYLE: Isn't that how the enemy goes after us too?

SHEILA: Absolutely! Silences our voice.

KYLE: That's right. It's our weaknesses, our insecurities, our failures, whether they're from the past or whether from the present it doesn't matter. He figures out what are those ways that I can wait to get them. But at that opportune time, he goes for our heads, our minds, knowing that what we believe affects what we say about ourselves. And the Bible likens our mouths to our beliefs about ourselves. He is out to destroy our reputation in Christ.

RANDY: That's good. I think lions have really good night vision too, don't they? So they can hunt in the dark.

KYLE: They do! And there is lots of revelation there too. And they come at you from an angle you don't see usually, at least its prey -- usually from the back. So sometimes, you're like where did this attack come from?

SHEILA: I saw that when we were in Africa one time. I was watching, there was an impala that got separated from the rest and there was a lion. I wondered why the impala was frozen. I mean it was frozen. I asked my guide because he pointed and showed the lion that was hiding in the bushes. I said, "Why is it frozen?" He said, "Well, the interesting thing is the impala can run faster but it's frozen by fear."

I thought that's what's so interesting about our lives. In Christ, we have the power to outrun but sometimes we become frozen in our fear.

KYLE: That's right. And in that verse there where it says, "Watch out for your great enemy, the devil," the name *devil* there, we don't necessarily see it in English because some gets lost in translation, the word in Greek, diavolos, which means slanderer, and that's the act of making a false statement. So the enemy's roars, they're slander. They're making a false statement in order to, as I said earlier, destroy your reputation. But they have no merit, just like the lion's roars, wildlife experts say that there is no real substance behind them except for how loud they are, the ground shaking, but they're actually mock roars meant only to intimidate.

That's what the enemy does too. We are in Christ. God calls us new. He calls us made right. He calls us made whole. There is nothing really for us to fear. The enemy just really heightens his volume to make us think that he has more influence or more authority than he really does.

SHEILA: That's fascinating!

RANDY: So this process of identifying these lies or half-truths, misapplications, oftentimes, what sort of things, are you going straight scripture, or are you going meditation? What are you applying to those to kind of purge them from our psyche so that we don't function that way?

KYLE: I take a two-method approach, I guess you could call it, to silencing the enemy's lies in our minds. The first is the defensive function and that comes from Second Corinthians 10:5, that we take captive those thoughts. So that's whenever you feel an emotion or a feeling or you hear something in your mind or elsewhere, is you open up the Bible and you find a related scripture about what it says about you. And of course, it is powerful to read it to renew your mind but it is even more powerful to speak it. As I talk

about in the book there is a chapter called the mind/mouth connection where I discuss how God designed your mind and your mouth to work as a partnership that stops negative thoughts and redirects your thoughts towards truth. So that's the defensive function when you're under attack.

But that verse also says to teach your thoughts according to truth. So there is an offensive function where it is a meditation process of proactively thinking and speaking on truth, even when you're not under attack -- especially when you're not under attack. It is much more powerful. It keeps you built up so that when that lion is looking to come after you, he can't get you because you already know who you are and what you have in Christ.

So I go through a four-step, what I call the four R's of mind renewal to do that. Read what God says about you. Reflect on what that means about you. Repeat it, speak it over yourself. Use that mind/mouth connection. Or that's rephrase it and then repeat it. So read, reflect, rephrase, and repeat so that you're laying down new pathways in your brain.

RANDY: Literally -- science tells us the neural pathways, it is like a trail in a forest. You walk the new one and pretty soon there is actually a trail there and the old one is grown over.

KYLE: That's right! Because of those negative experiences you have in life when you hear them one time you feel them one time they may create a memory. But as in my situation, childhood, when I heard it over and over again, it created that negative pathway. So whenever I even thought of something similar, I automatically went down, oh, I'm never going to be accepted. They're not going to like me. But as I reprogrammed my mind intentionally with truth on God's love and God's grace, then I was laying down those new pathways so that when those inevitable things did come, they didn't go down to the negative places they used to but they changed my expectations more according to God's goodness and positivity.

SHEILA: There is such intentionality about this that I find incredible. Because years

ago, when my life kind of fell apart, when I got right down to the foundation stone of my soul my belief was you're too broken to be loved. And suddenly, acknowledging that's what I believed and then countering it, but it takes -- I think sometimes we forget we're in a spiritual battle. We just think, well, Jesus loves me so hopefully, I'll get a parking space at the mall. Rather than the fact, no, we're actually in a battle and we need to fight for our faith, to work out our faith with fear and trembling.

KYLE: That's right. It is not an overnight process. For most people, myself included, these negative patterns of thinking and emotions didn't happen overnight so you can't expect to be healed of it all overnight. It is an intentional process, but it works. Just as Romans 12:2 says, we are transformed into the person that God says that we are in Christ. We're transformed from the inside out by the renewing of our mind, by changing our thoughts. And that is not a one-time declaration when you're feeling good on New Year's Day. It is a constant morning, noon, and night process.

RANDY: And you're sitting here telling us it can be done.

KYLE: Yeah. I'm the proof. There I was, the preschool dropout. The kid that was afraid to talk. The one chosen last for everything. And now I'm taking opportunities to be heard and seen by thousands, and open myself up to criticism and everything else that comes with it. I wouldn't do this if I weren't changed.

RANDY: Yeah, I know you wouldn't. Can I jump back to one point, real quick? Because you said something that I think people need to understand. You said we take these thoughts captive. I know a lot of people that get stuck on the oh, I have a negative thought, therefore, I'm a bad person. I had a bad thought. I had an angry thought. I had a lustful thought. Do you think those are -- that's the devil and then we choose what to do with it? Or are we already condemned for having the bad thought?

KYLE: No, that's absolutely the devil. That's the slanderer. He wants to use things that maybe you do feel or do face or do experience. You can't control every thought that

comes into your mind but you can keep it from getting into you from defining you. The very heart of the gospel is that when we said yes to Jesus, Romans 3:22 says that we are made right by our beliefs. That doesn't change, regardless of what thought comes into you, regardless of how you stumble. You had a D.N.A. change the moment you said yes to Jesus. You are now a child of God.

So people will write to me all the time and say, I'm battling with this, I'm dealing with that, I failed at this. What does that mean about me? I say it means nothing about you.

RANDY: It is what do you do with it?

KYLE: It's what do you do with it? So take that thought captive and start to speak what God says about you. I'm the righteousness of God in Christ. I'm loved unconditionally. I'm made new in Christ.

SHEILA: This book is going to help you. I'm going to tell you in a minute how you can get a hold of your own copy. And download the app, *Shut Up, Devil!* I mean I've used it three times in the last day or so. It's really been awesome.

But first of all, we care very, very much at *LIFE*, as you know, about children who have zero access to clean water. What should be a source of life becomes the source of their death. But we can change that. Please watch this.

On the mission field

ANNOUNCER: These worn paths provide routes for people and animals alike so they can make their way to water sources. The problem with that is in most villages, families have to share the very same water source with the animals.

JAMES: Animals drinking. And sad is feces, these ladies are here washing. And you can see by looking at the water that it's -- you wouldn't want to wash your clothes in it but

they do. The problem is people drink this and it is absolutely 100% contaminated and it is killing people here in Africa.

ANNOUNCER: It is hard to imagine the impact these polluted water sources have on a person until you take a look at the facts. The lack of safe water is one of the world's largest causes of illnesses. And even more tragic is the fact that these waterborne illnesses are one of the leading causes of death for children under the age of five.

SHEILA: These people are doing absolutely everything they can. They get up at 4:00, 5:00 in the morning. They walk as many hours as they have to to find some water and it is not clean water. They cannot do anything else. They've done everything they can and now they're helpless and in many cases hopeless.

So I'm asking you, would you join your voice with our voices, and let's make a difference? They need water wells. They need to be able to have fresh clean water in their villages so that moms don't have to spend half their day walking and walking to find water that's filthy and contaminated. And once we've seen this, we dare not forget that it is a privilege, not an obligation, to change their lives. Let's do it in Jesus' name!

End of video

In the studio

SHEILA: I can't tell you what it is like to be walking those dirt tracks with these faithful moms who love their children every bit as much as I love my darling son. And they get up as I said at 4:00, 5:00 in the morning and they'll walk a long distance to come to this hand-dug well, the only access for miles. It only goes about six feet deep and it is filthy.

I remember the first time I saw a child bringing up a bucket and taking out a glass. It took everything in me not to knock it out of his hand, and then I realized how ridiculous that is. You don't have the right to knock it out of his hand until you're willing to replace it with something else. And that's what we're about here. We're not just going to say, oh,

how terrible this situation is. We're going to say you know what? You and I get to be the answer to this horrible situation.

And honestly, as long as we are God's children on the earth at this time we have this glorious privilege. I mean, when I think of some of these moms who I sat with beside the graves of their children, and the only reason these children died was that the only access they had was to filthy contaminated water. And I promised them I will come home and I will tell your story and we will make a difference. And Randy, if we all decide to do our part, we can change the situation in so many areas.

RANDY: We can. We know because we've seen it, we've done it with your help. And this year we want to do it again. We're hoping to drill 350 wells, or more perhaps, in 20 nations this year. We can only do it if you join us because we're his body and we're different parts. We've got parts on the ground in Africa and some other places around the world. We've got, of course, Sheila and I here, we're talking about it here on television. But you're a part of that too. We can't do it without you. \$48 will give ten people water for the rest of their lives; that's the way it breaks down. The average well is \$4800. If you can drill a well with a \$4800 gift do it now. Goodness! Some of you may be able to do more. The rest of us, we come together, we partner with each other and we make this possible. Your gift of \$144 right now will give 30 people Water for LIFE.

And Sheila, you know we have seen what happens when we go in and there is that fresh well. The children dance, they celebrate. But it is not just the excitement of water flowing out of the ground, it is the excitement of knowing that they have something that they can drink that won't kill them. Because most of them have lost siblings. I love what we can do. I want to do more of it.

SHEILA: I know. So please, just call now. Just go online and make a gift or go to the phone and give the very best gift that you can give, and we'll do that too, and together we will bring Water for LIFE.

Begin video clip

ANNOUNCER: *Every day thousands of lives are lost to waterborne diseases, and nearly half of those are children under the age of five. Through Mission: Water for LIFE, you can give mothers hope and children a future as we provide clean life-giving water for thousands of children and their families before it's too late.*

With your gift today, you can help drill and establish 350 water wells this year! Your gift of \$24 will help provide clean water for five children. A gift of \$48 will help provide for ten. \$72 will provide for 15. And \$144 will help provide life-giving water for 30 people for a lifetime.

*With a gift of any amount, we'll send you *The Birthright*. This book is a liberating and life-changing celebration of your birthright as a child of the King. Discover the joy of coming home to your Father's warm embrace.*

With your gift of \$100 or more, we'll also send you the "Moments With Him" mug set. These two beautifully crafted coffee mugs feature scripture on the side, the perfect way to start your day and reflect on the goodness of God.

Finally, please consider a gift of \$1200 to help provide water for 250 people or a gift of \$4800 to help sponsor a complete well, and request our new, inspiring bronze sculpture, "Consider the Birds" inspired by Jesus' words in Matthew 6:26.

Please call, write, or make your gift online today.

End of video**On the mission field**

Sheila: This hand-dug well is full of contaminated water. It's the only source of water for this village. The mothers and their children, they come out here every day with their buckets and they gather water. And the mothers know there is a potential that this water

will kill their children because there's all sorts of animal dung in here. Someone told me that snakes get in here, mosquitoes lay their eggs and so many of the children in the village have malaria. I just talked to a mom who lost her 12-year-old son because of malaria.

But this is the water that is killing these children and that is why they need a well. A drilled well that will go down deep and give fresh clean water. This should not be normal for any child! And we want to give them a new normal, in Jesus' name! Fresh, clean, safe water!

End of video

In the studio

RANDY: I hope you are going online or going to the phone right now and making the best gift you can. We can make a difference. And today, with any gift, if you request Kyle's book, *Shut Up, Devil*, we'll gladly send it to you. Kyle, what do people just need to take with them today to know the truth?

KYLE: I want people to know that a lot of times we come to the faith trying to fix ourselves of things, trying to get right before God or trying to earn God's love or trying to earn God's acceptance, and we do a whole bunch of things to try to do that. But I want you to know that it all starts with your right believing. Right believing is what leads to right behaving and right living. And one of the great truths for you to set your mind on today like there is no better truth is that God is good and he absolutely loves you.

SHEILA: That's awesome. Powerful! Ask for your book and let's just end the program by saying this, *Shut Up, Devil!* Thank you so much for being with us. We loved it!

KYLE: Thank you.

SHEILA: And we'll see you next time on *Life Today*.