

# Spiritual Warfare Bible Study

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## **Introduction**

Over the years that I've been walking with Christ, I've sensed my own need to have a more solid understanding of spiritual warfare. In the Christian community there has been a great deal written and said about spiritual warfare over the years. Some teachings are scripturally based, some are experientially based and others combine both scripture and experience. I believe that experience, though valid, should ultimately be tested against the scriptures.

The primary goal of this study is to explore the wealth of information that scripture gives us concerning spiritual warfare. It provides practical applications of spiritual warfare for daily living. It will also address these questions:

- What is the origin of spiritual warfare?
- Why do Christians engage in spiritual warfare?
- How has God equipped us for battle?
- How do we fight spiritual warfare?
- How do we recover when we're wounded?

## **Suggestions for doing the study**

Before starting each day, ask God to quiet your mind, help you focus on the subject matter and open your understanding of the scriptures. If you're having difficulty concentrating, you may also want to pray a "binding prayer" over any forces of evil that may be disrupting your study time. Here's an example prayer:

"Father in heaven, I praise you for the opportunity to study your word and learn about spiritual warfare. Please open my mind to the truth and help me to concentrate on what you want to teach me. In the name of Jesus Christ, I bind any evil spirits from interfering with my study time today. I command them to leave me now and go to Jesus. I loose the peace of God in my mind and body right now. Lord, please send your holy angels to protect me and minister to me as I study. Thank you, Father! In Jesus' name I pray, Amen."

Take your time in answering each question. Consider what the Lord desires to teach you through each scripture. Feel free to explore the wider context of the scripture references as needed.

It will help you to retain the study points if you print out the study and write the answers down as you go. To compare your answers with mine, you can refer to the complete study document, which includes my responses. You may also find it helpful to take notes in a journal as you go.

Look up the Bible verses! Even if you've memorized a verse or think you know the gist of it, I encourage you to read it again. Sometimes the Lord reveals new meaning to verses when we reread them. Each Bible verse in the study has a hyperlink to an online Bible for your convenience.

If you have any questions concerning the study or find a typo, please contact me through my website at [www.porn-free.org](http://www.porn-free.org).

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## **I. Introduction to Spiritual Warfare**

### **A. What is Spiritual Warfare?**

In general, spiritual warfare is the conflict between good and evil. It is the ongoing battle between two diametrically opposed kingdoms: God's kingdom (good) and Satan's kingdom (evil). Though it is inherently a spiritual conflict, spiritual warfare also manifests in the natural realm of flesh and blood. Humans are caught in the midst of this conflict and may participate in the struggle on either side.

### **B. Origin of the conflict**

#### **1) Before Man**

The origin of the conflict between good and evil goes back before the creation of Man. One of God's powerful angels, Lucifer, played a key role.

1. Read [Ezekiel 28:12-13](#). What are some details about Lucifer's original character and appearance?

Model of perfection

Full of wisdom

Perfect in beauty

Every precious stone was his covering

2. Please describe Lucifer's original position in heaven and on earth according to the below verses:

[Ezekiel 28:13](#):

He may have had a special role in worshipping God – had “timbrels and pipes” built in to his body (NKJV)

He was in Eden

[Ezekiel 28:14-15](#):

God had ordained and anointed Lucifer as a guardian cherub

He was on the holy mount of God and walked among the fiery stones (around God's throne)

He was blameless in his ways since he was created, until sin was found in him

[Isaiah 14:11-12](#):

Another reference to special function for worship – he had “harps”

He was called morning star and son of the dawn

Lucifer's first mistake was that he entertained sin in his heart. Ezekiel wrote, “*You were blameless in your ways from the day you were created till wickedness was found in you*” (Ezekiel 28:15 NIV).

3. Read [Ezekiel 28:17-18](#). What were Lucifer's sins and how did they affect him?

Proud heart because of his beauty

His splendor corrupted his wisdom

“many sins” and “dishonest trade” caused him to be filled with violence

4. What were the five things Lucifer purposed to do? [Isaiah 14:12-15](#):

1. Ascend to heaven
2. Raise his throne above the stars of God
3. Sit enthroned on the mount of assembly
4. Ascend above the tops of the clouds
5. Make himself like God

5. Read [Revelation 12:3-9](#). What did Lucifer apparently do to some of God's angels? :

Deceived one third of God's angels (stars) to follow him

6. What did God do to Lucifer (and his evil angels) because of his sin / rebellion?

[Ezekiel 28:16-19](#):

Removed his beauty, disgraced him and made a spectacle of him before kings

Expelled him from the mount of God

Made fire come from within him and consume him; reduced him to ashes

[Isaiah 14:12,15, Revelation 12:7-9](#):

Cast them out of heaven to earth

Removed his power

Brought him down to the pit

Lucifer was in the Garden of Eden in the form of the serpent. Apparently he had already rebelled against God, becoming Satan (i.e. *The Adversary*). His goal was to deceive Eve and ultimately Adam.

## 2) Creation of Man

7. Read [Genesis 1:26-27](#). In whose image and likeness did God create humans?.

In God's image

8. Read [Genesis 1:26,28, Psalm 8:4-8](#). What authority/power did God give to man?

Rule over the fish, birds, livestock, all the creatures of the earth and over all of the earth

Power to fill and subdue the earth

Rule over the works of God's hands – everything was put under Man's feet

## 3) The Fall of Man and Satan's assumption of power

9. Read [Genesis 3:17-19, 2 Peter 2:19, Romans 5:6,12-14,17,20-21](#). What were three things that happened as a result of Adam and Eve's sin?

1. Man came under a curse affecting the ground he was to work; he was expelled from the garden to work soil that was cursed with thorns and thistles
2. Man became a slave to sin because he allowed sin to master him
3. Man was stripped of his power

10. Read [Romans 8:19-21](#). How was the rest of creation affected by Adam and Eve's sin? It was subjected to frustration and bondage to decay

11. What power and authority did Satan gain after deceiving man? For each verse, please write the aspect of Satan's power and authority it reveals:

[Luke 4:5-6](#): Authority and power of all the world's kingdoms

[John 12:31](#): He is the current ruler of the world

[Ephesians 2:2](#): He is the "prince of the power of the air"

[Hebrews 2:14-15](#): He gained the power of death and uses the fear of death to enslave people

[1 John 5:19](#): He is able to sway (deceive) the entire world

With such an array of powers, it is easy to see how many people might fall under Satan's influence. Thankfully, Jesus Christ came to undo the works of the devil and bring salvation to all those who would believe on his name. Let's examine Christ's work and how it affects those who believe in him.

#### **4) Mission of Jesus Christ, the 2<sup>nd</sup> Adam, restoring dominion to Man**

12. How was Jesus like a second Adam? Read the following passages and comment on what they reveal about Jesus:

[1 Corinthians 15:21-22](#): Death came through Adam to all people; the resurrection of the dead (i.e. life) comes through Jesus

[1 Corinthians 15:27](#): He had dominion over all things; just as Adam originally had dominion over the earth and its creatures (Genesis 1:28)

[1 Corinthians 15:45-47](#): The first Adam became a living being; Jesus, the "last Adam," became a "lifegiving spirit"

[Romans 5:12-19](#): Sin and death entered the world through Adam; God's grace and gift of justification came through Jesus; Just as many were made sinners through the disobedience of one man, Adam, many will be made righteous through the obedience of one man, Jesus

13. Read [1 Corinthians 15:22-28](#). As a "second Adam", what are Christ's objectives from now until the end times?

He is to restore order and rule of God's kingdom both on earth and in the heaven; he will subdue all God's enemies and then turn over the kingdom to the Father.

14. Read [Luke 4:18-21](#). What were 5 of Jesus' initial mission objectives as he began his earthly ministry?

1. Preach the good news to the poor
2. Proclaim freedom for the prisoners
3. Proclaim recovery of sight for the blind
4. Release the oppressed
5. Proclaim the year of the Lord's favor

One of the first things people noticed about Jesus in the beginning of his ministry was that he preached the word of God with authority ([Luke 4:31-32](#)). Next, he demonstrated that authority in many different ways.

15. For each verse, briefly write what Jesus did:

[Luke 4:33-37,41](#), [Luke 8:26-33](#): Cast evil spirits out of people

[Luke 4:38-39](#): Rebuked a high fever and it left

[Luke 4:40](#): Laid hands on people and healed them of various kinds of sickness

[Luke 5:4-8](#): Performed miracles that demonstrated authority over all creation; in this case, a large catch of fish

[Luke 5:20-26](#): Forgave sins and healed a paralytic

[Luke 7:12-15](#): Raised a widow's dead son

[Luke 8:22-25](#): Calmed the storm; demonstrated authority over the wind and waves (i.e. the elements)

16. What did Jesus "inherit" as a result of his victory on the cross and his resurrection?

[Philippians 2:9-10](#): He was exalted to the highest place and received the name that is above every name

[Ephesians 1:20-23](#): God seated him at his right hand in the heavenly realms, and placed all things under his feet

[Hebrews 1:3-4](#): Became far superior to the angels

17. What did Jesus accomplish on the cross for those who believe in him?

[John 1:12](#): Gave them the right for them to be called children of God

[John 3:16](#): Gave them eternal life

[Romans 5:1](#): Brought peace between them and God

[Romans 6:4-5](#): Enabled them to live a new life

[Romans 8:9-13](#): Enabled them to receive the Holy Spirit

Romans 8:16-17: Designated them heirs of God and co-heirs with Christ

It is awesome to think that we are co-heirs with Jesus, with all the authority and power that he has (see question #16 answers). Unfortunately, some Christians don't fully understand the scope of their inheritance in Christ, or worse, they understand it but don't believe it. As with many aspects of the Christian walk, faith is the key to moving into our inheritance.

18. What mission did Jesus confer upon us as his believers to carry out on earth?

Matthew 28:18-20: Make disciples of all nations, baptizing them in the name of the Father, the Son and the Holy Spirit

19. Read Genesis 1:28. How is our mission similar to Adam and Eve's mission prior to The Fall?

God's initial instructions to Adam and Eve were to multiply, fill the earth, subdue it and rule over it. Through the authority of Christ, we are to make disciples of all nations, baptizing them in the name of the Lord and teaching them to do all that Christ commanded. These actions are intended to expand God's kingdom, ultimately bringing all things under its rule.

### **C. Spiritual warfare is occurring today**

Satan is certainly opposed to our fulfillment of God's mission, as it will ultimately contribute to his final demise. As expected, Satan attacks people in a variety of ways in hopes of destroying their faith, alienating them from God and sabotaging them with temptation.

20. Here are some examples of ways in which Satan attacks people. For each verse, write a short description of the attack described.

Matthew 13:24-30,36-43: "Sows" evil servants among God's people to do evil and cause sin

Luke 8:12: Comes and takes away God's words from people's hearts, so that they do not believe

Luke 22:31-32: Uses persecution and trials to "sift" Christians; i.e. testing their faith

John 10:10: Comes only to steal, kill and destroy.

Ephesians 6:12: Uses spiritual forces of evil to wrestle against Christians

Ephesians 6:16: Shoots "fiery darts"

Revelation 2:10: Throws Christians into prison to test them and persecute them

[Revelation 12:17](#): Makes war on those who keep the commandments of God and hold to the testimony of Jesus

Those are just a few of the many ways that Satan and his forces oppose God's kingdom. We'll further discuss enemy tactics later in this study.

Though God has declared victory over Satan and his forces, the process of bringing them under Christ's feet is still underway ([1 Corinthians 15:25](#)). As members of God's family and army, we have an important role in that process.

## II. Basic Training

### A. Purpose

Now that we have reviewed the origin of the spiritual conflict between good and evil, we can begin the “Basic Training” of our preparation for spiritual warfare. In the previous section we learned how our enemy, Satan, opposes and attacks us in a variety of ways. As God’s adopted children through faith in Jesus Christ, we receive a commission in God’s army to continue the work of Christ in bringing every enemy under Christ’s authority. With that in mind, we are given several instructions concerning readiness for battle.

1. What instructions concerning battle readiness do each of the following verses give us?

Matthew 10:16: Be wise as serpents and harmless as doves

Ephesians 6:10,11,13: Be strong in the Lord, put on the full armor of God, stand firm against the devil’s schemes, resist evil

James 4:7: Submit to God, resist the devil and he will flee

1 Peter 5:8: Be of sober spirit & be on alert, because the enemy prowls around like a lion seeking who he may devour

We can assume that our enemy is well skilled in warring against mankind, and has about 6000 years of experience! Training is an essential activity for the warriors who hope to succeed in resisting the enemy and advancing God’s kingdom. In this section, we’ll explore some fundamental areas that we should be familiar with for warfare, including the forces, their capabilities and the enemy’s typical tactics.

### B. Kingdoms in Conflict

In conventional warfare, military intelligence is often a key ingredient to victory. As spiritual warriors, it is important for us to understand the two kingdoms in conflict and the relative capabilities of each.

#### 1) God’s Kingdom

##### a. Characteristics

Jesus used many parables to describe the characteristics of God’s kingdom.

2. For each of the scripture passages, please write the aspect of God’s kingdom that is described:

Matthew 13:31-33: Expanding; may have small or insignificant beginning, but will grow to be large (mustard seed parable); spreads like yeast through dough

Matthew 18:3-4, James 4:6: Based on humility; pride has no part in it; Childlike humility determines entry and greatness in the kingdom

[Mark 16:17, Philippians 2:9-11](#): Superior to Satan's kingdom

[Hebrews 1:8](#): Everlasting

[Hebrews 12:28](#): Unshakeable

Jesus' many parables illustrated a kingdom that was radically different from earthly kingdoms. This difference is especially evident in the concept of greatness in the kingdom. In earthly kingdoms, military might, wealth and political power are typical measures of greatness. In God's kingdom, such things are foolishness, as God has unlimited power and resources. So how is greatness measured in his kingdom?

3. Please read the below verses and write how greatness is measured in God's kingdom:

[Matthew 5:19](#): Obedience to God

[Matthew 18:3-4, James 4:6](#): Humility

[Matthew 20:25-28, Matthew 23:11](#): Servanthood

#### **b. The Commander-in-Chief**

Read [Ephesians 1:20-23](#) and [Revelation 19:11-16](#).

4. Who is in command of God's army?

Jesus

5. What are some of the names he is known by?

Faithful and True

The Word of God

King of Kings and Lord of Lords

6. Describe the commander's current position and authority:

Jesus is now seated in heaven at the right hand of the Father, far above all evil principality, power, might, dominion and every name

#### **c. Angels**

Holy Angels are created spiritual beings that do God's bidding. God can give angels great power and authority to carry out missions (ex. [Revelation 18:1](#)). I've listed below some of the typical missions angels are sent to do, along with an example from scripture.

7. For each verse, please briefly summarize what happened.

Execute God's judgment on the earth

[1 Chronicles 21:15-27](#): God sent an angel to destroy Jerusalem with a plague

Other examples: [Genesis 19:13](#), [Numbers 22:22,31-32](#)

Serve in God's army, which may intervene in human conflicts

[2 Samuel 5:23-25](#): God's army assists David in defeating the Philistines

Other examples: [2 Kings 19:35](#), [Joshua 5:13-6:5](#)

#### Fight against Satan and his angels

[Daniel 10:11-13,20](#): Gabriel and Michael fight the “princes” of Persia and Greece (i.e. evil angels).

Other example: [Revelation 12:7-9](#)

#### Help God’s people

Helping God’s people is an angelic role particularly relevant to spiritual warfare. God’s angels are “flames of fire” that minister to Christians ([Hebrews 1:7,14](#)).

8. For each of the below verses, summarize how the angels assisted people:

Give instructions:

[Daniel 8:15-27](#): Angel explains Daniel’s vision of the end times

[Acts 1:10-11](#): Two angels explain to the disciples that Jesus will return to earth

Other examples: [Acts 10:22](#), [Revelation 1:1](#)

Protect:

[2 Kings 6:17](#): God’s angelic army surrounded Elisha as “horses and chariots full of fire.”

Other examples: [Psalm 34:7](#), [Psalm 91:11-12](#)

Respond to prayer:

[Daniel 10:12](#): The angel Gabriel responded to Daniel's prayer

[Acts 12:5-11](#): Angel frees Peter from prison in response to Christians’ prayers

Other example: [Matthew 26:53](#)

Strengthen people:

[Daniel 10:18-19](#): the angel touched Daniel and strengthened him

[Matthew 4:11](#): the angels ministered to Jesus after the Devil finished tempting him

Other example: [Luke 22:43](#)

We should remember that God directs the holy angels (Psalm 91:11), not us. We are to pray to God, not to the angels. Many non-Christian religions involve praying to deities who in fact are not gods but demons or “fallen angels.” (ex. [Deuteronomy 32:17](#)).

#### **d. People**

People who believe and obey Jesus Christ are among the most effective troops in God's army.

9. What is our identity in Christ?

Galatians 4:7: A son of God and heir to his kingdom

Philippians 3:20-21: We are citizens of heaven, awaiting transformation of our earthly bodies into heavenly ones

10. Read 2 Timothy 2:1-4. What is our role in God's army?

We are soldiers of Jesus Christ

11. Read 1 John 4:4. What do we have in us that is greater than Satan?

The Holy Spirit

12. What are we commissioned to do?

Mark 16:15: "Go into all the world and preach the gospel to every creature." (NKJV)

Acts 1:8: Be Holy Spirit-empowered witnesses for Christ in the world

#### **2) Satan's kingdom**

##### **a. Characteristics**

Satan's kingdom is basically opposed to God's kingdom in every way.

13. For each of the below verses, write the characteristic of Satan's kingdom that is illustrated:

Daniel 10:13, 20: Satan's kingdom is in rebellion against God

Revelation 20:10,14: Temporary: God is preparing Satan's kingdom for final destruction

Matthew 12:24-30: Inferior to God's Kingdom - Jesus demonstrated this by casting demons out

14. What are five objectives of Satan's kingdom?

1. John 10:10: Steal, kill and destroy
2. Luke 4:6-8: Persuade people to worship other things instead of God
3. Ephesians 2:2: Promote rebellion against God (sin)
4. Revelation 20:7-8: To deceive the nations
5. Revelation 12:17: To war against people

## **b. The Commander**

As we studied previously, Satan was formerly the angel, Lucifer ([Isaiah 14:12](#)), who was the covering cherub for God's throne ([Ezekiel 28:12-16](#)). Created perfect in beauty, Lucifer was full of wisdom. Lucifer became Satan, meaning *the adversary*, when he sinned by pride ([Isaiah 14:13-14](#), [Ezekiel 28:17](#)). He was cast out of heaven to earth and now fights against God's followers. He is the current ruler of the earth ([Luke 4:5-6](#), [John 12:31](#)) and is referred to as the "prince of the power of the air, the spirit who now works in the sons of disobedience" ([Ephesians 2:2 NKJV](#)).

In addition to his typical work of stealing, killing and destroying, Satan accuses Christians before God day and night ([Revelation 12:10](#)). He is the "Father of Lies" and has been a murderer since the beginning of creation ([John 8:44](#)). He has authority, power and a throne ([Revelation 13:2](#)), and may give his authority over the earth to whomever he wishes ([Luke 4:5-7](#)). He will ultimately give his throne, his power and authority to the beast ([Revelation 13:2](#)).

Even though Satan is a fallen angel, he still has power that we should be cognizant of.

15. What Satanic powers are mentioned in the following verses?

[Job 1:12,16,19](#): Can use wind and lightning to kill and destroy

[Job 2:7](#): Can strike people with sickness (ex. boils)

[Luke 4:5](#), [John 13:2](#): Can project temptation into people's minds

[2 Corinthians 4:4](#), [Revelation 20:2-3,8](#): Can deceive individuals and nations

[2 Corinthians 11:14](#): Can disguise himself as an angel of light

[1 Thessalonians 2:18](#): Can physically stop or hinder people in their ministry work

[2 Thessalonians 2:7-10](#): Can enable people to perform signs and false wonders

Satan's power, though considerable, has notable limitations.

16. Please note how Satan's power is limited according to the below verses:

[Luke 4:13](#): Satan is not omnipresent

[Hebrews 2:14-15](#), [1 Corinthians 15:24-26](#): Satan's power of death is temporary

[James 4:7](#): Satan is not all powerful; he must flee when we submit ourselves to God and resist him

[Revelation 20:7-10](#): Satan's rule is temporary; he will ultimately be thrown into the Lake of Fire

## **c. Forces**

Satan has a well organized group of forces to carry out his schemes on the earth. With the exception of people who serve his purposes, Satan's forces are spiritual entities.

17. Read [Ephesians 6:12](#). What are the various groups of evil forces under Satan's control?

Satan's forces include principalities, powers, rulers of the darkness of this age, spiritual hosts of wickedness in the heavenly places

18. Who are these forces "wrestling" with?

Us! (Christians)

### **i. Evil Angels**

Satan's angels are involved in cosmic and human events, just as God's angels are.

Scripture suggests the number of Satan's angels is one third of God's original population of angels in ([Revelation 12:3-9](#)). Since there are "myriads and myriads" of God's angels, it follows that there is a large number of evil angels as well ([Hebrews 12:22](#), [Revelation 5:11](#)).

19. Please briefly summarize the conflicts that evil angels were involved in for each of these references:

[Daniel 10:13,20](#): Fought with God's angels over matters involving human events;

[Revelation 12:9](#): Fought God's angels; ultimately cast out of heaven along with Satan

Some rebelling angels were imprisoned just before Noah's flood and now await final judgment ([2 Peter 2:4](#), [Jude 6](#)).

20. Read [Genesis 6:1-6](#). What did these angels do to deserve incarceration?

They rebelled by taking human wives and produced offspring; they helped draw the human race into continual evil.

21. Read [1 Peter 3:18-20](#). Who came and proclaimed his finished work to these angels while they were in prison?

Jesus Christ proclaimed his victory over all evil to these imprisoned spirits during His resurrection, sealing their destruction

22. Read [Matthew 25:41](#). What will ultimately happen to evil angels?

They will ultimately be tormented in everlasting fire along with the devil

## ii. Demons/Evil Spirits

While demons and evil spirits could be the same beings as evil angels, there are enough references to them in the New Testament to warrant further study.

### a. Examples

By studying some particular incidents we can learn much about demons and evil spirits.

23. Read [Luke 8:26-35](#). How were the demons able to communicate with Jesus? What was their demeanor as they confronted Jesus?

They spoke through the man they inhabited

The demons were bold – they used a loud voice in confronting Jesus

24. How had the demons apparently affected the man they inhabited?

He was naked and had been driven into the desert by them

He had incredible strength (ex. broke chains & shackles)

25. What was the corporate name that the demons went by? Why was this used?

“Legion,” because there were many of them

26. Did the demons obey Jesus immediately? If not, what did they do in response to his command?

The demons apparently resisted Jesus’ first command to come out; they were trying to bargain with him

27. What was the one place the demons definitely did not want to go?

the “Abyss”

28. From the demons’ bargaining attempts, what can we conclude about the “home” they preferred to inhabit?

They preferred a body to inhabit, whether human or animal

29. What does the final condition of the man tell us about how the demons had affected him?

The demons had caused him to be in an altered state of mind

Mark’s account of the Gerasene demoniac gives us further details. Read [Mark 5:1-13](#).

30. What additional details do we find concerning the demonized man’s strength?

He had often broke chains and shackles – no one was strong enough to subdue him

31. What did the man do constantly, night and day? What did he do that was self-destructive?

Screamed

He gashed himself with stones

32. How many demons were in the man?

About 2000 demons

Jesus took a few moments to teach about evil spirits, while replying to the Pharisees' request for a sign. Read [Matthew 12:43-45](#).

33. When an evil spirit leaves a person, where does it go and what does it look for?  
It goes through dry places, seeking rest

34. What are two reasons it returned to the person it left?

1. It didn't find rest
2. It needed moisture

35. How did the evil spirit regard the body of the person it left?

The spirit regarded it as his house

36. What reason does Jesus suggest or imply for the spirit being able to re-enter the house?

The house was "unoccupied" – the person had not invited Christ to fill all the voids in his or her life left by the departing spirit.

37. Who does the evil spirit recruit to come with it when it re-enters its host? How is the host person affected?

Seven other spirits more wicked than itself

The end state of the man is worse than before

38. In summary, what does Jesus' explanation tell us concerning the characteristics and capabilities of evil spirits?

They have intellect and will; they vary in level of wickedness; they are communal; they have limited power (require rest); they can travel; they can enter and live in bodies; they communicate with other evil spirits; they can recognize or discern the spiritual state of a person

#### **b. Purposes of demons and evil spirits**

From the examples we just studied, we can get a feel for the purposes of demons and evil spirits. From the story of the Gerasene demoniac and Jesus' teaching in Matthew 12 we know that one purpose of demons is to torment their victims, even to the point of causing death. This may not be their main objective, however, as torment could simply be a means by which to achieve a "higher" purpose. We find a hint of such a purpose in Paul's first letter to Timothy.

Read [2 Timothy 2:24-26](#).

39. What had happened to the people in opposition to Paul?

They had fallen into the devil's snare and been taken captive to do his will

40. Considering that Satan's forces serve him, what can we surmise concerning a purpose of demons based on the above scripture?

Demons help take people captive to do Satan's will

41. Read [Ephesians 2:1-3](#). What Satanic work in mankind is revealed in this passage?

Satan is working in to encourage people toward disobedience; inspiring them to sin by living in the lusts of the flesh and indulging in the desires of the flesh and mind

42. Again, assuming that Satan's forces assist him in this work, what purpose might demons have when inhabiting or influencing people?

To encourage them to sin

As we have seen in the examples we've studied, demons tend to be communal and defensive of their territory. With the Gerasene demoniac, the group of demons named "Legion" resisted being cast out. The Matthew 12 demon recruited seven additional demons to come and live with it in the host. We also know from [Mark 16:9](#) that Jesus cast seven demons out of Mary Magdalene.

43. From a military perspective, what might be the purpose for multiple demons inhabiting a location / host?

To occupy and reinforce a position

44. Read [2 Corinthians 10:3-5](#). What are our spiritual weapons intended to "pull down"? Spiritual "strong holds" or "fortresses" (NASB) of the enemy

A stronghold can exist where a person has allowed sin to rule his or her life or simply has tolerated its existence. By repeatedly sinning in a given area, a person builds a stronghold, which then in turn may allow demons to enter.

45. Based on the examples we've studied, what are some ways that demons might reinforce strongholds in people?

Tempting the person to sin

Inviting other evil spirits into a person

Torment the person

Resist expulsion

46. One final purpose that demons and evil spirits fulfill is illustrated in [Acts 16:16-18](#). What purpose did the evil spirit apparently have?

To annoy, harass and mock God's servant, Paul

### **c. Responses to spiritual warfare**

As we've seen in previous examples, demons resist being expelled in a variety of ways. One of the reasons for this is that they apparently vary in power level. Let's examine another example which illustrates this.

47. Read [Mark 9:17-29](#). What did the spirit do when it saw Jesus? Why do you think it did this?

It immediately threw the boy into a convulsion. He fell to the ground and rolled around, foaming at the mouth

Cause distraction (?), scare Jesus (?)

48. How did Jesus deal with the spirit? How did the spirit respond?

He addressed it by name (deaf & dumb spirit), commanded it to leave the boy and forbade it from returning

The spirit shrieked, convulsed him violently and came out

Matthew's account of this story reveals some additional information.

49. Read [Matthew 17:19-21](#). What were two reasons Jesus gave for the disciples being unable to cast out the demon?

1. Their lack of faith (i.e. unbelief)
2. Some demons are only routed through prayer and fasting.

From Jesus' reply we can conclude that some demons are "stronger" than others.

A final point concerning demons and evil spirits concerns their "recognition" abilities.

50. Read [Mark 1:23-24](#). Who did the demons recognize?

Jesus as the Son of God

51. Read [Acts 19:13-16](#). By whose authority did the Jewish exorcists attempt to expel the spirit?

Jesus' authority

52. Who did the evil spirit claim to know or recognize? Who did they not recognize?

Jesus and Paul

The Jewish exorcists

53. What was the implied reason that the spirit was able to beat up the exorcists and chase them away?

They weren't legitimately using the authority of Christ – they didn't believe in Jesus – they were simply trying to use his name like a magical phrase

54. What can we conclude about evil spirits' recognition abilities?

They can recognize those who are truly operating in Christ's authority and those who are not

**iii. People:** People can knowingly or unknowingly further the plans of Satan by doing evil.

55. Read [Matthew 13:24-30,36-43](#). What two groups of people does Jesus describe in this parable?

Sons of God (the good seed) and sons of the wicked one

56. What were the implied missions of the sons of the wicked one?

To infiltrate God's followers, "offend" and practice lawlessness

Perhaps the most dangerous sons of the Devil are those who pose as church people. By infiltrating God's people, they may gain positions of trust and respect, from which they can do great damage to the body of Christ.

57. Read [2 Corinthians 11:13-15](#). What types of positions do Satan's servants seek in ministry?

Apostles and workers; servants of righteousness

We find a detailed description of false prophetesses in Ezekiel 13. Working somewhat "under cover," these women were practicing magic against God's people. God instructed Ezekiel to prophesy against these false prophetesses.

58. Read [Ezekiel 13:17-23](#). What were some of the notable things that these women were doing?

Using magic charms and head veils to hunt souls of people

They were killing innocent people and sustaining people who were supposed to die

Lying – prophesying out of their own hearts

Made the hearts of the righteous people sad and strengthened the wicked people

Jesus called a group of Pharisees and Scribes sons of the Devil in John 8.

59. Read [John 8:38-47](#). What were the Pharisees and Scribes doing that indicated they were sons of the Devil?

They could not understand God's word

They would not listen to God's word

They were trying to kill Jesus

They carry out the Devil's desires

They didn't believe the truth that Jesus spoke

The Devil's sons are not all trying to masquerade as followers of Christ. Paul encountered such a person in his ministry on the island of Cyprus.

60. Read [Acts 13:8-10](#). What two things did Elymas the Magician do?

1. Opposed Paul
2. He sought to turn the proconsul away from the Christian faith

61. Speaking through Paul, what did the Holy Spirit say about Elymas?

That he was full of all deceit and fraud,

That he was a son of the devil and an enemy of all righteousness

62. What were Elymas's ongoing evil efforts aimed at doing?

"Making crooked the straight ways of the Lord" – corrupting God's work

Satan is perhaps a master opportunist. Though he has many dedicated servants, he apparently uses unwitting people often to carry out his will. We find examples of this in scripture.

63. For each example below, please summarize how the people served evil purposes:

1. [Matthew 16:22-23](#): Peter, by Satan's prompting, tried to persuade Jesus to avoid the cross.
2. [John 13:27](#): Judas, by Satan's prompting, betrayed Jesus

3. [Acts 5:3](#): Ananias kept back part of an offering for the growing church

We should also take a moment to consider the spiritual powers that the Devil's servants can potentially wield.

64. Read [Exodus 7:8-24 & Exodus 8:5-6](#). What 3 feats were Pharaoh's magicians able to accomplish?

1. Turn wooden staffs into snakes
2. Turn the Nile's water into blood
3. Cause frogs to come up on the land

There is one final "force" that can work to further the Devil's purposes in every person. In fact, the devil crafts his temptations to appeal to this force in hopes of persuading us to sin. This enemy has the greatest potential to ruin our walk with God and destroy our lives.

65. Read [James 1:14-15 & 1 Peter 2:11-12](#). What or who is this enemy?  
Our own desires for sin

66. Read [Matthew 15:19-20](#). What is a source of our inherent evil desires?  
Our hearts!

### **C. How the enemy attacks us**

The devil uses many tactics to accomplish his mission. By studying examples of the devil's tactics from scripture, we can better recognize them when we face them in spiritual warfare.

#### **1) Tempt through lust of eyes, lust of flesh and pride of life**

Tempting through lust and pride are perhaps the more obvious ways that Satan and his forces attack us.

67. For each verse below, write down a short description of the temptations used:

[Genesis 3:1-6](#): Satan appealed to Eve's desire for god-like knowledge (i.e. pride of life), knowing that the fruit appealed to her lust of the eyes & flesh

[Proverbs 6:23-28](#): Use flattering speech to seduce into sexual sin (appeals to pride of life); use physical appearance to captivate via lust of eyes and flesh

[Acts 5:3, 1 Timothy 6:9-10](#): Tempt through the love of money, drowning the person by lust in destruction and sin

[Acts 20:30, 2 Timothy 3:6-7](#): Creep up, capture through deceit, lead away through lusts, blind to truth

[Colossians 2:8](#): Deceive by philosophy or religious tradition, according to worldly principles and not according to Christ (appeals to pride of life)

#### **2) Steal, Kill and Destroy**

In teaching about the Good Shepherd, Jesus contrasted himself with false shepherds who were thieves. Jesus said, "The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly"

(John 10:10 [NKJV](#)). As the ultimate thief, Satan comes to steal, kill and destroy God's people, just as the thief did to the sheep in Jesus' metaphor. Let's consider some examples from scripture of Satan's work in these areas.

68. Read the below examples and briefly describe what was stolen, killed or destroyed:  
[Job 1:9-12, Job 2:1-7](#): Destroyed people's faith and devotion to God through calamity, sickness and suffering

[Matthew 13:19](#): Stole the Word out of the heart, preventing people from believing and being saved

[Matthew 13:24-30,37-42](#): Infiltrated and corrupted the body of Christ (parable of wheat & tares)

[Luke 22:2-4](#): Incited a person to betray his friend (to his destruction)

[John 8:37-44](#): Inspired people to kill those who spoke the truth

[Titus 1:10-11](#): Destroyed families through idle talk and false teaching

### 3) Oppose the Gospel of Christ

Another way the enemy attacks is by opposing the Gospel of Christ. Satan opposes the Gospel in order to stop it from strengthening and expanding God's kingdom. The Gospel is the truth that sets people free from the bondage of sin and enables them to become the sons of God they were created to be. This greatly threatens Satan's kingdom. Let's examine some examples of his opposition to the Gospel.

69. Read the below examples and briefly describe the tactic used to oppose the Gospel:  
[Acts 14:2](#): To poison peoples' minds against those who preach the Gospel

[Acts 14:3-6](#): To try to harm those who preach the Gospel

[2 Corinthians 11:12-15](#): To deceive Christians by masquerading as a minister of righteousness

[Colossians 2:8, 2 Timothy 2:17-18](#): Use false doctrine to ensnare in religious methodology; propagate false doctrine to overthrow faith

[1 Thessalonians 2:18](#): Hinder Christians' efforts to meet together

### 4) Veil the mind from truth

One tactic that is particularly effective in warfare is to veil or blind the mind from truth. Satan has notable power to deceive people, i.e. to influence what people see and believe. Let's look at some examples of this "mind control" in the scriptures.

70. For each scripture, please describe how people's minds were influenced:

[2 Corinthians 4:3-4](#): The god of this age cast a blinding veil on unbelievers' minds from the light of the gospel

[1 John 2:11](#): Darkness blinded the eyes with darkness - numbed the conscience

2 Thessalonians 2:9-10: The Devil's servant deceived through power, signs, and lying wonders

1 Timothy 4:1-2: Deceiving spirits and demons led people astray with false doctrines and lies

2 Timothy 2:24-26: False teachers blinded the peoples' senses and conscience, then took people captive to do the Devil's will

### **5) Weaken faith in God**

Our faith is potentially a very powerful weapon against the enemy. When we believe God and his word, all things are possible to us. It makes sense therefore that one of Satan's strategies is to weaken our faith in God. He does this in a variety of ways.

71. Please read the below passages and describe how the enemy (and his forces) tried to weaken people's faith:

Genesis 3:1-6: Used questions to plant doubt of God's goodness and sufficiency of his provision

Job 2:1-7: Struck Job with painful boils in attempt to get him to turn away from God

Ezekiel 13:17-23: Used witchcraft and lies to dishearten the righteous

Luke 4:3,9-12: Tempted Jesus to prove his divinity and test God

Luke 8:13, 1 Thessalonians 3:4-5: Used temptation to weaken faith and cause people to fall away from God

Revelation 2:10: Used persecution to tempt people to abandon the faith

### III. Introduction to Spiritual Weaponry

#### A. Foundational weapons

##### 1) The Authority of Christ

Having studied the kingdoms in the conflict and the enemy's tactics, let's now study our spiritual weapons. Perhaps the greatest weapon we have is the authority that God has given us through Jesus Christ.

1. Please write down the aspects the authority in Christ that God has given us in each of the below passages:

[John 1:12-13](#): He gives us the right to be sons of God and exercise the authority thereof.

[Matthew 18:18-20](#) (for additional insight, read the [Amplified](#) translation): God gives us power to "bind" and "loose" on earth, which also affects the heavenly realms. This is also a way of declaring what is lawful or unlawful in the spiritual realm. Additionally, God gives us the promise of answered prayer when it is done in agreement with another person

[Mark 16:17-18](#): We have the power to drive out demons, speak in new tongues, survive natural hazards (such as poison and snakes) and initiate healing through the laying on of hands (in prayer).

##### 2) The indwelling of the Holy Spirit

In addition to the authority of Jesus, God has given us the Holy Spirit.

2. For each passage below, write the functions of the Holy Spirit that are mentioned:

[John 14:15-17, 26](#): helper, guide in truth, teacher and reminder of God's word

[John 16:13](#): Guide us in all truth, revealer of things to come

[Romans 8:11-13](#): enables us to live as new persons in obedience to God

3. Read [Acts 13:6-12](#). In what ways did the presence of the Holy Spirit in Paul influence what happened?

The Holy Spirit gave Paul supernatural discernment of Elymas' character, spiritual condition and intent. He also enabled Paul to pronounce temporary blindness on Elymas.

Armed with the authority of Jesus and the Spirit of God living in us, we have many additional spiritual weapons at our disposal to fight the enemy. It is up to us to learn about these weapons and use them. If we wait for a crisis to get familiar with our weapons, our lack of skill will likely result in our defeat. Our enemy is a highly skilled adversary and his forces are experienced veterans. They know our weaknesses and how best to exploit them. God calls us to be good warriors, trained and skillful in using the weapons he has given us.

3. Read [2 Corinthians 10:3-5](#). What does the Bible say about our spiritual weapons? What are they capable of doing?

Our weapons are not of flesh and blood; they are divinely powerful for:

- The overthrow and destruction of strongholds
- Refuting arguments & speculations that are contrary to God and his laws
- Taking every thought captive to the obedience of Christ

## **B. The Armor of God**

### **1) Introduction**

Like the “general issue” gear that a new soldier receives when enlisting, the Armor of God is a foundational group of spiritual weaponry. Primarily defensive in function, the armor increases our endurance on the spiritual battlefield.

4. Read [Ephesians 6:10-18](#). What are the 7 components of the Armor of God?

1. Helmet of Salvation
2. Shield of Faith
3. Breastplate of Righteousness
4. Belt of Truth
5. Shoes fitted with the Gospel of Peace
6. Sword of the Spirit
7. Prayer in the Spirit

5. Read [Ephesians 6:11](#). What is the purpose of the Armor of God?

Enable us to stand against the schemes of the devil

### **2) Armor Specifics**

#### **a. The Shield of Faith**

6. What are two definitions of faith presented in the below verses?

[Hebrews 11:1](#): “The substance of things hoped for, the evidence of things not seen”

[2 Thessalonians 1:11](#) (Amplified): “Leaning of the whole human personality on God in absolute trust and confidence in His power, wisdom, and goodness”

7. Considering the Hebrews 11:1 definition, why is faith a key ingredient for the entire set of the armor of God?

The armor is spiritual and therefore invisible. Faith believes in the unseen; it secures the armor to us.

8. Read [1 Peter 1:3-5](#). Our faith hooks our shield up to what power source?

God

9. Read [Ephesians 6:16](#). What does the shield of faith do?

Extinguishes all the flaming arrows of the evil one

10. Read [Psalm 91:2-10](#). What are some examples of the “arrows” the enemy may send our way?

Terror, traps (“snare of the fowler”), sickness/plague, destruction, death, evil, calamity

11. Read [Mark 9:23-25 & Hebrews 12:2](#). If our faith is weak, who can we ask for help in strengthening our faith?

Jesus

12. Jesus used several illustrations to show the potential power of faith. Please read these two examples and summarize:

[Luke 17:6](#): faith as small as a mustard seed could cause a mulberry tree to be uprooted and thrown into the ocean

[Matthew 17:20](#): faith as small as a mustard seed could move a mountain; nothing is impossible when you have faith!

### **b. The Helmet of Salvation**

The helmet of salvation covers our heads which contain our minds. Our minds are highly significant in spiritual warfare.

13. For each passage below, please describe the aspect of mind’s significance to spiritual warfare:

[2 Corinthians 10:3-5](#): The mind is the strategic battle ground where spiritual warfare is commonly fought. It typically involves taking thoughts captive to the obedience of Christ and diffusing/refuting arguments that are contrary to the truth of God.

[Romans 8:5-7](#): The mind is the key control center for a person. A mind controlled by evil prevents the person from pleasing God. The mind controlled by the Spirit enables the person to please God and enjoy life and peace.

14. Read [2 Corinthians 4:4](#). As we studied previously, what has Satan done to the minds of many people?

Satan, “The god of this world,” has blinded the minds of unbelievers so they can’t see the truth of the Gospel of Christ.

Our salvation through faith in Jesus brings us justification and peace with God ([Romans 5:1-2](#)), such that we can have eternal life with God ([Romans 6:23](#)). It also gives us access to God’s throne so that we may petition him by prayer, without fear of judgment ([Hebrews 4:15-16, Hebrews 10:19-22](#)). The value of having open access to God cannot be understated, yet so often people fail to make use of that access through prayer. Prayer is one of the ways we engage God’s protection that comes with the helmet of salvation.

15. Read [Philippians 4:6-7](#). Please describe how prayer engages the protection of the helmet of salvation.

We engage God’s protection of our mind by taking everything to him in prayer that we’re tempted to be anxious or fearful about. Such prayer includes the elements of humility and thanksgiving. In response, we receive God’s peace which protects our minds.

16. Read [Isaiah 26:3](#). What is the key to remaining in God's peace?  
We must keep our minds "stayed" on him.

17. What are three or four ways you can foster a God-focused mindset?

Having a daily quiet time

Memorizing key verses that address typical struggles we face

Practicing continual prayer dialogue with God

Connecting with other Christians for fellowship, edification, discipleship, worship, etc.

### **c. The Breastplate of Righteousness**

18. Read [Genesis 3:7-10](#). When Adam and Eve sinned, what was their initial reaction?  
They realized they were naked; they were ashamed; they were afraid of God

In a sense, Adam and Eve lost their "spiritual covering" by sinning, because God's glory (i.e. righteousness) no longer clothed them. Their sin caused separation between them and God, which ultimately led to them being driven out of the garden.

19. Read [Isaiah 59:15-17](#). Who was the man whom God sent to first put on the breastplate of righteousness?

Jesus

20. How did righteousness affect this man? (verse 16)

It sustained him

Jesus was the first Son of God who made the way possible for us to become sons (gender neutral) of God through faith in him. With that in mind, we too can put on the breastplate of righteousness.

21. Read [Philippians 3:8-9](#). What is the source of the righteousness in our breastplate?  
God; righteousness is accounted to us through our faith in Christ

Through our faith in Jesus Christ, we are "re-covered" with God's righteousness and have peace with him.

22. What significant "spiritual organ" does the breastplate protect?

Our spiritual heart

23. Read [Proverbs 4:23](#). Why is the heart so important?

The heart is the wellspring of life; it can be corrupted by sin and can lead us into much trouble, therefore we must guard it

One of the traps people sometimes fall into is trying to earn God's acceptance by being good. No matter how hard we try, we can not earn righteousness that God will accept. Through faith in Christ, however, God confers righteousness upon us.

Though we can't earn our salvation by being good, God still expects us to live in a righteous manner out of love and devotion to him.

24. Read [Romans 6:13](#). How are we to “present ourselves” each day?  
As instruments of righteousness, and not sin

#### **d. The Belt of Truth**

25. Read [John 17:17](#). God's word is the Christian's source of truth. What does God use it to do in us? God's word is truth; he uses the truth to purify, consecrate, and separate us for Himself; to make us holy

26. Read [John 8:31-32](#). What effect does truth have on us when we know it?  
The truth sets us free from the power of lies

27. Read [John 8:31-32 AMP](#). What is the key to knowing the truth?  
Abiding in God's word (holding fast to Christ's teachings and live in accordance with them)

28. There are several practical actions we can take to foster our abiding in God's word. Please read the below verses and summarize the action taken:

[Joshua 1:8](#): Scripture meditation and memory

[Psalm 63:1, Isaiah 26:9](#): Having a regular quiet time in the morning

[Deuteronomy 30:16](#): Obeying God's commands (ex. loving God, loving people, honoring parents, visiting the sick, abhorring evil, helping the poor, etc.)

[2 Timothy 3:16-17](#): Studying the Bible

[Hebrews 10:24-25](#): Staying connected with the Body of Christ (i.e. church) for fellowship, encouragement and edification

29. How will knowing the truth help us fight temptations?  
The truth will break the power of the lies involved in the temptations

30. Read [John 16:13](#). What “helper” has God given us to assist us in knowing and clinging to the truth?  
The Holy Spirit, who is the “Spirit of truth”

#### **e. Feet shod with the preparation of the Gospel of peace**

The *Amplified Bible* explains the meaning of this piece of our armor:

"And having shod your feet in preparation [to face the enemy with the firm-footed stability, the promptness, and the readiness produced by the good news] of the Gospel of peace" Ephesians 6:15 [AMP](#)

31. Read [Romans 5:1-2](#). What is the "Gospel of peace"?

The term "Gospel of Peace" refers to the peace we have with God through faith in Jesus Christ

32. Read [Ephesians 2:18-19](#). In addition to having peace with God through Christ, what other benefits do we enjoy?

We have access through the Holy Spirit to God the Father, and we are citizens of God's kingdom and members of his household

Knowing we are members of God's own family, with direct access to him should help us stand confidently in battle against the enemy's forces. We have his resources at our disposal!

33. Read [Philippians 4:6-7](#). When trials, tribulations and other challenges come up in our lives, how are we to respond?

We shouldn't be anxious about troubles, but rather we can take those things to God in prayer, giving thanks. We can then expect his peace to guard our hearts and minds.

#### **f. The Sword of the Spirit**

34. Read [Ephesians 6:17](#). What is the Sword of the Spirit?

The word of God

To better understand the Sword of the Spirit, let's examine the meaning of the Greek words *Logos* and *Rhema*, which are often used for the "word" of God in the New Testament:

- ***Logos* - the word of God** (see [Strong's #3056](#)): *Logos* is often used to identify the written scriptures in the Bible, which were given to people under the inspiration of God ([2 Timothy 3:16-17](#)). Collectively, the Bible, as God's "word," is the written, divine expression or revelation of God to humanity. Jesus completed this expression as the literal embodiment of God's word, *logos* ([John 1:1-5,14](#)).
- ***Rhema* - the word of God** ([Strong's #4487](#)): *Rhema* is the spoken word of God, and is the Greek word used in the Sword of the Spirit verse (Ephesians 6:17). Strong's concordance says that *rhema* is "that which is or has been uttered by the living voice."

Applying those definitions, using the Sword of the Spirit is verbalizing specific scripture verses (*logos*) to the situations we are facing. This can be done through declaration, prayer or song.

35. Jesus gave us a striking example of how to use the Sword of the Spirit in defeating temptations. Read [Luke 4:1-13](#). Please describe what happened. Jesus used scripture to defeat Satan in the wilderness temptations. The scripture he chose revealed and destroyed the lies of each temptation.

36. The Sword of the Spirit may also be used in general ministry activities such as prayer and preaching. Please write down what happened in these two examples of the Sword of the Spirit:

[Acts 4:24-31](#): A group of believers prayed the word and the result was that the place was shaken, they were all filled with the Holy Spirit and spoke the word of God boldly

[Acts 13:38-43](#): Paul quoted the word as he preached

37. Read [Genesis 3:1-6](#). How did Eve fail to use the Sword of the Spirit effectively? The serpent [Satan] questioned Eve on what God had commanded. Eve recited it slightly different from what God had said (adding not to touch the fruit). This perhaps gave Satan the edge he needed to tempt Eve successfully to sin. Instead of standing by God's command, Eve chose to believe Satan's lie.

38. Throughout history, God demonstrated the power of his word. In the below examples, briefly describe what God's word did/does:

[Hebrews 11:3](#): God created the earth and heavens by his word (*rhema*)

[Isaiah 55:11](#): God's word will not return void; it will accomplish all that he desires

[Jeremiah 23:29](#): God's word is like a hammer that breaks rocks

39. Read [Numbers 23:19](#). How reliable is God's word? God does not lie – therefore his word is always true; he will follow through on what he says he will do

As God's adopted children (Romans 8:17) who are made in his likeness ([Genesis 1:26](#)), we too have the ability to release power through speech.

40. Describe the power of words described in the below verses:

[Proverbs 18:21](#): our words can bring life and death

[James 3:8-10](#): Our words can bless and encourage people, yet they also can be used to curse and tear them down.

41. In order to use the Sword of the Spirit properly, we must be familiar with God's word. Knowing the context of a scripture will help us in properly using it in the situations that we face. In the below verses, what habits are mentioned that we can practice to strengthen our ability to use the sword?

[Joshua 1:8](#): Meditate on the word

[Matthew 22:29](#): Know the scriptures

[Acts 17:11](#): Search and study the scriptures daily

### **g. Prayer in the Spirit**

Prayer is both a communication link with God and a powerful strategic weapon. In warfare, communication is extremely important. Prayer in the Spirit is a special type of communication that goes beyond our understanding and connects us with the Holy Spirit for intercession and edification. It is activity that we do *with our spirit*, in concert with *the Holy Spirit*. It may be done through spoken prayer or in our thoughts.

Read [Ephesians 6:17-18](#).

42. How did Paul describe prayer in the Spirit?

"Praying always with all prayer and supplication in the Spirit" ([NKJV](#))

43. How often are we to pray in the Spirit?

At all times

44. What are the purposes of prayer in the Spirit according to this passage?

Intercession for all Christians

Staying vigilant, keeping a lookout for enemy attacks

45. The definition of supplication is "asking for humbly or earnestly, as by praying" (*American Heritage Dictionary*). Read [James 4:6-8](#). Why is humility an important element in prayer and in spiritual warfare activities in general?

God resists proud people, but gives grace to the humble. When we humble ourselves before God (i.e. submit to God), we are then able to receive God's help and resist the devil successfully.

Prayer is an acknowledgement that we are not in control and need God to intervene. This attitude of humility opens the door for communication with God, who can direct and apply our prayers in ways far beyond our understanding.

46. Read [Romans 8:26-27](#). Prayer in the Spirit is especially profitable when we don't know how to pray in a situation, and/or we're not sure what God's will is for the outcome. With that in mind, what does the Holy Spirit do when we pray in the Spirit?

He comes to our aid and helps us in our weaknesses

He intercedes for us with God the Father

Perfects our prayer and corrects the manner and delivery to be acceptable to God

Increases effectiveness of prayer for others (intercession)

Aligns our prayer with God's will

47. What aspect of praying the Spirit did Paul discuss in [1 Corinthians 14:14-15](#)?

Praying in tongues combined with praying with his mind

Read [1 Corinthians 14:5,18](#).

48. How often did Paul speak in tongues?

Frequently

49. What did Paul wish that other Christians would do?

Speak in tongues and prophesy

Speaking/praying in tongues is another way of humbling ourselves before God, as we usually will not know what we are praying ([1 Corinthians 14:2](#)). Praying in tongues is one example of the types of prayer Paul linked with praying in the Spirit in [Ephesians 6:18](#). The beauty of tongues is that our will isn't able to corrupt our prayers. (For more info, see our page, [http://www.porn-free.org/speaking\\_in\\_tongues.htm](http://www.porn-free.org/speaking_in_tongues.htm) )

50. Jude mentioned prayer in the Spirit as one of the tools to accomplish what spiritual warfare tasks in [Jude 1:18-23](#)?

Protection from false doctrine and corruption by worldly lusts, refuting false doctrine & rescuing people from it

Of all the spiritual armor, prayer in the Spirit is something that we're to be donning continually. Therefore, if you feel that you have not fully experienced prayer in the Spirit, please take a moment to ask the Lord to help you learn and discover how to pray in the Spirit.

### **3) Putting on the Armor of God**

51. As previously mentioned, faith is the power-link on which the armor of God relies. Reading [2 Corinthians 4:13-14](#) & [Romans 10:9](#), what are two actions associated with faith?

1. Believing in our hearts
2. Confessing it with our mouths

With those actions in mind, we can put each piece of the Armor of God on each day by "speaking it on" and believing that we are covered by it. Here is an example prayer/declaration we can make:

Heavenly Father, I praise and worship you because you are God. I am honored to be your servant and I take my stand today against the devil and his schemes against me, my family and my ministry. Father, as I take up each piece of the armor, please secure it in place on me.

I take up the shield of faith and extend it over myself. It extinguishes all the fiery darts of the evil one.

I put on the helmet of salvation, which protects my mind from the enemy's attacks. I have the mind of Christ.

I put on the breastplate of righteousness, which covers me with the righteousness of God. In Christ, every foothold of evil has been washed away and I am clothed in righteousness!

I gird my loins with the belt of truth. Your word, O God, is truth. Please sanctify me according to your word and remind me of the truth that destroys the lies of sin.

I shod my feet with the preparation of the Gospel of peace. I have peace with God through the blood of Jesus. I walk in my inheritance as an adopted son of God and have authority over evil in Jesus' name.

I will use the Sword of the Spirit by speaking the Word of God as it applies to whatever situation I may face today. Father, please remind me of your Word today.

I will continue to pray in the Spirit throughout the day, and intercede for all Christians as the Holy Spirit prompts me. I believe that the Holy Spirit is interceding on my behalf according to my prayers.

Thank you, Father, for the whole armor of God. Please surround me with your hedge of protection as I move forward on the spiritual battlefield today. I praise and worship you now and forever, Amen.

### **C. Other Spiritual Weapons**

In addition to the armor of God, there are a number of other important weapons for spiritual warfare.

#### **1) Hope**

Definition: "to cherish a desire with expectation of fulfillment; trust; to long for with expectation of obtainment; syn = expect" (*Webster's*)

Hope is closely linked with faith, as hope expects fulfillment of what we are believing for. Our hope is, or should be, based on the various aspects of our salvation in Jesus Christ. In general, hope is the expectation of the fulfillment of God's promises.

52. For each scripture below, write down the aspect of salvation that we can hope in:

Romans 5:1: We have peace with God through our faith in Jesus

Romans 8:15-17: We are God's sons and share in Christ's inheritance of glory (and suffering)

2 Corinthians 1:10, Psalm 91:14-15: God will continue to deliver us from evil

Colossians 1:27: The glory of Jesus will be manifested in us

[Titus 1:1-2](#): We have eternal life with God

[Titus 2:13](#): Jesus Christ will return to earth ("The Second Coming")

The story of Abraham gives us insight into how hope functions and what it produces.  
53. Please read [Romans 4:16-22](#) and summarize how Abraham hoped and what happened as a result.

Abraham, contrary to hope, in hope believed what God said and became the father of many nations; he didn't waver in unbelief, but was fully convinced that God would keep his promises; it was credited to Abraham as righteousness

As we see in Abraham's life, hope is faith in action; it is the employment of our faith.

54. Read [Hebrews 6:18-20](#). How does the hope of salvation affect our soul?  
The hope of salvation acts as a secure anchor for our souls

55. Read [Romans 5:1-5](#). What vital benefit does the hope of salvation give us for spiritual warfare?

Our hope of salvation is secure and will not disappoint us. Because of this, it enables us to exult while going through trials and tribulations, knowing that these will bring about perseverance, leading to proven character, leading to more hope. This translates to increased endurance on the spiritual warfare battlefield.

56. Please summarize the additional benefits of hope in the following passages:  
[Psalm 31:24, Isaiah 40:31](#): Strengthens us

[Psalm 42:5,11](#): Counters enemy weapons of discouragement and despair

[Psalm 146:5](#): Brings happiness

57. Losing hope can be devastating to us. From the below passages, what are some possible effects of losing hope?

[Psalm 42:5](#): Our soul becomes downcast and our spirit disquieted

[Proverbs 13:12](#): Our heart can grow sick

[Acts 27:19-22](#): We give up

### **Sources of hope**

58. Read [Romans 15:13](#). What is the Holy Spirit's role concerning our hope? The Holy Spirit helps us "abound in hope" by giving us joy and peace in believing his promises; God is the God of Hope.

59. Read [Romans 15:4](#). What is another source that will encourage us in our hope?  
The scriptures

## 2) Praise

### Definitions:

Praise: "Glorify by the attribution of perfections" (*Webster's*)

Praise is more than mere words. [Hebrews 13:15](#) refers to praise as a sacrifice that we should continually offer to God.

60. Read [Psalm 34:1](#). When did David say to praise the Lord?

At all times; continuously

61. Who should praise the Lord?

[Psalm 117:1-2](#): All nations

[Psalm 150:6](#): Every thing that has breath

62. How are we to praise the Lord?

[Psalm 33:1-2](#), [Psalm 92:1-5](#): with joyful singing and musical instruments

[Psalm 100:4-5](#): with thanksgiving whenever we approach Him:

"Enter his gates with thanksgiving and his courts with praise"

[Isaiah 42:12](#); [Psalm 51:15](#): by declaration

63. As a spiritual warfare weapon, praise can do many things. Please read the below verses and write what praise did/does:

[2 Chronicles 20:21-22](#): Brought deliverance from the enemy

[Psalm 8:2](#) (NIV): Praise silences evil forces

[Psalm 22:3](#) (AMP): Invites God into our lives, as God literally inhabits the praises of his people.

[Psalm 63:3-5](#): Releases God's blessing

[Isaiah 61:3](#): Praise counters the spirit of despair/heaviness

[Acts 16:25-26](#): Brings about miracles - Paul & Silas singing praise to God while in jail; an earthquake ensues which breaks open the prison cells; ultimately the jailer and his entire family become Christians.

64. The Bible has plenty examples of praise in spiritual warfare. Please read the below scriptures and write down the elements of praise mentioned and the results that followed:

[Psalm 149](#): Sing, dance, play music with instruments; praise and the sword of the Spirit will be used by God's children to execute vengeance on the nations and punishment to the wicked. They will execute God's judgment including binding "kings" with chains and "noble" with fetters of iron

[2 Samuel 6:12-15, 2 Samuel 7:1](#): David praised God with singing and dancing (vigorously) as the Ark was brought to Jerusalem; the people shouted and played trumpets; David also offered many burnt sacrifices. God blessed David and gave him rest from all of his enemies.

[2 Chronicles 20:15-22](#): Jehoshaphat, King of Judah, appointed men to sing to the LORD and to praise him as they went out at the head of the army, saying: "Give thanks to the LORD, for his love endures forever." As they began to sing and praise, the LORD set ambushes against the enemy and they were defeated.

[Isaiah 30:31-32](#): The people's praises accompany the Lord's shattering of Assyria: "The voice of the LORD will shatter Assyria: Every stroke the LORD lays on them with his punishing rod will be to the music of tambourines and harps, as he fights them in battle with the blows of his arm." ([NIV](#))

65. Take a moment to evaluate your efforts at praising God. In what areas can you improve?

### 3) The Blood of Jesus

66. Read [Revelation 12:10-11](#). What were the means by which the Christians (i.e. "brethren") overcame Satan and the fear of death?

They overcame him by the blood of the Lamb and by the word of their testimony

Just as the Christians in Revelation did, we too can use the blood of Jesus and our personal testimony of Christ in the spiritual battles we face. The late Derek Prince, a respected authority in spiritual warfare, explained:

"It is when we testify personally to what the blood of Jesus does for us that we can claim all the benefits that God has provided for us through the sacrifice of Jesus on the cross. Our bold, continuing personal testimony becomes the hyssop that applies the blood of Jesus to our lives." ref: *Because of the Angels, The Climax of the Conflict*, Letter from Derek Prince Ministries, February 2001

Note: Hyssop was a plant the Israelites used to sprinkle the blood on their doorposts during Passover.

67. Please read the below passages and write down what the blood of Jesus does for you:  
[Romans 5:9](#): Justification – We are made right in God's sight

[Ephesians 1:7](#): Redemption, meaning we are freed from the captivity of sin and the death sentence sin merits

[1 John 1:7](#): Cleanses us from ALL sin

[Hebrews 9:14](#): Cleanses our conscience from the dead works of sin

[Hebrews 10:19](#): Enables us to boldly approach God's throne without fear of punishment

Believing in all that the blood accomplishes, we can “pray it” or “speak it” in warfare situations. For example, after God healed me from the compulsion to view pornography several years ago, I continued to be hit with temptations periodically. One of the tactics I learned was to apply the blood when I realized I was being tempted. I would say (audibly or in my mind), "Satan, in the name of Jesus I rebuke you and command you to leave me alone. I am cleansed by the blood of Jesus Christ, who died for me and defeated you." If the temptation persisted, I would then repeat "the blood of Jesus covers me" until it subsided.

#### 4) Love

Using love as a spiritual warfare weapon may seem paradoxical, but it is in perfect harmony with God's way of fighting battles. Before we attempt to use love as a weapon, we must understand how God loves us.

Jesus said that the greatest love is shown when a person will lay down his life for another ([John 15:13](#)). Jesus demonstrated that love, as well as taught about God's love in several parables.

68. Read [Luke 15:11-32](#). What does this parable tell us about God's love?  
It is unconditional, merciful and forgiving

69. Read [1 John 3:1](#). What manner of love is God's love described here as?  
As a father loves his children

When we combine these different pictures of God's love, it gives us a better idea of how amazing God's love is. Through Jesus, God laid down his life for us. As the Father of Jesus, God loved us so much that he allowed his Son to undergo a great deal of agony on our behalf. If we should fall into trouble such as the wayward son, we have the picture of a merciful, forgiving Father who will welcome us back when we return.

Following in Jesus' footsteps, we have the important mission of showing God's love to people.

70. For each of the below passages, write down the specifics of our mission of love that are mentioned:

[Matthew 5:44, Luke 6:27,35](#): Love your enemies with God's love; pray for those who persecute you; do good to those who hate you

[Luke 10:25-27](#): Love God with all your heart and soul, and love your neighbor as yourself

[Ephesians 3:14-19](#): Love is to be the foundation for everything we do – we are to be rooted and grounded in it; this will help us be filled with all fullness of God and knowledge of Christ's love

In short, love is to characterize everything we do ([1 Corinthians 16:14](#)). This is a difficult task, especially when we have to deal with enemies. Thankfully, God didn't leave us on our own to come up with this supernatural kind of love.

71. Read [2 Timothy 1:7](#). How does God equip us to love others?

God gives us a spirit of power, love and a sound mind

We have God, the God of love, in our hearts through the Holy Spirit; he gives us the power to love the unlovable

72. Read [Romans 12:19-21](#). What happens when love is used in spiritual warfare? When we do good to our enemy (instead of taking vengeance), we cause him or her to be ashamed of their actions against us

73. John described an amazing process of love that results in fear being "driven" from us. Please read [1 John 4:14-19](#) and describe this process in your own words.

If we believe in God's love for us, we must live in love, i.e. practice loving one another

Then God lives in us and God's love is perfected in us

Then fear is driven from us, because we will no longer have to fear punishment on judgment day (because we have peace with God through Christ)

74. Read [Romans 8:35-39](#). What are the things that can separate us from God's love? Nothing can separate us from God's love; specific things that cannot separate us include trouble, hardship, persecution, famine, nakedness, danger, sword, death, life, angels, demons, present, future, any powers, height, depth, and anything else in all creation

75. What are some practical ways you can practice love with the people in your life?

Being quick to listen, slow to speak

Attending to the interests of others ahead of your own

Being a generous giver; sharing with others in need

Being courteous

Speaking uplifting words; encouraging instead of criticizing

Praying for people

Restraining the tongue from speaking evil about people

## 5) The Gifts of the Spirit

Though not always regarded as spiritual weapons, the gifts of Spirit can be instrumental in driving evil back and reclaiming lost territory for God's kingdom. This is in line with our mandate from the Lord to overcome evil with good ([Romans 12:21](#)).

76. What are the nine gifts of the Spirit (or manifestations) mentioned in [1 Corinthians 12:7-11](#)?

1. Word of wisdom
2. Word of knowledge
3. Discerning spirits
4. Gifts of healings

5. The working of miracles
6. Faith
7. Different kinds of tongues
8. Interpretation of tongues
9. Prophecy

77. What seven spiritual gifts are mentioned in [Romans 12:6-8](#)?

1. Prophecy
2. Service
3. Teaching
4. Exhortation
5. Giving
6. Leadership
7. Mercy

78. Read [1 Corinthians 12:7](#). What is the purpose of the gifts of the Spirit?  
For the profit or common good of all in the Body of Christ

The gifts are given to build up or edify the Body of Christ. This can range from preparing people for spiritual battle to helping them heal from wounds received in warfare. When used properly the gifts of the Spirit will increase our battlefield endurance and reduce our recovery time from warfare wounds.

79. Read [1 Corinthians 12:11](#). Who decides what gifts are given to each person?  
The Holy Spirit

80. What specifics does the Bible give us in the below verses on the attitude we should have toward the gifts of the Spirit?

[Romans 12:6-8](#): We should exercise our gifts

[1 Corinthians 12:1, 1 Corinthians 14:1](#): We should be aware of what our spiritual gifts are and we should eagerly desire them

[1 Corinthians 12:12-27](#): Avoid thinking our gifts make us better than other Christians; we are all parts of Christ's body

[1 Corinthians 13:1-3](#): Use our spiritual gifts in love; without love the gifts are useless to the Body of Christ

Since love is the foundation for the operation of the gifts of the Spirit, anything that detracts from love can be a possible corrupting influence on the gifts of the Spirit. Some examples include greed, lust, desire for power or control, love of men's praise and fear.

81. What spiritual gifts do you think/know God has given you?

If you are unsure of what your spiritual gifts are, I encourage you to take a moment to ask God in prayer to reveal your gifts to you and teach you how to use them for his purposes. Here is an example prayer you can use:

Father in heaven, thank you for creating me with special gifts to minister to your people. I ask for wisdom concerning my spiritual gifts. Please reveal to me what my spiritual gifts are and teach me how to use them in the body of Christ. Please help me to be sensitive to the Holy Spirit throughout the day and obedient to your convictions. Please protect me from the enemy's deception and temptation. Father, I praise you and thank you for including me in your wonderful work on earth! In Jesus' name, Amen.

## 6) Anointing with Oil

Anointing with oil is a physical act that we do to symbolize a spiritual dedication or consecration of a person, object or location to God's purposes. As a spiritual weapon, it is a way of staking claim to a territory for God's kingdom. Webster's definition of consecrate is "To devote irrevocably to the worship of God."

Oil is the most commonly used substance for anointing. In the Old Testament law, God gave a special, exclusive recipe for holy anointing oil. Under the new covenant, however, we see that other substances may be used for anointing as well. For example, Jesus anointed the blind man in [John 9:6](#) with clay and spit!

82. Read [Exodus 40:9-11,13,15](#). What did God instruct Moses to do with the tabernacle, utensils and priests to prepare them for God's service?  
Anoint them with oil, consecrating them to God

83. Read [1 Corinthians 6:19](#). Under the new covenant through the blood of Jesus Christ, where is God's tabernacle / temple?  
Our bodies

As living tabernacles through Jesus Christ, we can use our bodies and possessions to honor or dishonor God. By anointing them, we consecrate them to serve God and not evil.

84. Anointing with oil can be a key element in the healing process. What do the following scriptures say concerning anointing sick people with oil?  
[James 5:14](#): the church elders should anoint sick people with oil in the name of the Lord and pray for them  
[Mark 6:13](#): The disciples "drove out many demons and anointed many sick people with oil and healed them" (NIV)

85. In addition to church leaders and the disciples, who else may anoint people with oil?  
[2 Samuel 12:20](#): Ourselves; David anointed himself & worshiped God

[Luke 7:37-38](#): Everyday sinners; Mary anointing Jesus' feet w/fragrant oil

### **When to anoint**

86. Describe the occasions in which anointing was performed in the following verses:  
[Exodus 40:9-11](#): Dedicating objects to glorify God (examples: computer, monitor, VCR, eyes, hands, house, bed, etc...)

[Exodus 40:13](#): When preparing to serve the Lord in a special way

[2 Samuel 1:21, Isaiah 21:5](#): Prior to going to battle

[2 Samuel 12:20](#): After confessing and repenting from our sin; rededicating ourselves after a fall

[Ezekiel 16:9](#): After cleansing ourselves

Prior to using oil or any other substance, I ask the Lord to bless it and use it as a holy medium for his purposes. The significance of anointing is not in the substance used, but rather in the spiritual reason behind the anointing.

### **How to anoint**

[Matthew 28:19](#) & [James 5:14](#) instruct us to anoint "in the name of the Lord." Since we typically express the name of the Lord in the three persons of the Father, the Son and the Holy Spirit, we can say this when anointing:

"I anoint \_\_\_\_\_ in the name of the Father, the Son and the Holy Spirit."

When I anoint, I lightly wet my fingertip with the oil and make the symbol of the cross on the object while saying the words. I may then follow with a short prayer further expressing my intention. Again, it matters not so much what you do or say when you anoint as much as what your intent is spiritually.

We can anoint people, places and things to consecrate them to God's purposes. Here are some suggestions of things to anoint:

- People (family members, ministry workers, etc.)
- Buildings (house, church, office, rooms, etc.)
- Objects: Furniture (esp. beds), computer, monitor, TV/VCR, cars, gifts from others, etc.
- Pets

87. Anointing is a significant act and should be taken very seriously. What warning was given in [Leviticus 21:10-12](#) to the head priest?

God said the priest "Must not make himself unclean, even for his father or mother, nor leave the sanctuary of his God or desecrate it, because he has been dedicated by the anointing oil of his God."

Likewise, it behooves us to do our best to ensure that the things we anoint will not be used to dishonor God. We should honor the dedication we have made to the Lord when we anoint.

## 7) Prayer

We previously examined the benefits of praying in the Spirit. Prayer in general is a powerful weapon for spiritual warfare.

88. Read [Luke 5:16](#). How frequently did Jesus pray?  
Often; if Jesus, who was perfect, felt it important to pray, how much more should we!

89. Read [1 Thessalonians 5:17](#). How often are we to pray?  
Without ceasing

90. There are many reasons to pray. The following passages highlight several of them which relate to spiritual warfare situations. Please read each example and then write down the purpose of the prayers that were offered.

[Matthew 18:18-20](#):

Bind evil; loose God's plans

[Mark 14:38](#):

Strength in withstanding temptation

[John 17:13-15](#):

Protection from evil; Jesus prayed that God would keep his followers from the evil one

[Romans 1:9](#):

Intercession; Paul made mention of other Christians without ceasing in his prayers

[Acts 4:21-33](#):

The people prayed for protection and boldness in speaking the Word; also prayed for God to heal, perform signs and wonders through the name of Jesus; as a result the place was shaken, they were all filled with the Holy Spirit and they spoke the word of God with boldness and power

[Acts 12:1-11](#):

Deliverance; People prayed fervently for Peter's release from prison; an angel came and freed him

[Philippians 4:6-7](#):

Protection/deliverance from fear/anxiety; taking our requests before God in prayer yields the peace of God which guards our hearts and minds

[James 5:13-16](#):

help during suffering; healing from sickness; forgiveness of sin

## 8) Fasting

Christian fasting is primarily a tool by which we humble ourselves before God. Humility invites God to draw near to us and work through us as opposed to pride, which repels God from us ([James 4:6-7](#)). By denying our flesh its desires for food and/or water, we fortify our commitment to following God. It is a way of exercising our spirit's will to serve God over the flesh's will to serve sin.

91. Jesus expected that his followers would fast after he left earth. How do these two examples show that expectation?

[Matthew 6:16-17](#): Jesus taught the people about fasting; he said “when you fast” – it was not a question of “if” they would fast

[Matthew 9:14-15](#): John’s disciples questioned Jesus about why his disciples were not fasting; he explained that they would fast after he left them

### **Purposes and examples of fasts in the Bible**

92. For each of the below Old Testament examples, please summarize the circumstances and the fast that was done.

[1 Kings 21:25-29](#):

To humble oneself; King Ahab humbled himself before God by fasting, wearing sackcloth and mourning in. God relented, sparing Ahab of calamity.

[2 Chronicles 20:2-4](#):

Petition for God’s protection; Jehoshaphat proclaimed a fast when he learned of a large army coming from Syria to attack

[Ezra 8:21-23](#):

Ezra proclaimed a fast to humble themselves, seek guidance and protection; God answered their prayers

[Jonah 3:5-10](#):

Repent from sin; appeal to God’s mercy

There aren’t many examples of fasting in the New Testament, but there are some significant ones.

93. Read [Matthew 17:14-21](#). How was fasting linked to the disciples’ failure at casting the demon out of the boy?

Jesus explained that the particular type of demon was only routed through prayer and fasting.

94. Read [Acts 13:2-3](#). How was fasting used in this example and what were the results? The people were ministering to the Lord and fasting; the Holy Spirit then told them to set apart Paul and Barnabas for their special assignment; Before sending Paul and Barnabas out, the people prayed, fasted and laid hands on them

95. Read [Luke 4:1-2](#). How was fasting involved with spiritual warfare in this example? Jesus, led by the Holy Spirit, fasted for 40 days in the wilderness prior to facing the devil in the temptations

### **D. Using your spiritual weapons in warfare**

#### **1) Proper context for spiritual warfare: submission to God’s will**

Now that we’ve examined our spiritual weapons, we should take a moment to explore the proper context for using them.

96. Read [John 5:19](#). What general rule did Jesus use in determining what he would do each day?

Jesus looked to see what the Father was doing – he only did what he saw the Father doing

Jesus completely submitted to the Father's will. Part of the Lord's prayer that Jesus taught included the phrase, "Thy kingdom come, Thy will be done in earth, as it is in heaven" (Matthew 6:10 KJV). Jesus ultimately surrendered his will to the Father to the point of dying on the Cross ([Matthew 26:39,42](#)). Likewise, we'll need to surrender our will to God, especially when it comes to spiritual warfare situations.

97. Considering the below verses, what can happen if we take spiritual warfare into our own hands, using it for our own desires and purposes?

[Luke 9:51-56](#): We risk violating God's will; we could do the enemy's will instead of God's will (i.e. destroy lives)

[Acts 19:13-17](#): We risk personal injury!

Even as redeemed people, we still must daily put off our old self and its sinful desires. Spiritual warfare is likely to generate temptations toward revenge, anger, pride and other destructive desires. If we yield to these destructive desires and attempt to wage spiritual warfare, we'll undoubtedly be giving the enemy a foothold in us.

As an interesting side note, the occult realm often draws people seeking power and/or knowledge to use for their own purposes. This power and knowledge is real, yet people often don't realize that it comes with the price of slavery to the devil.

98. Read [Genesis 3:1-6](#). The temptation for power and knowledge beyond what God has given us appeals to our pride of life. How is this similar to Satan's temptation of Eve in the Garden of Eden?

This is the same type of temptation that Satan used on Eve. He suggested that she could gain knowledge and become like God by eating the fruit. Satan's temptation perfectly dovetailed with the fruit's delicious appearance, and Eve ate it.

As we considered earlier, Jesus demonstrated how to live for God's will and avoid getting ensnared in carnality and pride of life.

99. Read [Luke 4:3-12](#). How did Satan tempt Jesus to act on his own initiative, apart from the Father?

Satan tempted Jesus to turn the rocks into bread

Satan tempted Jesus with authority over the world's kingdoms in exchange for worship

Satan tempted Jesus to test God's word by jumping off the temple

Jesus recognized that Satan was the author of these temptations, not God

It behooves us to stay as close to God as possible and continuously look for indications of where he is working and guidance on what he wants us to do. This information may come through prayer, an inner impression, a word of knowledge or wisdom, circumstances, another person or the scriptures. Charging into the enemy's camp on our own initiative without orders or covering from God could be disastrous for us and our

families. Our presumption and pride could give the enemy sufficient footholds to counterattack in a variety of ways.

## 2) Mindset for Battle

It is very important for us to adopt a “kingdom mindset” if we’re to fully engage our potential as sons of God and be effective in spiritual warfare.

100. Read [Matthew 6:25-34](#). As God’s sons (or children), what is to be our primary focus?

Our Lord commanded us to seek first his kingdom and his righteousness and not to worry about the cares of the world (wealth, food, clothing, etc.); God WILL take care of us!

When we focus on the cares of the world or other carnal interests, our ability to wage effective spiritual warfare for God’s kingdom is diminished. Additionally, when we’re being distracted from God, we’re susceptible to hijack by the enemy.

101. As you consider your own situation, what are some areas of carnal distraction that you need to guard against?

102. Another important area is our attitude toward sin and temptation. What do the following scriptures tell us concerning the attitude we should have?

[Romans 6:11-14](#): consider yourself dead to sin, but alive to God in Christ Jesus; don’t let sin reign in your body so that you obey its lusts; present your body as an instrument for righteousness

[Galatians 4:7](#): No longer live as slaves to sin, but as sons of God, empowered to live in righteousness for His glory

103. Since sin and temptation are clearly vehicles of the enemy, what are we to do with the sin that holds us back from living for God?

[Romans 13:12](#): cast off the works of darkness; put on the armor of light

[Hebrews 12:1-3](#): lay aside every encumbrance and the sin which so easily entangles

It behooves us to adopt a “no mercy” attitude toward the sins that entangle us, especially in areas that we’ve dabbled with in the past. We can no longer give pet sin and temptation a place in our lives, especially if we’re planning to wage spiritual warfare for God’s kingdom.

104. As you consider your weaknesses, are there any areas of sin and temptation that you have been tolerating? If so, what radical actions can/will you take to rid yourself of them?

## 3) Case Studies in Spiritual Warfare

Let’s now look at some key examples of spiritual warfare to see how the weapons can be used. For each example, please answer these questions:

- Who was fighting?
- What spiritual weapons were employed?
- What enemy tactics were used?
- What happened?

105. [2 Kings 6:8-23](#):

Who was fighting? Elisha and the Israelites vs. the Aramean army

What spiritual weapons were employed? Word of knowledge (vs. 12); faith; prayer; love

What enemy tactics were used? Fear/Intimidation

What happened? Elisha, through word of knowledge knew the King of Aram's secret plans against Israel. The King of Aram sent an army to capture Elisha. Though the city was surrounded by the Aramean army, Elisha believed that God's army was in control of the situation. Elisha asked God to reveal his armies to his alarmed servant, which he did. Elisha asked God to strike the Arameans with blindness and then escorted them to the King of Israel. Instead of killing them, they showed them kindness (love) by giving them a great feast and then sent them home to their master. As a result, the Arameans never invaded Israel again.

106. [2 Chronicles 20:1-30](#):

Who was fighting? Jehoshaphat, King of Judah vs. alliance of Moabites, Ammonites and Meunites

What spiritual weapons were employed? fasting, prayer, praise, faith (trust), prophecy

What enemy tactics were used? Fear

What happened? Jehoshaphat proclaimed a fast in order to seek the Lord concerning the alliance that was coming to fight them. He led them in praise and prayer, and God responded by prophecy through one of the priests, giving them instructions on what to do in battle the next day. Jehoshaphat appointed people to lead the army into battle by singing praise and the Lord sent ambushes against the enemy while they sang. The alliance was defeated.

107. [Ezekiel 13:17-23](#): This example shows a rare glimpse of how occult powers can be used against God's followers, and in some cases even cause death!

Who was fighting? Women were oppressing God's followers, who apparently were not fighting back

What spiritual weapons were employed? none

What enemy tactics were used? Discouragement, grief and death through magic & false prophesy (i.e. lies)

What happened? Women using false prophesy and magic to dishearten righteous people even to the point of death; they were also using their powers to sustain evildoers; God intervened on behalf of the righteous and delivered them; he also judged the evil women

108. [Daniel 10](#):

Who was fighting? Daniel, God's angels (Gabriel & Michael) and Satan's angels (Prince of Persia and Prince of Greece)

What spiritual weapons were employed? Fasting and prayer

What enemy tactics were used? Angelic interference

What happened? Daniel mourned the revelation God had given him; he fasted to humble himself before God and to seek additional revelation and guidance; God sent the angel Gabriel in response, who was opposed by the Prince of Persia, a satanic angel (or demon). Gabriel needed the Archangel Michael's assistance to even get to Daniel and deliver his message. On his return to heaven, Gabriel mentioned that another satanic angel, the Prince of Greece would join the Prince of Persia in opposing him.

109. [Mark 5:1-13](#):

Who was fighting? Jesus and the group of demons called "Legion"

What spiritual weapons were employed? Authority of Christ

What enemy tactics were used? Delay through bargaining (?)

What happened? Jesus commanded the demons to leave the man, and they tried to resist.

Jesus asked them their name, and then gave them permission to go into a nearby herd of pigs, which they did. The man was delivered from the demons.

110. [Mark 9:14-29](#):

Who was fighting? Jesus, the disciples and a mute spirit

What spiritual weapons were employed? Authority of Christ, faith, prayer and fasting

What enemy tactics were used? Intimidation through violent manifestations

What happened? The disciples were unable to cast a mute spirit out of a boy. The boy's father appealed to Jesus for help. Jesus probed the father's faith and then answered his request (or prayer) to deliver the boy. Jesus rebuked the spirit, commanding it to come out and forbade it from re-entering him. The spirit left and Jesus explained to the disciples that some spirits will only leave after prayer and fasting has been done. His comments possibly implied that he had done both prior to the engagement.

111. [Luke 4:1-13](#):

Who was fighting? Jesus and Satan

What spiritual weapons were employed? The Sword of the Spirit and fasting

What enemy tactics were used? Misusing scriptures; tempting to test God; doubt; appealing to lust of the flesh, eyes and pride of life

What happened? Jesus fasted during his 40 days of temptation. Satan came to him in three specific instances and Jesus responded in each with the appropriate scripture that refuted the temptation.

112. [Acts 13:1-12](#):

Who was fighting? Paul (Saul) and Elymas the Sorcerer (“Bar-Jesus”)

What spiritual weapons were employed? Discerning of Spirits, Word of Knowledge (?), Prophecy

What enemy tactics were used? Opposing Paul & Barnabas, trying to turn the proconsul away from Christianity through deceit, fraud & false teaching

What happened? Elymas was opposing Paul’s team and trying to turn the proconsul away from the faith. Paul, filled with the Holy Spirit, confronted Elymas and described the condition of his soul. He also told him that God’s hand was against him and that he would be temporarily blinded. When the proconsul saw what had happened, he believed [in God].

113. [Acts 16:16-18](#):

Who was fighting? Paul and a spirit of divination

What spiritual weapons were employed? Authority of Christ

What enemy tactics were used? Harassment, mockery

What happened? The spirit harassed Paul for days, until finally he rebuked it and it left the woman.

114. [Acts 16:19-34](#).

Who was fighting? Paul and Silas in prison

What spiritual weapons were employed? praise, prayer & love

What enemy tactics were used? flogging and imprisonment

What happened? Paul and Silas were praying and singing praise at midnight in the prison; God responded by sending an earthquake which caused the prison to be opened. Instead of fleeing, Paul and Silas stayed and shared the Gospel with the jailer and his family. All of them believed and were saved.

115. 2 Corinthians 10:3-6:

Who was fighting? People and evil thoughts

What spiritual weapons were employed? Spiritual weapons mentioned as a group – no specifics given; truth (belt of) used to refute lies

What enemy tactics were used? Used lies (arguments, theories & reasonings against the knowledge of God); Used proud and lofty things that set themselves against the knowledge of God

What happened?

The people used spiritual weapons to destroy strongholds, refute the lies and make every thought and purpose captive to the obedience of Christ.

## IV. Warfare Disciplines

In this section we'll examine disciplines that will help us in combat. Conventional military armies typically spend much time training in the various skill areas needed to fight wars. In this fashion they are best prepared to face potential threats when war comes. Similarly, spiritual warriors can train in key skill areas, i.e. *warfare disciplines*, so that they are prepared to face the enemy when he attacks. We know that we are already at war and the devil is prowling around like a lion, looking for whom he may devour ([1 Peter 5:8](#)). If we train in the various disciplines needed to fight him, we'll be better prepared for his attacks.

### A. Our Trainer and trainers

#### 1) God as the Master Trainer

As with most disciplines, it makes sense to be trained by a master. God is the Master Trainer in spiritual warfare and works through the "person" of the Holy Spirit.

4. Read [Psalm 18:28-39](#).

1. Who trained David how to fight the enemy? God
2. What was David specifically trained to do? God taught his hands to make war (vs 34).
3. How was David equipped for battle? God armed him with strength, agility, firm footing, strategic positioning, vision and protection.

God will provide all of the equipment we need, so that we may stand against the devil's schemes, survive and overcome!

5. Read [Luke 3:21-23](#), [Luke 4:1-2](#). Who trained Jesus and prepared him to face the devil in spiritual warfare? The Holy Spirit

6. Read [Hebrews 4:14-16](#). How did Jesus prove his own expertise in spiritual warfare? He was tempted in every way that we are, but did not sin

7. Read [John 14:15-18](#). Who has God sent to live in us and act as a counselor? The Spirit of Truth (the Holy Spirit)

8. Read [John 14:26](#), [1 John 2:27](#). What will the Holy Spirit do for us? How can this help us in spiritual warfare?

Help us, train us and remind us of Christ's words; He will also give us an "anointing" that will help us learn spiritual things, such as using spiritual weapons. For example, by reminding us of Christ's words the Holy Spirit helps us use the Sword of the Spirit with greater accuracy.

## 2) People as trainers

God will also work through godly people in our lives to facilitate our warfare training. While these people are not our “masters,” they can be agents of The Master in our lives.

9. In the following verses, what people are mentioned who could be involved in our spiritual training?

[Ephesians 4:11-12](#): Apostles, prophets, evangelists, teachers, pastors

[1 Corinthians 4:14-16](#): Spiritual fathers; mentors

[1 Corinthians 12:27-28](#): Apostles, prophets, teachers, people with gifts of miracles, healings, helps, administrations and various kinds of tongues

10. Read [Acts 13:1](#), [1 Corinthians 12:28](#). Where are we most likely to find people who can train us? In church

11. With that in mind, what does the scripture exhort us to continue doing? Read [Hebrews 10:23-26](#): Hold fast to our confession of faith without wavering, consider how to encourage one another to love and good deeds, and continue meeting together with other Christians for mutual encouragement in the faith.

12. Considering the above verses from Hebrews 10, how can being involved with a church help you when you fail or get discouraged in warfare? Being part of a church body affords us the benefits of the various ministries of the people in the church. For example, if we are discouraged, we can be encouraged by people in the church. If we're struggling with doubt, we can benefit from someone with the gift of faith in the church. If we're feeling spiritually lazy, we can be stirred to action by people who are zealous for the Lord.

13. Take a moment to evaluate your current church situation. If you are not attending a church, how might this affect your training in spiritual warfare?

## B. Disciplines to promote combat readiness

In this section we will look at five disciplines that will help us in fighting spiritual warfare battles. Specifically, mastering these disciplines will contribute to increased endurance on the battlefield, quicker recognition of the enemy's schemes, more effective response in battle, and sharper discernment of God's guidance.

### 1) Quiet times

Military units typically muster in the morning each day for several reasons. The commanding officer needs an accurate account of his forces and the forces need their orders for the day's evolutions. The commanding officer may use this time to communicate with his soldiers on pertinent matters, such as providing praise, rebuke, warning, guidance, encouragement, etc. He may brief the soldiers on the latest intelligence reports and explain how that might affect the unit. The soldiers may brief the

commanding officer on important developments in the field that could impact the unit's combat readiness. This morning muster is critical to the unit's mission accomplishment for that particular day.

Likewise, it is important for us to meet with God, our commanding officer, each day in order for us to meet our mission objectives in spiritual warfare. Though not a difficult task, it can be a big challenge for people to simply have a Quiet Time consistently. The cares of the world, lack of sleep, or busy schedules so often vie for priority over time with God. If we hope to be valiant warriors in God's army, we can't afford to miss our daily quiet time with him!

14. Read [John 15:4](#). What happens when we fail to connect with God?  
We get separated from the vine (Christ) and cannot bear fruit for his kingdom

Read [Psalm 63](#).

15. What was the condition of David's soul and body (while being chased by Saul in the wilderness)?

David's soul longed for the Lord; his flesh thirsted for the Lord

16. What did he do in response?

David sought the Lord early in the morning and worshiped him

17. What were the results?

His soul was satisfied and he rejoiced; God upheld him with His right hand; his enemies were (to be) destroyed; the liars' mouths were (to be) stopped

Quiet times can be a strategic time for us to seek God's wisdom about the challenges we're facing in the natural or spiritual realms.

Read [Joshua 9:1-19](#).

18. What did Joshua and the elders fail to do?

Joshua and the elders did not seek the Lord about the proposed peace treaty with the strangers

19. What happened as a result?

As a result, they were deceived and made a treaty with the very people God had instructed them to remove from the land

### **Elements of meaningful quiet times**

There are perhaps an unlimited number of things we can do in our quiet times. What matters most is the condition of our heart.

20. Please read each verse reference, and write down the Quiet Time activity mentioned:  
[Joshua 1:8](#): Bible study (scripture study, meditation and memory work)

[Psalm 100:4](#): Praise & Worship

[Ephesians 6:10-13](#): Put on the full armor of God

[Ephesians 6:18](#): Prayer

## 2) Testing doctrine, spirits and people

Satan often uses false doctrine, deceiving spirits and people to divide churches and lead people away from Christ. If we plan to survive and be victorious in spiritual warfare, we'll need to develop the skills of testing doctrine, spirits and people.

God's word is the most important source we can study in order to recognize the various counterfeits that the devil uses.

21. Read [2 Timothy 3:16-17](#). How relevant or useful is God's word to the challenges that we face in life?

The scriptures are perfectly relevant and useful - all scripture is profitable for doctrine, reproof, correction and training in righteousness; this directly contributes to our readiness for warfare and fulfillment of God's mission for our lives

22. What were the key phrases that Paul used to describe God's word in [Hebrews 4:12](#)?

Living and active

Sharper than any two-edged sword

Pierces even to the division of soul and spirit and of joints and marrow

Is a discerner of the thoughts and intents of the heart

Just as bank trainees study real money to better recognize fake money, so we can study God's word to better recognize Satan's counterfeits of the truth.

Read [Luke 4:1-14](#).

23. How did Jesus use the word of God to fight Satan's temptations?

Jesus used the word to expose and refute Satan's temptations. Jesus quoted the scriptures that revealed Satan's true motives.

24. If Jesus had not known the scriptures, how might the outcome of this confrontation been different?

Had he not known the scriptures, Jesus may have succumbed to any of Satan's three temptations.

25. Read [Acts 17:10-12](#). How did the Bereans test the apostles' teaching?

They searched the scriptures to see if what the apostles were saying was correct.

The scriptures help us recognize Satan, his minions and his schemes, typically by the fruits they produce. Jesus said, "A good tree bringeth not forth corrupt fruit; neither doth a corrupt tree bring forth good fruit. For every tree is known by his own fruit. For of thorns men do not gather figs, nor of a bramble bush gather they grapes" (Luke 6:43-44 KJV)

26. Read [2 Peter 2:1-19](#). Please list the fruits (or qualities) of the false prophets that Peter recognized/described.

Denying the Lord

Follow shameful ways & bring the way of truth into disrepute

Greedy and exploitive

Follow the corrupt desire of the sinful nature and despise authority

Bold & arrogant

Blasphemous

Like brute beasts

Reveled in their pleasures

Eyes full of adultery, they never stop sinning

Seduce the unstable

Love the wages of wickedness

They speak empty, boastful words and, by appealing to the lustful desires of sinful human nature they entice people who are just escaping from those who live in error

They are slaves to depravity

27. Read [Revelation 2:2](#). What had the people done with the people claiming to be apostles? They had tested them and found them to be false.

28. Read [1 Thessalonians 5:16-22](#). What did Paul say concerning testing things? Test all things; hold fast to what is good; abstain from every form of evil

29. Read [1 John 4:1-3](#). What test did John describe in this passage?

Test spirits; don't believe every spirit; test them to determine if they are of God; those who confess that Jesus came in the flesh are of God

30. What are some of the possible outcomes of failing to test doctrine, spirits or people illustrated in the below verses?

[Colossians 2:8](#): taken captive through philosophy and empty deception according to the tradition of men, the elementary principles of the world rather than according to Christ

[1 Timothy 4:1-2](#): fall away from the faith, paying attention to deceitful spirits and doctrines of demons

[2 Timothy 2:24-26](#): taken captive to do the devil's will

[2 Peter 2:1-2,18](#): led astray/enticed into sensuality

31. Read [John 16:13](#). Who will help us recognize the deceptions of the enemy, provided we are listening to him? The Holy Spirit

### 3) Controlling our thoughts

Controlling our thoughts could be the most difficult discipline to master in spiritual warfare. It is particularly difficult because there are three different sources that can feed evil thoughts into our minds.

32. What are the three sources of evil thoughts mentioned in the below verses?

1. [Matthew 15:18-20](#): The Heart

2. [Matthew 16:21-23](#): People

3. [Acts 5:3](#): The devil

No matter what the source of an evil thought, once it is in our mind we have the choice of whether or not to entertain it. If we entertain an evil thought with our imagination, we sin.

33. Jesus explained this principle of “thought-sin” in [Matthew 5:27-28](#). What did thought-sin did Jesus equate adultery with?

Lust

34. What other example did Jesus use to illustrate the thought-sin principle in [Matthew 5:21-22](#)?

Jesus categorized hatred, anger and speaking evil of a person with murder

35. Entertaining evil thoughts can bring a variety of unpleasant consequences. Please write down the example consequences mentioned in the below verses:

[Psalm 66:18](#): Blocked prayer: “If I regard iniquity in my heart, the Lord will not hear me”

[Ezekiel 14:7-8](#): God opposes you: If the people set up idols in their hearts, God would set his face against them and cut them off from the people

[Matthew 13:22](#): The word can be choked by the worries of life and the deceitfulness of riches

[Romans 1:18-32](#): Thinking can become futile and darkened; can be given over to lust & depravity; can be filled with every kind of wickedness

36. What are three actions we can take concerning our thoughts?

1. [Luke 21:34](#): Guard your heart

2. [2 Corinthians 10:3-5](#): Cast down sinful imaginations and take every thought captive to obedience of Christ

3. [Philippians 4:8](#): Fix thoughts on good things (things that are true, noble, just, pure, lovely, of good report, virtuous and praiseworthy)

What can we fix our thoughts on? There are many different things that we could think on that fit the qualities Paul mentioned in Philippians 4:8.

37. What are four general categories of things we can think on mentioned in the below verses?

1. [Joshua 1:8](#): The word of God

2. [Colossians 3:1-4](#): Things above, rather than earthly things
3. [Philippians 2:1-5](#): On the interests & needs of others
4. [Hebrews 3:1](#): Fix your thoughts on Jesus

38. Take a moment to evaluate your track record in controlling your thoughts. How well have you been guarding your heart, casting down sinful imaginations and re-directing your thoughts toward pure things? In what areas can you improve?

39. There are some awesome benefits of keeping our thoughts obedient to Christ. Here are three examples:

1. [Isaiah 26:3](#): God will keep us in perfect peace
2. [Philippians 4:6-7](#): God's perfect peace will guard our hearts and minds
3. [Romans 8:6](#): We will receive life and peace

#### 4) Exercising Godliness

##### a. Physical & Spiritual exercise compared

Any exercise involves working against a resistance. For example, weightlifters' resistance consists of the weight on the barbell or dumbbell. A swimmer's resistance comes from the friction or drag of their bodies moving through the water. Overcoming the resistance is the work that breaks the muscles down, so that they will grow stronger. The same principles of resistance and strength-building apply in spiritual exercise.

40. Read [Romans 7:21-25](#). What is the internal resistance we face in exercising godliness?

The law of sin in our members wars against the law of our minds (God's laws)

Read [1 Timothy 4:6-8](#).

41. What did Paul instruct Timothy to do regarding godliness?

Exercise himself toward godliness

42. What did Paul liken spiritual training to?

Physical training (or exercise)

43. In what way is spiritual exercise superior to physical exercise?

It is profitable for all things, both now and for eternity

Read [1 Corinthians 9:24-27](#).

Paul used the comparison of physical training to illustrate spiritual training principles here, just as he did in 1 Timothy 4:6-8.

44. What two recommendations did Paul have for spiritual athletes, drawing from his own experience with spiritual training?

1. Run to get the prize, i.e. take it seriously and keep the eternal reward in mind
2. Be prepared to exercise self-control in everything; Paul disciplined his body and brought it under strict control, so that he would not be “disqualified” from the race

45. What did Paul have to bring into submission during his spiritual training? What was at stake if he failed to do so?

his flesh; he could be disqualified from his inheritance in Christ (i.e. the eternal prize)

The race analogy of the Christian life emphasizes the ongoing battle we must fight against our flesh. The body constantly is gravitating toward sin and will resist yielding to the desires of the Holy Spirit. Even Paul struggled with this ongoing war, as reflected in [Romans 7:14-25](#). Thankfully, God has given us power through the Holy Spirit to overcome the slavery of sin (and the flesh) and to bring our bodies into obedience to God.

#### **b. Examples of how to exercise godliness**

What does it mean to exercise godliness? Scripture describes many practical ways to exercise godliness. For each of the eight examples below, please complete the statement and then summarize what the passage says concerning that way of exercising godliness.

1) [Romans 12:1-2](#).

46. We exercise godliness by presenting our bodies as living sacrifices.

47. Summarize:

We present our bodies as living sacrifices by using them for righteous purposes. Paul mentioned that we are not to conform to the world’s pattern of carnal thinking, but rather to be transformed by the renewing of our minds through the Holy Spirit.

2) [Galatians 5:13-14](#), [Ephesians 5:1-2](#).

48. We exercise godliness by serving others in love.

49. Summarize:

Serving in love means to use your freedom in the Holy Spirit to help other people instead of feeding your sinful desires. Love fulfills the Law and we are called to be imitators of God, who showed us true love through Jesus Christ.

3) [Galatians 5:16-25](#)

50. We exercise godliness by following the Holy Spirit.

51. Summarize:

The sinful desires of our flesh are opposed to the desires of the Holy Spirit. We are to live and walk by the Holy Spirit, responding to Him instead of the sin nature. We are to crucify the sinful desires of the flesh.

4) [2 Corinthians 10:4-5](#)

52. We exercise godliness by controlling our thoughts.

53. Summarize:

Instead of letting our thoughts run rampant into sin, we are to control our thoughts by casting down evil thoughts & imaginations from our minds and by taking every thought captive to the obedience of Christ.

5) [Psalm 34:11-13, James 3:2](#)

54. We exercise godliness by controlling the tongue.

55. Summarize:

Keep your tongue from speaking evil & deceit; this is part of reverently fearing the Lord  
Our ability to control the tongue will reflect our overall ability of self control

6) [1 Timothy 6:10-11, 2 Timothy 2:22](#)

56. We exercise godliness by fleeing temptations and pursuing good things/behaviors.

57. Summarize:

Lust and the love of money are common temptations that we should flee. The things we should pursue include righteousness, faith, love, hope, gentleness, godliness, perseverance, gentleness and peace.

7) [1 Peter 1:13-16](#)

58. We exercise godliness by pursuing holiness.

59. Summarize:

We pursue holiness by preparing our mind for action, being self-controlled, setting hope fully on the grace to be given to us when Christ is revealed and not conforming to our former evil desires.

8) [Luke 21:34-36, Ephesians 5:15-16, 1 Peter 5:8](#)

60. We exercise godliness by keeping watch over the heart.

61. Summarize:

Walk circumspectly; be vigilant and keep watch over your heart, as the devil walks around like a prowling lion looking for someone to devour. Beware of things that weigh down the heart, such as carousing, drunkenness, and cares of this life. We are to redeem the time because the days are evil.

62. What are some areas in your life where your flesh is having the upper hand, i.e. where your flesh is not submitting to God's will?

Please take a moment to commit each of those areas to God's care and ask for his help in gaining control over your flesh.

## 5) Continuous Prayer

Prayer is the Christian's lifeline, an open communication link with God. It seems that human nature gravitates away from staying in touch with God, reverting to self-reliance

through practical solutions to the daily challenges we face. It's all too easy to forget God while trying to do things on our own. This is actually a form of pride that we must resist if we hope to grow in our relationship with God and be fruitful for his kingdom.

Prayer helps us be in tune with God. It can open our eyes and ears to sense where he is working in the situations around us. For spiritual warfare, prayer is the battle communication link that gives us important and possibly life-saving info to help us fight the enemy.

If we can master the skill of continuous prayer, we'll be more effective in spiritual warfare and more efficient as an agent of God's kingdom. Continuous prayer is like an open dialogue with God throughout the day, whether spoken or in our thoughts. It's where we share our feelings, concerns, thoughts and dreams with God.

**a. Strategic importance of prayer:** Read [Philippians 4:6-7](#).

63. What instructions did Paul give concerning the challenges of life and prayer?  
Don't be anxious about anything, Take everything to God with prayer and supplication

64. What will we receive in return?  
God will send his peace to guard our hearts and minds in Christ

65. What can we assume the condition of our heart and mind will be when we don't take our requests to God in prayer?  
Our hearts and minds will not be guarded by God's peace

66. Read [Proverbs 4:23](#). Why is our heart so important to guard?  
Out of the heart spring all the issues of our lives; an unguarded heart leaves us vulnerable to a multitude of possible attacks from the enemy

**b. Frequency of prayer**

Read [1 Thessalonians 5:16-18](#).

67. What did Paul say about the frequency of prayer?  
Pray without ceasing

68. What two things did Paul mention that can be done in conjunction with prayer?  
1. Rejoice always  
2. In everything give thanks

Read [Ephesians 6:17-18](#).

69. What did Paul say about the frequency of prayer in this passage?  
Pray at all times

70. What kind of prayer did he mention?  
Pray with all prayer and petition in the Spirit

71. What topics were the people to pray about?  
Be alert in prayer with all perseverance and petition for all Christians

**c. Persistence in Prayer:**

Read [Luke 11:5-13](#).

72. Why did the man in the house give his friend the food?  
Because of his persistence

73. How did Jesus apply this to prayer?  
Jesus used the parable of the persistent friend to show how we should be persistent in prayer (ask, seek, knock) because it will yield results

Read [Luke 18:1-7](#).

74. Why did Jesus tell this parable?  
“that men always ought to pray and not lose heart”

75. How often were people crying out to God?  
Day and night

76. What was the presumed conclusion of the parable?  
That God will respond to the persistent prayers of his people, even though at times he may tarry

**d. Examples**

77. The scriptures give us plenty of examples of people praying. The below examples illustrate the variety of situations that people prayed in the Bible. Please read the below verses and describe the occasions that prayers were offered.

[Mark 1:29-39](#):

Jesus takes time out to pray early in the morning just as his healing ministry is getting started; he is in high demand, yet takes time to pray

[Mark 14:32-39](#):

Jesus prays in Gethsamene, as he prepares to face his greatest trial ever

[Luke 3:21-22](#):

Jesus praying while he was baptized; the Holy Spirit came down like a dove and God spoke to him

[Luke 5:15-16](#):

Jesus would often slip away to the wilderness and pray, in this case when the crowds were seeking his help

[Luke 6:12-13](#):

Jesus prays all night before choosing the 12 disciples

[Acts 1:12-14](#):

The disciples and others were joined together constantly in prayer after the resurrection

Acts 2:41-43: The new believers continued steadfastly in doctrine, fellowship, breaking of bread and prayers – results: “fear came upon every soul, and many wonders and signs were done through the apostles.”

Acts 6:3-5:

The apostles appointed overseers for the ministry so that they could devote themselves continually to preaching and prayer

Acts 10:1-23:

Cornelius was a devout man who feared God, gave alms to the poor generously and prayed always; an angel appeared to him during prayer and instructed him to send men to find Peter

Peter was praying on the rooftop and had a vision; the Holy Spirit then told him to go with the men that Cornelius had sent

The important meeting of Cornelius and Peter (which resulted in the Gentiles receiving the Holy Spirit) was arranged through prayer

Acts 16:24-26:

Paul and Silas were praising God and praying at midnight in the prison

78. Looking at your own prayer life, what are the typical times that you pray?

79. What are some things that you can do to foster a habit of continuous prayer?

## V. Battle Wounds and Recovery

### A. Introduction

In fighting spiritual warfare and in serving Christ in general, we should be aware of the real possibility of being wounded. Wounds can come from a variety of sources, including the devil, his forces and people. As we saw in the story of Job, just about anything can be a target for the enemy, including our health, family, possessions and livelihood. Here are some examples of battle wounds:

- Sickness & disease
- Rejection from friends, family or fellow church members
- Offenses / hurt feelings
- Physical harm
- Depression/Despair/Hopelessness (weakened faith, hope deferred)
- Hardened heart or closed heart
- Love grown cold
- Pierced with harmful/sinful desires (ex. lust, desire for riches, etc.)
- Financial problems
- Family problems
- Death of close relatives or friends
- Turning away from the faith (A.K.A. apostasy)
- Corruption from false doctrine

Obviously such things may not always be the result of spiritual warfare, but they certainly can be. Such wounds can be part of the “sufferings of Christ” that scripture says we will share in when we follow Christ. The enemy’s intent, short of destroying us, is to convince us to lay down our arms and turn away from God. Knowing this in advance, we can prepare ourselves mentally for the attacks and wounds we may suffer. We can also familiarize ourselves with how to heal and recover from attacks, such that our relationship with God remains intact and ever-growing.

### B. Sharing in the sufferings of Christ

The reality is that as believers in Christ, we will suffer to some degree for our allegiance to him. When we start going on the offensive against the enemy in spiritual warfare, we can expect that the enemy will try to retaliate. Thankfully, in Christ we have the power of faith and hope working from within us to help us endure and overcome the sufferings we may face.

1. Read [John 15:18-21](#). What did Jesus say we could expect from the world? The world will hate Christ’s followers, just as they hated Him; the world loves its own, but hates those who are not of the world; a servant is not greater than his master – if they persecuted Jesus they will persecute his followers
2. Read [John 16:32-33](#). Though we may have trouble in the world, what will we have in Jesus? What truth will help us endure the trouble? Peace. Knowing that Jesus has overcome the world

3. Read [Philippians 1:27-30](#). What did Paul say had been “granted for Christ’s sake”? That we would believe in Christ, but also suffer for his sake

4. Read [Romans 8:16-18](#). What promise can we cling to as we face the possibility of suffering for Christ’s sake? That if we suffer with Him as children of God, we will also be glorified with him.

### **1) Examples of Suffering**

5. The Bible offers many examples of suffering. Let’s look at a few of them here. Notice that many are tied to spiritual warfare and God’s kingdom work in general. For each reference, please summarize the suffering that occurred and note if it was linked to spiritual warfare/God’s kingdom work.

#### [2 Corinthians 11:22-28](#):

Stripes above measure (ex. flogging), frequent imprisonment, near death experiences (ex. stoning), beatings with rods, shipwrecks, sleeplessness, assorted perils, weariness, hunger and thirst, cold and nakedness, his deep concern for the churches

#### [Galatians 4:12-15](#):

Paul’s trial in the flesh: physical infirmity

#### [Acts 5:12-41](#):

The apostles were imprisoned and beaten

Spiritual warfare activity: sharing the Gospel, healing the sick, performing signs & wonders, casting out evil spirits

#### [Acts 6:8-12, Acts 7:57-60](#):

Stephen, “full of faith and power, did many great wonders and signs among the people” (NKJV). Disputers arose who incited false witnesses against Stephen and stirred up the people. Stephen was arrested and later stoned.

Spiritual warfare activity: performing great wonders and signs, full of faith and power

#### [Acts 8:1-3](#):

Saul persecuted the church; created havoc, imprisoning many men and women

#### [Acts 14:1-6,19-20](#):

Paul and Barnabas preached in Iconium; unbelieving Jews stirred the Gentiles and poisoned their minds against the brethren; following a violent attempt on their lives, Paul and Barnabas fled to Lystra. After performing a healing in Lystra, the Jews from Iconium came to Lystra and persuaded the multitudes to stone Paul (but he survived).

Spiritual warfare activity: Preaching & healing

#### [Acts 16:16-24](#):

Paul casts out spirit of divination from slave girl; angry slave owners seized Paul and Silas and drag them to the authorities; they are beaten with rods and imprisoned

Spiritual warfare activity: casting out spirit of divination

## 2) What suffering accomplishes

Knowing the positive results of suffering will help us prepare ahead of time mentally for what we might face. In general, suffering can deepen our relationship with God, verify our identity as his followers and ultimately bring him glory. Let's consider some passages that further discuss the purpose and results of suffering.

Read [2 Corinthians 1:3-11](#).

6. Once we've suffered, what can we then do for people who are suffering?  
We are able to comfort others in their suffering

7. When the apostles were "greatly afflicted" to the point of despairing of life, what happened? God delivered them

8. What did this experience cause them to do concerning hope?  
It forced them to set their hope on God who delivers (and will deliver) instead of on themselves

Read [2 Corinthians 12:7-10](#).

9. What truth was God impressing on Paul through the thorn experience?  
That God's grace was sufficient for him and that God's strength was made perfect in weakness

10. How did Paul choose to react?  
Paul therefore gladly boasted in his infirmities, such that the power of Christ rested upon him; He took pleasure in sufferings because they enabled God's power to work through him

11. How did the suffering impact Paul's relationship with God?  
It increased his dependence on God

Read [James 1:2-4](#).

12. What purpose of suffering does James discuss?  
Testing of our faith through various trials

13. What is the result of this suffering when we endure it?  
The testing of your faith produces patience; patience's perfect work leads to perfection and completeness

14. What attitude should we have when we encounter various trials?  
To count them all joy

Read [Revelation 2:10](#).

15. What kind of suffering did Jesus say would happen to the Christians?  
The devil would cast some of them into prison for testing and tribulation for 10 days

16. What was the purpose of the suffering?

To test them

17. Why did Jesus tell them about the impending suffering?

To encourage them to remain faithful to the end such that they would receive the crown of life

**Summarizing, suffering can:**

- Enable us to comfort others who suffer
- Cause us to put our hope in God instead of ourselves
- Increase our dependence on God
- Test our faith, causing increase of patience, which leads to perfection and completion

**3) How to go through suffering**

As with other aspects of our spiritual walk, our mindset during suffering can make all the difference. Our survival of the enemy's attacks and recovery from battle wounds will likely depend on our mindset. No matter what suffering we may go through, we should remember that God will comfort us. He knows what it is like to suffer!

18. Read [2 Corinthians 1:3-5](#). What does this verse say concerning God's comfort to us? His comfort "overflows" through Jesus to us, just as the sufferings of Christ overflow to us

God is especially well equipped to comfort us in times of suffering. Through Jesus, he endured every type of temptation known to man and suffered greatly. He sympathizes with us and makes intercession for us ([Hebrews 2:14-18](#), [Hebrews 4:14-15](#), [Hebrews 7:25](#)).

19. Read [2 Timothy 2:1-13](#). Though God sympathizes with our condition, what does he instruct us to do as good soldiers of Jesus Christ? What promise do we have if we do so?  
We must endure hardship  
We will reign with Christ

20. Read [Revelation 2:10](#). What did Jesus tell the people not to do regarding suffering? What would the people receive if they were faithful even to the point of death?  
Jesus told them not to fear suffering  
A crown of life

21. Read [1 Peter 4:12-14](#). What instructions did Peter give to the Christians concerning the trial they were facing?  
Don't be surprised; keep on rejoicing to the degree in which you are suffering for Christ

A great example of rejoicing in suffering is found in [Acts 5:12-41](#). After having been imprisoned and beaten for doing the work of the ministry, Peter and the apostles rejoiced that they were counted worthy to suffer shame for Jesus' name.

22. Read [Philippians 1:27-30](#). What did Paul tell the Philippians to do in facing suffering and adversaries?

To stand fast in one spirit and one mind, striving together for the faith of the gospel

This scripture underscores the importance of staying connected with the body of Christ when trials and tribulations come (also [Hebrews 10:24-25](#)). Often when wounding comes from others in the body of Christ, the temptation is for us to disconnect and isolate ourselves. Doing so will only increase our vulnerability to the enemy.

Being around other Christians who can minister to us will help us endure and recover from suffering.

23. Read [1 Thessalonians 3:1-5](#). What did Paul send Timothy to do for the Thessalonians during their afflictions?

Strengthen and encourage them in their faith

Summarizing, when going through suffering, we should:

- Receive God's comfort
- Endure hardship
- Do not fear
- Rejoice
- Stand fast with other Christians in one spirit and one mind

## **C. Recovering from Battle wounds**

### **1) Battle damage assessment**

While in the Navy, one of my roles was the “damage control” officer on a ship. If the ship was hit by enemy fire during battle, the first action I took was to send repair teams out to assess the damage, determining its impact on the operation of the ship. Using the repair team reports, I could then direct repair efforts to recover from the damage as quickly as possible.

Consider that each of us can function like a damage control officer over our lives. When we take a hit from the enemy, it behooves us to inspect the damage and evaluate its impact on our lives. We also should consider how to repair the damage so that we can return to full combat readiness.

Applying this idea, we can ask ourselves some key questions when we're wounded, such as:

- How did the wound affect me emotionally, spiritually and physically? – or - What were the fruits caused by this wound in my life?
- How was my faith (or trust in God) and hope affected?
- Did the wound cause me to harbor resentment, bitterness, hatred or malice toward others or God?
- Did the wound cause me to want to isolate myself from the Body of Christ?
- Did the wound spawn new passions or desires that are conflicting with my walk with God?

- Did the wound cause me to love people less than before?
- Did the wound cause me to sin with my words? (ex. cursing God, complaining, speaking ill of others, etc.)

We can use such questions to explore the nature and extent of the damage in the wounds and then pursue healing and recovery in the affected areas.

## 2) Unforgiveness and other sin

A common area involved in recovery is forgiveness. When we are wounded, there can be a tendency to blame people or God for the hurt we've suffered. Our human nature is to desire justice and hold on to our right of vengeance by not forgiving those who have hurt us.

Our desire for justice may also be expressed in anger. It is OK to be angry when we've been wronged.

24. Read [Ephesians 4:26-27](#). What practical steps does Paul give concerning anger?

Deal with the anger and don't let it just simmer and fester

Take care not to sin while you deal with the anger, as that could give the devil a foothold

The reality is that true justice can only be carried out through God, who is the one and only true Judge. By forgiving those who have hurt us, we release our right to vengeance to God, who will settle the score in his perfect timing. We also clear the way for God to forgive us and heal us from our wounds.

Read [Matthew 6:12,14-15](#) & [Mark 11:25](#).

25. When we have been hurt by people, what are we required to do?

Forgive them

26. If we will not forgive others, how does this attitude impact our relationship with God?

He will not forgive our sins

27. Read [Matthew 18:15-17](#) & [Luke 17:3-4](#). What additional steps are we to take when we have been hurt by other Christians?

Confront them first in private concerning the offense; if they will not repent, go with other believers to confront them

Forgiving someone does not mean we are condoning what they did. What it does mean is that we are turning the case over to God, the righteous Judge, to handle it as he sees fit.

Read [Romans 12:17-21](#).

28. What is God's promise concerning vengeance?

God said "Vengeance is Mine, I will repay" (19 NKJV)

29. When we surrender a situation to God for vengeance, what does that require us to give up?

We must give up control and/or the right of taking vengeance

30. What specific instructions are given for us in regard to responding to our enemies?

Repay no one evil for evil

As much as depends on you, live peaceably with all men

Do not avenge yourselves – let God avenge you

Overcome evil with good

31. Jesus took this concept even further in [Matthew 5:43-45](#). Please list the specific actions we are to take toward our enemies:

1. Love your enemies
2. Bless those who curse you
3. Do good to those who hate you
4. Pray for those who spitefully use you and persecute you

Realistically, it may only be in the strength of Christ that we could love our enemies, bless them, do good to them and even pray for them. The miracle of God is that with the Holy Spirit living in us, we can do these radical things and in so doing prove that we are God's children.

32. Take a moment to think through your own experiences. Are you holding on to any anger concerning the events of the past? If so, please summarize the events briefly:

Next, if ready, surrender each event to God and ask him to carry out justice. Tell the Lord that you are leaving the events in his hands permanently.

33. Is there anyone associated with the above events that you need to forgive? Please take a moment to pray and ask the Lord to bring anyone to mind that you have not forgiven. Please list any names he gives you and verbally forgive them.

34. Sometimes people become angry with God for the wounds they've suffered in warfare. Are you harboring any anger, unforgiveness, resentment or bitterness toward God for the things of the past? If so, please briefly describe your feelings:

If you are ready, in prayer tell God what you are feeling. Feel free to be honest and to the point with him – he can handle it! If you are ready, forgive him as well.

Having released the offenses and forgiven those who have hurt you, you can now ask God's forgiveness for holding on to unforgiveness. Here's a simple prayer to do so:

Father in heaven, I repent for not forgiving as you commanded me to do. I have now forgiven \_\_\_\_\_ (list from above) of all the things they did to me. Please forgive me, Lord and fill me with your supernatural love. Please enable me to use good to overcome evil. Thank you, Father! In Jesus' name I pray, Amen.

If there are other sins that we've committed during battle or as a result of our wounds, we must also repent of them. Examples might include:

- Sinning with our words (speaking ill of others, voicing doubt, cursing others, etc.)
- Attempting to repay evil for evil
- Using our spiritual gifts with selfish or vindictive motives (i.e. not in love)
- Pride (cometh before a fall)
- Manipulation
- Entertaining evil thoughts about others (lust, malice, etc.)

35. Please take a moment to ask the Lord to reveal any sin that you need to repent from. List any sins that come to mind:

Next, confess and turn away from the sin that you listed and ask for God's forgiveness through the blood of Jesus Christ. A simple prayer for this is:

Father in heaven, I confess that I have sinned by \_\_\_\_\_ (list). I repent from this sin and ask for your forgiveness through the blood of Jesus Christ. Thank you, Lord! In Jesus' name I pray, Amen.

On the basis of [1 John 1:9](#), you can be sure that God has now forgiven you of your sin and purified you from it!

### **3) Rejecting the enemy's lies**

The enemy loves to capitalize on our battle wounds by offering faulty conclusions that are designed to sabotage our faith in God and isolate us from other Christians. Some common lies the devil uses include:

1. "God doesn't love you"
2. "If God loved you, he would have protected you from this"
3. "You can't trust anyone in church to help you. They'll only judge and reject you"
4. "God has finally given you what you deserve!"
5. "You've sinned so much that God could never use you now."
6. "A good God wouldn't have let this happen to you"

We must discern the devil's lies and reject them. It will help greatly if we will find and state the scriptures that refute the lies we're being tempted with (i.e. use the Sword of the Spirit!).

36. Read [2 Corinthians 10:4-5](#). What two actions are we to take with the lies of the enemy when they enter our thoughts?

1. Reject them (cast them down)
2. Take them captive and make them obedient to Christ

37. If you've been wounded in warfare, what are the lies that the enemy has been telling you? What is the truth about each lie? Can you think of or find a scripture reference that expresses the truth about each lie? If so, please write it down.

Lies

Truth

Scripture Ref.

#### **4) Reconnecting with the Body of Christ**

It is vital that we connect with the Body of Christ, especially during recovery from battle wounds.

38. Read [John 15:4-5](#). What does our fruitfulness to God depend on?

Abiding in Christ, i.e. being connected with the vine

39. Read [1 Corinthians 12:27](#), [Romans 12:4-8](#). How is abiding in Christ linked to remaining connected with other Christians?

Christians make up the Body of Christ. Therefore, if we are to abide in Christ, we will need to be connecting with Christians for our spiritual survival and fruitfulness.

40. Read [Hebrews 10:24-25](#). What are two purposes mentioned here for meeting with other Christians regularly?

1. To stir up one another to love and good works
2. The exhort one another in living for God

During recovery from battle wounds, we'll need the help of the other members of the Body of Christ. For example, meeting together affords us much need encouragement, which strengthens our faith and stirs up our resolve to return to the battlefield once we're healed.

Another important benefit of the body of Christ is the healing ministry. When we've been wounded, we need God's healing! Too often people just want to gut things out and live with their wounds, instead of asking God to heal them.

41. Read [James 5:15-16](#). How will being connected with a group of believers (i.e. the Body of Christ), help us heal?

The believers can pray for the wounded warrior's healing and the Lord will heal him or her; the group setting also affords wounded warrior a place to confess his or her sins

Another thought to consider is that the Bible says that some people have special gifts of healing and miracles ([1 Corinthians 12:7-11](#)). When we're willing to allow other Christians to pray for us, we give God an opportunity to heal us through those people's prayers and spiritual gifts.

### **5) Seeking God for Healing**

God's will for each of us is that we are restored to wholeness in our body, soul and spirit. Do you believe this? Let's examine what the scriptures say concerning this.

42. Read [Psalm 103:2-5](#). What four "benefits" of following God are mentioned?

1. God heals all of our diseases
2. God redeems our lives from destruction
3. God crowns us with lovingkindness & tendermercies
4. God satisfies our mouths with good things, so that our youth is renewed

Read [Isaiah 61:1-3](#). Jesus recited this passage when he began his earthly ministry in [Luke 4:14-21](#).

43. What specific tasks did God want to accomplish for his people?

To preach good tidings to the poor

Heal the brokenhearted

Proclaim liberty to the captives/the opening of the prison to those who are bound

To proclaim the year of God's favor and the day of God's vengeance

To comfort and console all who mourn

44. Isn't it amazing how many, if not all of the tasks Jesus was sent to accomplish also address the needs of those who have been wounded in spiritual warfare? In the above passage, what was God's desired end result for his people?

That they would be healed and whole, like strong trees (oaks), firmly planted in the Lord; this in turn would glorify God

Consider that God's desire for the wounded warrior today is that he or she would be healed and whole.

45. With that in mind, as you consider your own situation, what wounds have you received from spiritual warfare or from living for God?

Prayer (preceded by worship) is the best way I know of for approaching God and seeking healing from the wounds we've sustained. As previously mentioned, it is perhaps most beneficial if you can pray with other Christians for your healing. Even if you don't have others you can readily pray with, you can still go ahead and seek God for healing.

## What to Pray

Taking your list of wounds from the above section, you can now go to Jesus in prayer and ask for healing. I suggest using a simple set of prayers that include:

- Asking Jesus to heal you from any negative effects of the wound that continue to affect you, including inner wounds in the conscious or subconscious states
- Asking God to help you see things from his perspective
- Releasing all the pains of the wound to God
- Asking God to fill you with his love, peace, joy, life and light

Here is an example prayer that you can use for each area:

Lord Jesus, I believe that you are God and that you are a rewarder of those who diligently seek you. I believe that you are the God who heals. I take authority over every spirit or power that is not of God and I bind them from interfering in any way during this prayer session. I declare this room and this body to be holy ground, dedicated to Jesus Christ exclusively. I loose the peace of Christ in this place and in my mind right now.

Lord, I lift up this wound of \_\_\_\_\_ to you now. I ask that you please heal me from any negative effects of this wound on my life, including inner wounds in my conscious and subconscious states. Please help me to see the circumstances and memories of the wound from your perspective and no longer rehearse the pains of the past. I release all the pains of that wound to you right now.

*(Pause and take some time now to pray silently and/or pray in the Spirit, waiting on the Lord)*

Lord, please now fill me afresh with your love, peace, joy, life and light. I receive these now in my body, soul and spirit.

*(Again, pause and take some time to pray silently and/or pray in the Spirit, and receive from the Lord)*

Thank you, dear Jesus, for all that you have done in me today. I praise you and glorify your name! Amen.

As you pray through each area, be patient and don't try to rush the Lord. The Lord will help you know when you've received healing and are ready to move forward in your recovery. This will typically be indicated by your ability through Christ to face the reality of each wound without the pain, fear, anger, bitterness, or other negative emotions that you previously had.

Because of the potential heaviness and other negative emotions that can be stirred up inside us as a result of this type of prayer, I highly recommend that you pray a "Cutting Free" prayer following these exercises. Here is an example:

Lord God, thank you for this time of prayer and healing. Please cut me free from all heaviness, sadness and negativity that may have been stirred up inside me as a result of these prayers. Please wash my conscience with the blood of Jesus and help me to not place any undue focus on the wounded areas we have worked on today. Please help me

to fix my thoughts on you, Lord, and now move forward in my walk with you. Holy Spirit, please now lead me in living for God and walking in wholeness. Lord God, please send your holy angels to minister to me and protect me. I praise you and thank you, in Jesus' name, Amen.

There could more prayer needed depending on the situation. It's important to remember that it can take time and persistence in prayer to receive healing. Even though healing may not come instantaneously, you can be certain that God loves you and desires that you be healed and whole in his perfect timing.

## **6) Rest**

The concept of rest may not be familiar ground to some spiritual warriors...especially those who are zealously committed to following Christ. Some consider taking a break from the battle equivalent to retreating from the enemy, or running away like a deserter.

We should remember that God is merciful, compassionate and kind. He knows that we are flawed vessels and that we are prone to weakness. He knows that we cannot live in sustained combat operations without having at least occasional times of rest and recovery. This is especially true when we've been wounded in warfare.

Solomon pointed out that there is a season for everything.

46. Please read [Ecclesiastes 3:1-13](#) and summarize the points related to seasons, war/peace and healing.

There is a season for everything – a time for war and a time for peace; a time to kill and a time to heal, a time to break down and a time to build up

Considering that there is a season for war and a season for peace, we need not feel guilty or cowardly for taking time to retreat and recuperate from battle. Just as in conventional warfare, wounded soldiers need to take time in the field hospital to heal before returning to the battlefield. A soldier who hasn't healed will be less effective on the front lines – in fact, he or she could be a liability instead of an asset to the army.

47. Jesus modeled the concept of resting from ministry and spiritual warfare during his time on earth. Please read the below scriptures, summarize the ministry situation and what Jesus did:

[Matthew 14:9-14](#):

Jesus retreated to solitary place when he heard about John the Baptist's execution

[Mark 6:30-32](#):

Jesus led the disciples to a deserted place for rest from ministry, prior to feeding the 5000

[Matthew 14:21-23](#):

Jesus retreated to a mountain after feeding 5000 to pray alone

[Matthew 17:1-21](#):

Jesus took Peter, James and John up on a high mountain to pray and he was transfigured. Later, Jesus cast out the demon from the epileptic boy. Jesus' time of prayer on the mountain was likely essential to his success in casting out the demon, i.e. "this kind does not go out except by prayer and fasting" (Matthew 17:21 [NKJV](#))

Our place of rest and recovery from spiritual warfare may not be so much a physical location as much as a spiritual destination.

48. Read [Matthew 11:28](#). Who are we to go to for true rest?

Jesus

Read [John 15:4-8](#).

49. Jesus commanded us to abide in him and used the metaphor of a vine and branches to illustrate the concept. Please explain the metaphor and how rest from spiritual warfare or ministry impacts our ultimate goal of being fruitful for the Father.

Jesus is the vine and we are the branches; we are to be connected with him and our fruitfulness depends on that connection

Rest, when focused on connecting with Jesus, helps us step back from the cacophony of warfare and allow Christ to minister to us. It also improves our fruitfulness for His kingdom, because he is the life-giving source we need by which to bear fruit.

50. What does it mean to abide in Jesus? (Other translations use such terms as "live in" or "dwell in" or "remain in" for *abide in* this passage)

To abide in Christ is to connect with him in an intimate relationship. It also describes a oneness with Jesus that is intended to be the same as what Jesus enjoyed with God the Father ([John 14:10-11](#)).

51. What are some of major hindrances to abiding in Jesus?

busy-ness / lack of time invested with God

pride

laziness

performance-oriented perception of God

fruitless activities that detract from our relationship with God

If there is anything that has been hindering your abiding in Jesus, please take a moment to pray and ask God to give you some practical ways to remove those obstacles.

52. Please summarize the ideas for action that the Lord gives you:

### **Concluding Thoughts**

Recovery from battle wounds will raise the issue of returning to battle. As expected, some people may be hesitant to place themselves again in harms way. Fear is a common issue that many people may face in deciding to return to the front lines of spiritual warfare. In commissioning Joshua to take command of Israel and lead them in the conquest of the Promised Land, the Lord addressed the issue of fear directly.

Read [Joshua 1:6-9](#).

53. What two commands did God repeat three times in commissioning Joshua?

Be strong and very courageous

54. What primary reason did God give Joshua not to be afraid?

The Lord was with him wherever he went

55. What other instructions for success did God give Joshua?

Observe all of the law of Moses – do not turn from it

Meditate on the Book of Law day and night

In sending the 12 disciples out to minister, Jesus also addressed the issue of fear.

Read [Matthew 10:1,7-10,16-31](#).

56. How did Jesus equip the disciples for the work they would do?

He gave them authority to heal the sick and cast out demons

57. What adversity did Jesus tell them they could expect?

Persecution: betrayal, hatred, scourging, murder, etc.

58. What reasons did Jesus give them not to fear or worry?

They can only kill the body, but not your spirit

The Holy Spirit will give you the words to speak and will speak through you

You are highly valued to God the Father

59. What did Jesus say about giving up?

“He who endures to the end will be saved” [NKJV](#)

The call of God for every person is that they would live for him and continue to endure “to the end” no matter what.

60. Read [Hebrews 12:1](#). What are we exhorted to do?

Lay aside every weight and sin that so easily ensnares and run the race with endurance set before us

With that in mind, we can be sure that God wants us to return to the spiritual battlefield and continue to press on. This must be done, however, in the Lord’s timing and by his guidance. We must look to see where he is working and then join him in that work as he directs us. As Jesus said, “**Most assuredly, I say to you, the Son can do nothing of Himself, but what He sees the Father do; for whatever He does, the Son also does in like manner**” (John 5:19 [NKJV](#)).

Thank you for going through this study! I pray that it has drawn you closer to God and given you a better understanding of spiritual warfare. For more information and materials by this author, please visit my website at [www.porn-free.org](http://www.porn-free.org).