

### 3. Know Your Opposition

If you know yourself and your enemy, you need not fear the outcome of a hundred battles.

- Sun Tzu

Mankind has an enemy. We must understand that this dark force means to sabotage our every righteous thought, wish, word or action. The opposer's intent is to foment spite and resentment towards godly people and actions. There's a way to transform our consciousness to build resilience and reveal our superpowers. This divine comprehension can bring us to a higher reality: wellness.

The enemy has many names. Nearly all of them are adopted by a property of the psyche called *ego*. For example, the beguiling factors of *pride* can be adopted by the ego to quench criminal urges, often accompanied by drugs. Ego and pride work hand-in-hand to cloud the overall picture of what we really are, our true identities as the offsprings of Jesus Christ. Here is a verse about the ego must be removed, which