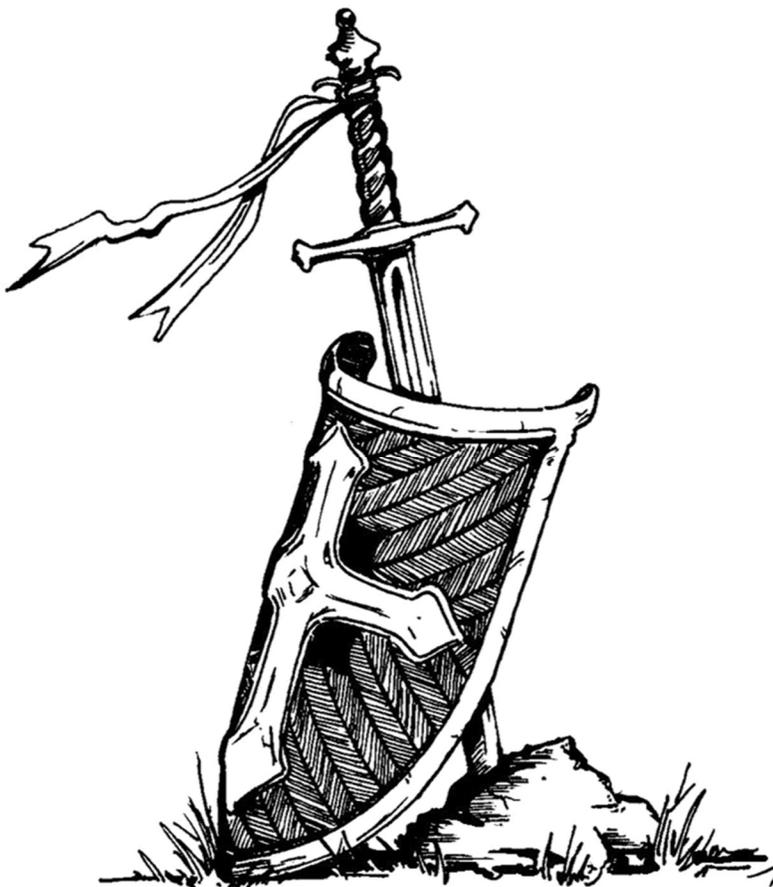


SPIRITUAL WARFARE

The Unseen Realm

The Armor of God

The Battlefield of the Mind



LADIES STUDY | FALL 2022
CONCORD CHURCH OF CHRIST

Sources & References:

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Spiritual Beings; The Bible Project

The God Series podcast by The Bible Project

SPIRITUAL WARFARE

The Bible is clear: if you are a Christian, you are at war.

Objectives & Goals:

- See what the Bible teaches about the unseen world & why it matters
- Prepare yourself for spiritual battle
- Cultivate invincible faith
- Arm yourself with the Word of God, praise, & prayer
- Recognize damaging thoughts and gain control over your mind

	Opening Your Eyes	SPIRITUAL WARFARE 101
Oct 5	1. The Unseen Realm	<i>What Every Christian Needs to Know</i>
Oct 12	2. The Invisible War	
Oct 19	3. Sizing Up the Enemy	
	Code Red	SPIRITUAL WARFARE 201
Oct 26	4. The Belt of Truth	<i>Prepare for Battle</i>
Nov 2	5. The Breastplate of Righteousness	
Nov 9	6. Shoes of Peace	
	When You're Attacked	SPIRITUAL WARFARE 301
Nov 16	7. Shield of Faith	<i>Advanced Training</i>
Nov 30	8. Helmet of Salvation	
Dec 7	9. Sword of the Spirit	
Dec 14	10. The Importance of the Mind	<i>The Battlefield of the Mind</i>
Dec 21	11. Conditions of the Mind	
	Deliverance	SPIRITUAL WARFARE 401
Bonus	12. Prayer	<i>Special Forces</i>

Appendix A: Satan's Strategies

Appendix B: Spiritual Counter Strategies

Appendix C: Thought Audit

INTRODUCTION

The Christian life is a battle! Spiritual warfare is a reality to be faced, not a concept to be debated. In this study we want to learn how to recognize, prepare for, and defeat Satan's schemes in our lives.

All day, every day, an invisible war rages around us. A very real enemy has been strategizing and scheming against you, assaulting you, coming after your emotions, your mind, your man, your child, your future. He's doing it right now.

We will begin our study by sizing up our enemy – learning what we need to know about Satan, demons, and spiritual warfare. Then we will develop an action plan for putting on our armor and developing a personalized strategy for victory against the enemy. We are going to pray.

Armed & Dangerous

- Learn to be strong in the strength of His might (Ephesians 6:10)
- Discover what to wear – put on the full armor of God
- Know what it looks like to stand firm "taking every thought captive to the obedience of Christ" (2 Corinthians 10:5)
- Understand and take advantage of our position in Christ and experience the tangible, lasting effects of victory in practical, everyday living.

Five Basic Truths About Spiritual Warfare

1. There is an invisible world.
2. We are involved in an invisible war.
3. Our foe is formidable.
4. We must respect our foe but not fear him.
5. We do not fight for victory; we fight from victory.

Ephesians 6:10-20

¹⁰ A final word: Be strong in the Lord and in his mighty power. ¹¹ Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. ¹² For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

¹³ Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. ¹⁴ Stand your ground, putting on the belt of truth and the body armor of God's righteousness. ¹⁵ For shoes, put on the peace that comes from the Good News so that you will be fully prepared. ¹⁶ In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. ¹⁷ Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.

¹⁸ Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.

Opening Your Eyes

SPIRITUAL WARFARE 101

What Every Christian Needs to Know



“There are two equal and opposite errors in which our race can fall about the devils. One is to disbelieve in their existence. The other is to believe, and feel excessive and unhealthy interest in them.” – CS Lewis

“Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.” (Ephesians 6: 10-12)

GENERAL COMMAND: “Be strong in the Lord and the strength of His might” (v10)

SPECIFIC COMMAND: “Put on the full armor of God” (v.11)

REASON FOR COMMAND: “Our struggle is not against flesh and blood” (v.12)

I The Unseen Realm

THERE IS AN INVISIBLE WORLD

The invisible world is just as real as the visible world, and both Old and New Testaments refer to it.

- 2 Kings 6:15-19 Elisha surrounded by a hostile army tells his servants that invisible hosts are protecting them.
- Daniel 10 An angel reveals to Daniel the battle has been waging.
- Ephesians 6:12 One of several references by Paul to a conflict that is not of flesh.

Note: the original word Paul used for wrestle or struggle in v. 12 is "palē" (pronounced PAL-ay) denotes a contest or a fight between opponents, wedged in close hand-to-hand combat with the goal of pinning down and defeating one's rival.

Before we can study the scriptural teaching on spiritual warfare, we must understand and be convinced that there is an invisible world that is just as real as the visible world. For believers in Jesus – people who really believe He is the Son of God – we have to admit that there's a world we can't directly observe. That is the testimony He gave us. He did not refer to demons in the abstract – they spoke to Him and He spoke back. That tells us that this unseen realm is just as real as touching your skin, as kissing your children when you tuck them in at night, as real as back pain after a car wreck, and as real as watching a beautiful sunset.

We don't know exactly how the unseen side of reality works. In Scripture God chose to reveal only a limited understanding of all the specifics of hierarchies and parameters of authority, and that is really all we need to know. The Bible is clear about the existence of angels, Satan, and demons, and that they are organized by role, power, and rank.

We need to understand the biblical dynamics of spiritual realities. If we don't, we make ourselves more vulnerable to evil powers. We will also be much less confident in God's abilities to deliver us. That is basically what Elisha told his servant in 2 Kings – the he was missing the truth. We tend to do the same thing – the servant was looking at the circumstances and depending on what his eyes could tell him, completely oblivious to the greater reality behind the visible reality. Elisha said, "I'll give you a glimpse of what you can't see – the unlimited power totally available to us in this moment. Your perspective is wrong, and its going to change."

The truth is that there is an invisible world that is just as real as the visible world. There are vast numbers of angels, both good and bad – spirits that exist all around us. There are glorious beings that would take our breath away if we saw them, and there are evil beings that would horrify us if we could see them. When Elisha prayed, his servant got a glimpse of what is normally invisible, and the scene was crowded with God's armies available for their protection.

PERSONAL APPLICATION

It is easy for us to forget that there is more going on behind the scenes. When we think we can see all there is to see, we get discouraged and depressed, weighed down by circumstances that we can't envision ever changing and then we don't employ the tools God has given us to overcome. When this is the case, according to God's word, we don't have the right perspective....our eyes aren't really open!

HOMEWORK

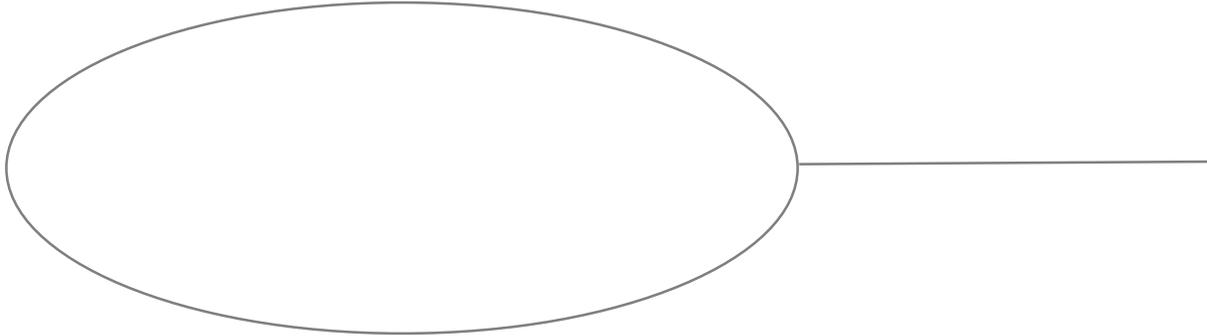
1. Turn to page 5 and write out Ephesians 6:10-20.
2. According to verse 11, why do we put on the full armor of God?



3. What two things does v. 12 tell us we are NOT wrestling against?

What four entities are we wrestling against?

4. In the oval below write the name of the most difficult person, most pressing problem, and/or most overwhelming situation you're facing in your life right now. Mention several if you like. Take your time, you will be referring back to this list throughout our study.



In what ways are you currently “wrestling” with this person or circumstance?

Whatever you've written above, whether a person or circumstance – whoever or whatever it is – it is not your real problem. The most troubling thing in your life – things you perceive with your five physical senses – are not your real issue. Though you may be wrestling with them verbally, emotionally, financially, even physically, you are wasting precious time and energy that needs to be reserved for the real culprit – the one who is behind the scenes, striving to direct the details of some of your most acute difficulties. Everything that occurs in the visible, physical world is directly connected to the wrestling match being waged in the invisible, spiritual world.

5. Underline the last sentence of the previous paragraph. Then rewire it in your own words:

6. Go back to the oval and write “**Not the Real Enemy**” on the blank beside it.

7. Open your Bible to 2 Kings 6:15-17 and answer the following:

- a. What did Elisha's servant see when he woke up (v15)?
- b. Given his next action (v.15-16a), how would you describe the servant's emotional state at the moment?
- c. What was Elisha's reaction (v16)?
- d. How is Elisha's prayer for his servant (v. 17) similar to Paul's prayer for the Ephesians (Eph 1:18)?

Elisha's servant got an eyeful! At first the only thing he could see was the enemy, which likely left him no other response than fear and anxiety. But then he immediately became tuned in to a game-changing spiritual reality: more was at his disposal and working on his behalf than he could have ever imagined. What his physical eyes could see were no match for what they could not see. Elisha's prayer helped make him aware of all the resources and strength on his side fighting against the enemy.

To be confident and victorious, you've got to be able to “see” it!

8. While our study focuses mainly on the end of the book of Ephesians, we will look all throughout the letter to help us understand the dynamic spiritual blessings available to us that help us accurately apply the commands Paul spells out in chapter 6. Take inventory of some of the riches given to you in Christ with which you can pin down the enemy. Write key words from each verse below. When you've completed the list, read it out loud.
 - a. Ephesians 1:3
 - b. Ephesians 1:7-8
 - c. Ephesians 1:13
 - d. Ephesians 1:18-19

These are only the gifts Paul accentuates in just one chapter! There are many more and each one connects with your spiritual armor and weapons. But the first key to understanding how they all fit into your ability to pin down the enemy is vision. You cannot use them if you're not able to fully recognize them, if you're not aware of their availability to you and their importance in successfully waging war against the enemy of this world and your soul.

Victory starts here. It starts today. Pray for vision. Join Paul in asking the Lord to open your eyes more fully throughout this study so you cannot only detect the enemy's activities, but you can also be fully aware of what God has given you to disarm and defeat him in your life.

ACTIONABLE INTEL & PRAYER

Actionable intel is often used in military context to describe the information decoded and gathered about an opponent that can be used to secure victory against them in future battles. At the end of each lesson in our study, there will be an actionable intel section to store your most important insights. Use it as a place to collect pieces of spiritual information and debrief from what God has revealed to you. This is not just a list of things to know, it is a divine strategy being given by God through the Holy Spirit to take into the fight. The enemy has been gathering intel to develop a strategy against you.

Actionable Intel:

Use the intel you've gathered to craft a prayer strategy against the enemy. Prayer is the mechanism that brings the power of heaven into your experience. It activates your spiritual armor and makes it effective. Prayer alerts the enemy to your awareness of his intentions while safeguarding you from his attacks. It is what weakens and unravels all his ploys against you.

Unless prayer is a vital and thriving part of your life, you will never achieve spiritual victory. In fact, it is dangerous to go through this study without prayer. Prayer is the connective tissue between you and heavenly places. And that is where spiritual battles are won.

Craft a personalized prayer strategy – one that is girded in thanksgiving and gratitude for what God has already done, and punctuated with promises from His Word. Ask the Lord to open your spiritual eyes, to alert you to the enemy and give you the courage to lay down your physical weapons in exchange for those that really work. Don't speak in generic terms; put your own issues, loves ones, and needs on paper – use the index cards in this folder. Then use it to pray against the enemy and every demonic assault he's planned against you.

Your praying only needs to be heartfelt and authentic. Not specific length or poetic prose. Just be raw, frank, and real with God. Then take your index card and post it where you will see it every day this week and be reminded to pray it.

If you need some additional help or guidance with your prayers, see "Prayer Strategies" on pg 58.

Prayer
Releases
All
Your
Eternal
Resources
(-Richard Burr)

2 The Invisible War

The Bible is clear: if you are a Christian, you are at war.

Not only is there an invisible world, that world is in the midst of an invisible conflict. A 2nd basic truth essential for us to understand is: we are involved in an invisible war, a cosmic conflict that has eternal implications (Ephesians 6:12). It is real, it is serious, and it is ultimate in its consequences. We are soldiers in the battle that matters the most!



It is not very comforting to know that we have been in the middle of a raging war in the invisible war, but it is vital information. It impacts nearly every area of our lives and it is the real arena we live in. Paul specifically teaches about this in 2 Corinthians 10:3-5 *"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."* Paul is informing us of the spiritual conflict and that we are in a battle against unseen enemies...and it's intense! Paul is reminding the Corinthians and us to look beyond visible appearances and to use the spiritual weapons God has given them. These weapons are able to destroy everything that rises up against the knowledge of God!

"Life is war. That's not all it is. But it is always that...But most people do not believe this in their heart. Most people show by their priorities and their casual approach to spiritual things that they believe we are in peacetime, not wartime...Very few people think that we are in a war that is greater than World War II or any imaginable nuclear war. Few reckon that Satan is a much worse enemy than any earthly foe or realize that the conflict is not restricted to any one global theater but is every town and city in the world. Who considers that the casualties of this war do not merely lose an arm or an eye or an earthly life but lose everything?"

– John Piper, *Let the Nations Be Glad!*

Paul's observation also gives us insight into where the majority of this battle occurs. Most of it is between our own ears. Our minds, our belief system, our world views – this is where our enemy aims. *"The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God."* (2 Corinthians 4:4) In this verse and many others, the battle is for the spiritual comprehension that takes place in the mind.

Salvation involves our minds and the way we see things, so we can tend to think that the knowledge of God is an intellectual issue; but it is so much more – it is a spiritual and moral issue. Our enemy has a master strategy to blind the minds of people so they will not be able to grasp the truth. This makes intercessory prayer crucial – a vital relationship between acceptance of the gospel and the invisible war. There is a connection between people praying and the ability of those who they pray for to see.

Jesus knew the battle was real. He was in agony in the Garden of Gethsemane the night before His crucifixion. He was tempted to quit. He was agonized to the point of

sweating drops of blood. What did Jesus do to overcome the battle? He prayed. He asked His friends that were with Him to pray. In the heat of spiritual conflict, His greatest resource was prayer. Earlier that night Jesus said *"But I have prayed for you"* (Luke 22:31-32). Jesus was modeling for us what it means to walk in complete dependance on the Father in the power of the Holy Spirit.

PERSONAL APPLICATION

When was the last time you honestly considered that some struggle or relational conflict had its roots in satanic conflict? Using good, biblical sense, when was the last time some things happened to you that you really couldn't explain any other way? Like a relationship

with someone you love and trust suddenly going south for no apparent reason? Or a growing church that God has been using suddenly embroiled in controversy that no one can really put a finger on where it began? Or a sense of oppression or depression that comes upon you even though your circumstances haven't changed for the worse? When things are amiss, do you chalk it up to chance or human nature? Or do you really consider where there is a spiritual conflict going on behind the scenes?

Elijah saw a heavenly battle. An angel revealed a glimpse of it to Daniel. Paul wrote about it often. And Jesus, the Incarnate God who knew all about the invisible world, encountered Satan and demons frequently. The early readers of Biblical texts didn't think this was strange. They didn't regard the apostles and prophets as wackos. They understood the truths that we need to get a firm grasp of today. The problems we face aren't really our husbands, our children, our jobs, or our circumstances. Behind all those things is the subject of basic truths 3 & 4 that we will look at next week: a malicious, personal archenemy who wants to use anything he can to destroy our lives.

HOMEWORK

1. War and Peace. The Bible begins with a look back at the perfect peace of Eden (Genesis 1-2). It ends with a look forward to a day when that peace will be restored in a new heaven and new earth (Revelation 21-22). In between, the Bible – and life itself – is filled with struggles, fighting, and the lingo of war. Take a few moments to read carefully each of the following verses. Then jot down what is said or suggested about the reality of spiritual conflict. The first one is given as an example.

BIBLE VERSE	THE POINT
"The angel of the Lord encamps around those who fear him, and he delivers them" (Psalm 34:7)	The Lord is on our side. He is with us.
"Fight the good fight of the faith. Take hold of the eternal life to which you were called when you made your good confession in the presence of many witnesses." (1 Tim. 6:12)	
"Join me in suffering, like a good soldier of Christ Jesus" (2 Timothy 2:3)	
"I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me." (Rom. 7:23)	
"Abstain from sinful desires, which wage war against your soul." (1 Peter 2:11)	
"Be on your guard; stand firm in the faith; be courageous; be strong" (1 Cor. 16:13)	
"The night is nearly over; the day is almost here. So let us put aside the deeds of darkness and put on the armor of light." (Rom. 13:12)	
"Do not be surprised, my brothers and sisters, if the world hates you." (1 John 3:13)	

2. How would you describe the kind of struggle Paul is writing about in Ephesians 6:12? (see the meaning of the word “palē” in the box on pg 7)

The effects of the war going on in the unseen world reveal themselves in our strained, damaged relationships, emotional instability, mental fatigue, physical exhaustion.

Last week we defined “palē” from Ephesians 6:12. Many of us feel “pinned down” by anger, unforgiveness, pride, comparisons, insecurity, discord, fear...the list goes on and on. But the overarching, primary nemesis behind all of these outcomes is the devil himself.

3. Write down some specific ways you’ve felt “pinned down” in your life recently

Relationships
Mental
Emotional
Physical
Other

4. What thoughts or images come to mind when you hear Paul use each of the following phrases in Ephesians 6?

PHRASE	WHAT I THINK OF:
“The full armor of God” v.11	
“The devil’s schemes” v. 11	
“The powers of this dark world” v.12	
“Spiritual forces of evil” v.12	
“the day of evil” v.13	
“the flaming arrows of the evil one” v. 16	

5. Being a believer doesn’t give you immunity from the assaults of the enemy, but it does give you access to the power of the Father – His power to defend you and to reverse what’s been done to you! Open your Bible and write out Ephesians 6:10 _____

If we want to win the fight – pin down the enemy and cripple his impact on our lives – the key is in realizing you’re connected to more spiritual strength and power than is coming against you!

One of the most important and overlooked aspects of our spiritual armor is prayer. Paul considered prayer critical to his explanation of how to gain victory over Satan’s power in our lives. Paul included his own prayers in his letter to the Ephesians....Paul is strategic in his

prayers and tells us exactly what he is praying for. Victory in spiritual warfare is inseparable from prayer.

6. Read Ephesians 1:18-21 and 3:14-19 and record as many details as you can about the intentions of Paul's prayers:

Please notice: Paul wasn't asking in prayer that the Ephesian believers would receive their abundant inheritance of spiritual riches, blessings, power, and authority, but that they would realize it was already theirs. As Christians, they already possessed these things, just as we do. But until they realized it, what good could it accomplish? What benefit would all of God's gifts be to them if they weren't aware they'd been given everything needed to send the enemy running for cover?

In reality, the spiritual armor in Ephesians 6 is a repeat – a different way of describing – what Paul had already explained to them in the first portion of the letter. How could they “put on” or “take off” things they didn't know they had? The first step for them – and for us- in utilizing the spiritual resources we've been given is to have our eyes opened so that we can see them!

LIVE IT & APPLY IT

7. Looking at society and the world around you, what examples would you point to as clear evidence of spiritual warfare?
8. When in your life have you been most aware of the reality of spiritual warfare? What happened?
9. Where are you currently in your own experience with spiritual warfare? (check all that apply)

<input type="checkbox"/> Mapping our strategy	<input type="checkbox"/> Trying not to think about it
<input type="checkbox"/> Hunkered down in a foxhole	<input type="checkbox"/> Relaxing back at the barracks
<input type="checkbox"/> Advancing up a hill	<input type="checkbox"/> On a mission to rescue POWs
<input type="checkbox"/> Engaged in combat	<input type="checkbox"/> AWOL
<input type="checkbox"/> Wounded in action	<input type="checkbox"/> Separated from my platoon
<input type="checkbox"/> In basic training	<input type="checkbox"/> Feeling captured by the enemy
<input type="checkbox"/> Marching to my next engagement	<input type="checkbox"/> Other: _____

ACTIONABLE INTEL & PRAYER Refer to directions on pg 10 for this section & use index cards for your prayer strategy this week.

Actionable Intel:

3 Our Enemy

Last week we saw just how much is at stake in this invisible war. It has eternal consequences. Not only is the war intense, so is the enemy. Basic truth #3 is as unpleasant as it is necessary to study: our foe is formidable, and his goal is to destroy us and discredit the cause of Christ. He is not to be taken lightly. He is real. He was an angel, the highest of all created beings, who rebelled against God out of pride.



"Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour." 1 Peter 5:8

"But even the archangel Michael, when he was disputing with the devil about the body of Moses, did not himself dare to condemn him for slander but said, "The Lord rebuke you!" Jude 9

IS SATAN FOR REAL?

- The authority of the Bible. Genesis 3:1; 1 Chronicles 21:2; Revelation 12:0
- The testimony of Christ. Matthew 4:1-22
 - Christ refers to Satan 25 times.
- The reality of demons: Satan is their "prince" Luke 11:15

WHO IS SATAN?

- A created spirit Job 1:6; Colossians 1:16
- An angel Matthew 25:41; Revelation 12:7
- A cherub Ezekiel 28:14
- The highest of all created beings Ezekiel 28:14

WHERE DID SATAN COME FROM?

- Created perfect Ezekiel 28:12-13
- Had a heavenly estate Jude 6
- A guardian of God's glory Ezekiel 28:14
- The occasion of his sin = power & beauty Ezekiel 28
- The nature of his sin = pride Isaiah 14:13; 1 Tim. 3:6
- The cause of his sin = personal, free choice Habakkuk 1:13; James 1:13

Intellectually, many Christians believe in Satan and demons, but that belief doesn't always sink in. When we start to process this information and see areas in our lives where spiritual conflict is happening in our lives we live with a deeper awareness and a greater sense of urgency.



Basic truth #4 is essential to help up prepare for the battlefield: We must respect our foe but not fear him, we must become acutely aware of his methods but not preoccupied with them. Even though Satan is more powerful than we can imagine and more deceptive than we can understand, we give him too much credit – or give God too little credit – if we fear him. We are to respect our enemy and never be casual about his threat, but we are not told in the Bible to be preoccupied with him. Our focus should be entirely on God and not on our adversary or ourselves.

We do however need to be aware of the enemy's strategies so we can prepare for demonic attacks with an understanding of what may come against us. We can become educated about his schemes by examining his names in scripture; all of them reveal

Satan's Names Reveal His Tactics

- Satan (adversary) Job 1:6-7; 1 Thes. 2:18
- Devil (slanderer) 1 Pet. 5:8
- Lucifer (son of the morning) Isaiah 14:12
- Beelzebub (lord of the flies) Matt. 12:24
- Belial (a false god) 2 Cor. 6:15
- Evil one 1 John 5:19
- Tempter 1 Thes. 3:5
- Prince of this world John 12:31 (NIV)
- Accuser of the brethren Rev. 12:10
- Representations include:
 - Serpent Gen. 3
 - Dragon Rev. 12
 - Angel of light 2 Cor. 11:14

something of his tactics. Scripture is very clear about his agenda and his targets. But he is limited, and we have no need to fear him if we follow God's instructions in faith.

In 2 Corinthians 2:11 Paul agrees to forgive a brother along with the Corinthian church – in order that “*no advantage would be taken of us by Satan, for we are not ignorant of his schemes.*” The vital question for us then is how can we make sure we are not ignorant of his schemes? Satan's names reveal his tactics (see chart pg 15). See “The Enemy's Strategies” on page 19.

Satan attacks the church by:

- False philosophies. Col. 2:8
- False religions. 1 Cor 10:20
- False ministers. 2 Cor. 11:14-15
- False doctrine. 1 Jn 2:18
- False disciples. Matt. 13:24-30
- False morals. 2 Thess. 2:7-12

Satan attacks God's people by:

- Directing governments. Dan. 10:13
- Deceiving people. 2 Cor. 4:4
- Destroying lives. Heb 2:14
- Persecuting the saints. Rev. 2:10
- Preventing service. 1 Thess. 2:18
- Promoting schisms. 2 Cor. 2:10-11
- Planting doubt. Gen 3:1-5
- Producing sects & cults. 1 Tim. 4:1
- Provoking sin:
 - Anger. Eph. 4:26-27 *
 - Pride. 1 Tim. 3:6
 - Worry. Matt. 13:22
 - Self-reliance. 1 Chron. 21:1
 - Discouragement. 1 Peter 5:6-8
 - Wordliness. 1 Jn. 2:16
 - Lying. Acts 5:3
 - Immorality. 1 Cor. 5:1-2

Write 2 Corinthians 10:3

PERSONAL APPLICATION

We must be balanced and wise in our understanding of spiritual opposition. We need to understand what power Satan does and does not have. To be balanced we need to be able to walk the line between respecting the enemy and being preoccupied with God. The Bible doesn't tell us about the enemy to make us anxious; we are told so that we can prepare ourselves for victory! In order to do that we need to be grounded in the truth that, “greater is He who is in you than he who is in the world” (1 John 4:4). Basic truth #5 is the key to our confidence in the invisible war: We do not fight *for* victory; we fight *from* victory! The reason we don't need to fear Satan is because of the wonderful fact that Jesus has already won the battle. Ultimate victory has already been won for us by Jesus. In Christ's power, we are invincible.



1. In what areas of your life do you suspect that you may have bought into Satan's deceptions? Does your work, your marriage, your plans for the future, or any other aspect of your life reflect any part of the adversary's agenda?
2. Where do you see Satan's influence in the culture in which you live?
3. In what ways can you stand firm?
4. Do you have a tendency to assign too much or too little credit to the enemy? What steps do you need to take to achieve balance in your thinking?

HOMEWORK

As we discussed in lesson 1, we tend to focus on the visible and physical rather than the invisible and spiritual. And even if we do recognize the enemy's work, we may not be sure how to engage and defeat him. The enemy's approach is cryptic and cleverly hidden, making it hard to discern his schemes. In many ways we have become unaware of Satan's presence, his plans to destroy our lives, and we just don't realize he is distracting us from reaching heaven!

5. Write 2 Corinthians 11:14 -

How have you found this tactic of Satan to be true in your own life?

Spiritual victory is directly connected to being able to uncover Satan. One of the most critical roles in "opening our eyes" is to detect the enemy lurking behind the surface of some of our most immediate difficulties. The names of the enemy reveal his character, intention, and activity.

6. Read Ephesians 6:12 again and write down the 4 entities with which you are engaged in battle:
- a.
 - b.
 - c.
 - d.

These evil, supernatural forces are the same principalities and rulers Paul talks about in Eph 1:21; 3:10. They operate under Satan's control and carry out his schemes and wicked purposes. The Bible doesn't reveal a whole lot about the organization of Satan's forces, but "this list of spiritual powers has connotations of hierarchy and organization. Just as there are generals, privates, and lots of ranks between them in our military structures, demonic powers also seem to be arranged according to role and power." (Chip Ingram, *The Invisible War*, pg 29)

Two things we do know about these entities:

- How the bible describes their actions
- The place they are located

10. According to scripture, what is the enemy's most obvious calling card?
(John 8:44; 2 Cor. 4:4; Rev. 20:10)

The purpose of the command "*Be strong in the Lord and in the strength of His might,*" is so that we can "*stand firm against the tactics of the Devil*" (Eph 6:10,11). His tactics are deceptive strategies, schemes, dirty tricks designed to manipulate the truth about God and about you. He wants to lead us into sin so that our fellowship with God is broken. God provides our power and strength, without Him we are weak and vulnerable. This leaves us susceptible to Satan's plans to destroy us.

Satan's deceptive tactics can be found in the false ideologies of our culture (obsession with appearance, perceptions of worth & success, redefinition of family & gender). These ideologies have not happened by chance. The evil temptations that appeal to each of our specific desires and weaknesses are not accidental. The discord and divisiveness that threaten our relationships and communities are not coincidental. Temptations found at our weakest moments are calculated. These are the Devil's deceptive tactics.

11. Look back at the oval from lesson 1 on page 8 that contains the people or circumstances you listed as being the most difficult in your life. Prayerfully consider how the enemy's calculated deceptions may be playing a role in this situation(s). Record your thoughts:

12. According to Ephesians 3:10; 6:12, where are the enemy and his spiritual forces located?

13. Record all the important facts you discover about heavenly places from these verses:

Ephesians 1:3

Ephesians 1:20

Ephesians 2:6

So yes we still live on earth with physical sickness, environmental evils, and relational hardships but because of our spiritual location we always have hope! Through Christ we have the victory!

The Bible gives us many promises of victory over the power of the evil one. Read the following passages:

1 John 4:4

1 John 5:4-5

Revelation 12:11

James 4:7

Write Colossians 2:13-15

These 4 verses are promises of who you are and what you have whenever you are feeling down, discouraged, defeated, and anything but invincible. Our feelings will not always accurately reflect God's truths but the facts given in these verses will. Let them sink in, meditate on them so that they will transform your thinking and perspective so that you can know the position from which you fight!

ACTIONABLE INTEL & PRAYER Refer to directions on pg 10 for this section & use index cards for your prayer strategy this week.

Actionable Intel:

THE ENEMY'S STRATEGIES

From *The Armor of God*
by Priscilla Shirer



STRATEGY #1 AGAINST YOUR PASSION

He seeks to dim your whole desire for prayer, dull your interest in spiritual things, and downplay the potency of your most strategic weapons.
Ephesians 6:10-20



STRATEGY #6 AGAINST YOUR CALLING

He amplifies fear, worry, and anxiety until they're the loudest voices in your head, causing you to deem the adventure of following God too risky to attempt.
Joshua 14:8

STRATEGY #2

AGAINST YOUR FOCUS

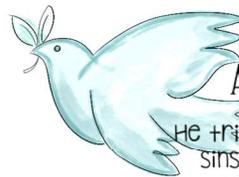
He disguises himself and manipulates your perspective so you end up focusing on the wrong culprit, directing your weapons at the wrong enemy.
2 Corinthians 11:14



STRATEGY #7

AGAINST YOUR PURITY

He tries to tempt you toward certain sins, convincing you that you can tolerate them without risking consequence, knowing they'll only wedge distance between you and God.
Isaiah 59:1-2



STRATEGY #3

AGAINST YOUR IDENTITY

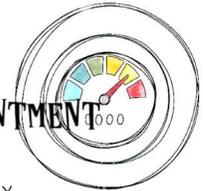
He magnifies your insecurities, leading you to doubt what God says about you and to disregard what He's given you.
Ephesians 1:17-19



STRATEGY #8

AGAINST YOUR REST AND CONTENTMENT

He hopes to overload your life and schedule, pressuring you to constantly push beyond your limits, never feeling permission to say no.
Deuteronomy 5:15



STRATEGY #4

AGAINST YOUR FAMILY

He wants to disintegrate your family, dividing your home, rendering it chaotic, restless, and unfruitful.
Genesis 3:1-7



STRATEGY #9

AGAINST YOUR HEART

He uses every opportunity to keep old wounds fresh in mind, knowing that anger, hurt, bitterness, and unforgiveness will continue to roll the damage forward.
Hebrews 12:15



STRATEGY #5

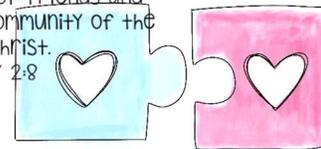
AGAINST YOUR CONFIDENCE

He constantly reminds you of your past mistakes and bad choices, hoping to convince you that you're under God's judgment rather than under the blood.
Revelation 12:10

STRATEGY #10

AGAINST YOUR RELATIONSHIPS

He creates disruption and disunity within your circle of friends and within the shared community of the body of Christ.
1 Timothy 2:8



Code Red

SPIRITUAL WARFARE 201

Prepare Yourself for Battle



Théoden: "I will not risk open war"

Aragorn: "Open war is upon you, whether you would risk it or not"

-JRR Tolkein, *Lord of the Rings*

"Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace" (Ephesians 6: 13-15)

BASIC TRAINING

After the treaty that ended World War II was signed, pockets of guerrilla warriors continued to fight on hundreds of islands throughout the Pacific. The bullets were just as real, the casualties were just as dead. In the same way, Satan continues to fight even after Jesus has won the victory.

1. Satan was **defeated** at the cross.
2. Sin's **penalty** was paid for all people for all time
3. Sin's **power** was broken.
4. Yet Satan and his host of fallen angels continue to engage in guerilla warfare to discourage, deceive, divide, and destroy God's people and God's church.
5. Christians are commanded to **equip** and **prepare** themselves in the strength of the Lord and in His mighty power to stand firm against the enemy's schemes, repel his multifaceted attacks, and engage and defeat him in specific battles.

4 Belt of Truth

A Roman Soldier's Armor

A soldier could not afford to be impeded or hindered while marching or fighting. A leather belt, known as a *balteus* in Latin, gave him a way to tuck in his loose tunic, protected his lower abdomen, and gave him a place to hang his sword.

ARMOR OF GOD	BELT OF TRUTH
GOD'S PART	By way of the living Word (Jesus) and the written Word (the Bible), God has given his truth to us. (John 1:1, 14; 17:17; 2 Timothy 3:16-17)
OUR PART	When we let God's truth permeate our hearts and shape our lives, we become people of integrity, and that leads to security.

STRENGTHEN YOUR CORE

Your core is the area around your trunk and pelvis, comprised of the abdominal muscle groups. It's the central link in the chain that connects the lower and upper parts of your body, enabling all your limbs and movements to work together in harmony. Every motion you make requires support from this area. A strong core helps with balance, stability, resistance to injury, your stamina over time and under pressure. As we age, a weak core could mean the difference between walking upright and being relegated to a chair. The condition of your core affects everything.

1. In the paragraph above, underline the benefits of a strong core. Consider the benefits of a strong core in relation to your spiritual life. Read the following verses and write beside each the corresponding benefit(s) of a strong core.

Ephesians 6:13-14a

Ephesians 2:13-17

Ephesians 4: 14

James 1:2-4

2. Based on these passages, what makes these attributes and benefits so important for spiritual health?
3. What about in your personal life? Are there any specific ways you are experiencing imbalance, weakness, or internal discord right now? Describe below.

201 OUTLINE

1. How can you prepare yourself for satanic attacks? (Eph 6:13-14)
 - a. Jesus, our Commander, urgently commands us to pick up our spiritual armor and put it on.
 - b. Consciously and vigorously make a decisive act to stand our ground firmly and fearlessly against the enemy's assaults.
 - c. We are given 3 specific pieces of armor that must be put on before we can stand firm.
2. "Having girded your loins with truth"
 - a. Metaphor explained: The belt was critical to the rest of the equipment. All of the armor connected to it.
 - b. "Truth": candor, sincerity, truthfulness rooted in the objective reality of the truth of God's Word, but here it refers to the subjective, practical application of openness and honesty in all things with God and man.
 - c. Satan's first attack on humankind was deception (Gen. 3:1-15), which followed by our hiding, denial, and blame-shifting.
 - d. The belt of truth is evident in the woman whose mind will practice no deceit and attempt no disguises in her walk with God.
 - e. Application: Psalm 139:23-24 "Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way."

Core Support

Having a strong, well supported core seems to be what Paul had in mind when he crafted his list of spiritual armor. His main image is largely based on the imagery of the divine warrior found in Isaiah 59. But we can still learn a lot about the role and purpose of this armor by considering the Roman legionary – a permeating presence in Jewish culture during Paul's days. The pieces of armor are listed in Ephesians 6 and are arranged in the same order in which the Roman soldier would have put them on to prepare for battle.

4. Go back to page 5 where you wrote Ephesians 6:10-20. List the names of armor in order, as they appear:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
7. Prayer

LEGION. Gk. Legeōn (from Lat. legio), used four times in the New Testament, was the main division of the Roman army and comprised between 4,000 and 6,000 men. It was divided into ten cohorts and these in turn into six centuries each.

Looking at the first entry on your list, and keeping in mind the significance of the core, why do you think putting on this piece of equipment first would've been crucial for a soldier?

5. What specific spiritual attribute does Paul connect to this piece of equipment? _____
Why do you think that this must come first in any successful spiritual warfare against the enemy?

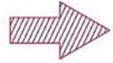
6. A Roman soldier's belt was a vital piece of equipment. So too is our spiritual belt of truth. How does knowing the truth about the devil protect us? How about knowing the truth about God? About ourselves?

7. How do you know what (or who) is true? Where do you go to find truth?

8. Turn to the image of the Ephesians 6 Warrior on the last page of this workbook. Use Ephesians 6:13 to fill in the spiritual virtue Paul connects to the belt.

COMBATING THE ENEMY'S LIES

To stand our ground against the enemy's lies, we need to know what it means to put on the belt of truth and to do this we need

The lies		The truth
<p>The purpose of my life is to achieve my dreams and become successful.</p>		<p>The purpose of my life is to glorify God and enjoy Him forever.</p>
<p>My deepest desires and needs will be met in the arms of a man.</p>		<p>My deepest desires and needs will be met in the arms of a SAVIOR.</p>
<p><i>The most desired title over my life is WIFE.</i></p>		<p><i>The most desired title over my life is daughter of the KING.</i></p>
<p><i>If I make the right choices, my life will be perfect.</i></p>		<p><i>If I obey God, my life will be blessed.</i></p>
<p>I make the plans and ask God if they are ok.</p>		<p>God makes the plans and I wait for Him to reveal them.</p>
<p>www.notconsumed.com</p>		

to know our enemy and his schemes. Matthew 4:1-11 tells about Jesus' confrontation with Satan in the wilderness.

1. What were the temptations the devil presented to Jesus in the wilderness, and why might they have seemed attractive or even reasonable?
2. What does this story reveal about the devil's nature and his tactics?
3. How did Jesus use the truth of God's Word as a weapon in this encounter with the devil?

We've already studied a good deal about our enemy in our previous lesson. Though the Bible is clear that Satan's doom is assured, he continues his unceasing war. This is why Peter tells us to *"be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour."* (1 Peter 5:8)

We shouldn't make light of the devil because he is always scheming against us. But we shouldn't become so preoccupied with him that we live in fear of him. As Christians we have the Spirit of God living in us, we do not have to fear the devil. 1 John 4:4 says, *"The one who is in you is greater than the one who is in the world."*

Satan is not our only enemy. The world and the flesh also war against us.

The World	The Flesh
<ul style="list-style-type: none"> • The Greek word for world is <i>kosmos</i> and is found more than 180 times in the New Testament. • It can refer to the inhabited earth (Romans 1:8) or the inhabitants of the earth (John 3:16). • Most often in the New Testament it refers to the complex system of beliefs, values, and structures that function under the direction of Satan (2 Corinthians 4:4) in opposition to God's purposes and people (1 John 2:15-17). 	<ul style="list-style-type: none"> • The Greek word for flesh is <i>sarx</i>. More than a reference to our physical bodies, flesh also refers to the irredeemable aspect of human nature. It drives us to find satisfaction apart from God. • The "Flesh" is corrupted by sin. It cannot be made holy; it can only be put to death. (Romans 8:13; Colossians 3:5) • When we receive Christ by faith (John 1:12) we become new creatures (2 Corinthians 5:17). • Though we are children of God and we possess a new nature, we still experience the sinful desires of the flesh that wage war against our souls. (1 Peter 2:11) • We combat these urges by following the leading of the Holy Spirit. (Galatians 5:16)

Truth is our standard. Without it we are left weak and susceptible. But with the standard of truth in place we will have a strong, stable core that will keep us from being easily led astray. Then how do we put on this belt of truth?

- Uphold and affirm the standard – the truth and boundaries set by God in scripture. Commit yourself to them and resolve to teach them to your family.
- Daily, systematically, repeatedly begin letting God help you align your decisions and responses, even your attitudes and ambitions, alongside His benchmark of truth.
- Continually learn about the character and purpose of God – both from the Bible and from His Spirit. Then unapologetically synchronize your convictions, even when you find it hard or unpopular to do so.
- Filter every circumstance, personally and culturally, through the prism of His Word instead of merely leaning on your own feelings, political correctness, or the opinions of others.

Truth is your starting place, and then everything else begins falling into a much better place.

4. Consider the proactive planning and determination it would take to fulfill the mandate of Deuteronomy 6:4-9 in your own life. How could you develop a strategy for this in your own life this week?

THE HANGAR

The Roman soldier's belt or girdle served several purposes. One was to add support and strengthen the core, but another purpose was equally important: the belt secured several additional pieces of his armor and kept them securely in place. A soldier also tucked his tunic into it to keep it from tripping him up in battle. A soldier without his girdle is like a policeman without his holster – no where to keep anything. Think of the complicating ripple effects. Without his girdle, the legionary would need to carry his sword in one hand and dagger in the other – and hope he didn't need a third hand for something else....like maybe keeping his shield up? Or having his fists to fight with? Or reaching for another weapon? Also, without anywhere to keep his breastplate anchored, he risked leaving his chest uncovered, exposed to the fire-lit arrows of the enemy. The belt was the hangar – necessary to organize, secure, and stabilize the rest!

Lets jump ahead a bit and consider each of the other pieces of armor, focusing on their spiritual description or virtue. This will help us see how truth really is the stabilizer for all of them.

- **RIGHTEOUSNESS** (v. 14) means right living, the process by which we apply truth to our lives and produce conduct honoring and pleasing to God.
- **PEACE** (v 15) is the deep, inner, eternal stability the believer possesses by virtue of her relationship with Jesus, a stability that's not subject to external circumstances. It's also the quality that enables us to live harmoniously with others.
- **FAITH** (v 16) is the application of what one believes, the process of putting feet to God's truth and living in the light of it...in practical terms.
- **SALVATION** (v.17) is both our eternal security with Christ, as well as the full inheritance we've been given through relationship with Him. It includes our blessings, status, and identity – everything we've received that enables us to live victoriously for Him.
- **THE WORD OF GOD** (v 17) is His present, relevant, personal Word to us for today. The Bible may be an old book, but God's Spirit makes it fresh, new, and alive for us each day.
- **PRAYER** (v.18) is not only the way in which we communicate with God, but also the divinely authorized method by which we grab hold of Christ and gain access to His promises, power, and victory.

10. Using this information, fill in the chart below by describing how the belt of truth is the “hanger” for each one.

RIGHTEOUSNESS	The TRUTH is God's Spirit lives in me. Because of this, I can live in a way that is honoring to God.
PEACE	
FAITH	
SALVATION	
THE WORD OF GOD	
PRAYER	

ACTIONABLE INTEL & PRAYER *Refer to directions on pg 10 for this section & use index cards for your prayer strategy this week.*

Actionable Intel:

5 Breastplate of Righteousness

A Roman Soldier's Armor

Breastplates made from leather and covered with thin metal plates (*lorica segmentata* or *squamata*) or chains (i.e. mail, *lorica hamata*) protected a soldier's chest and back – all his vital organs – from his neck to his waist. By Paul's day, breastplates were simultaneously light, strong, and effective.

ARMOR OF GOD	BREASTPLATE OF RIGHTEOUSNESS
GOD'S PART	By Christ's sacrificial death, we are made righteous in the sight of God through faith (Romans 5:19)
OUR PART	As we live out our new, righteous life in Christ, we enjoy protection from sin's dangers.

THE HEART

The heart is arguably the most vital organ in your body. Right now your heart is beating in your chest, dispersing blood through your veins and arteries, picking up oxygen and other nutrients and supplying them to places where they can be turned into raw energy. That's why a feeble or malfunctioning heart creates such a ripple effect throughout a person's entire system. Without the heart's continuous pumping action, the body feels the diminishing effects, until ultimately it ceases to function all together.

So your heart is the seat of your life. The source. And what the physical heart is to your physical life, the spiritual heart is to your spiritual life.

- Using the above paragraph as your guide, how would you describe the vital actions the spiritual heart contributes to your spiritual life?
- What does Proverbs 4:23 command us regarding the heart?
Why do you think this is necessary?

Guard Your Heart

Once the Roman soldier was fitted with his belt, he would put on his breastplate. The purpose of the breastplate was to guard the vital organs. In case of a direct hit to the soldier's upper body, wearing the breastplate could mean the difference between life and death. One swift strike from an enemy sword could stop a man's heartbeat cold.

- Turn to the image of the Ephesians 6 Warrior on the last page of this workbook. Fill in the spiritual virtue Paul connects to the breastplate.
- Write your own definition of this virtue:

201 OUTLINE

- “Having put on the breastplate of righteousness.” (Eph 6:14)
 - The metaphor explained: The breastplate covered more than the midsection, from the neck to the thighs. It was also called a “heart protector.”
 - “Righteousness:” uprightness, right living, integrity in one's lifestyle and character; conforming our will with God's will. Although rooted in the objective righteousness that we already possess in our standing before God through the work of Christ, this breastplate of righteousness (that guards and protects the heart) is the practical application of the truth to our lives. In other words, it's the lordship of Christ.
 - Satan's attacks are not merely deception but accusation of the believer, resulting in guilt and condemnation. When we willfully turn away from what we know is God's will, we open ourselves to demonic influence in our lives. (OT example: Saul; NT example: Peter)
 - Application: James 4:17 “Therefore, to one who knows the right thing to do and does not do it, to him it is sin.”

5. How do you think “right living” can act as a guard against the enemy’s attacks in your life?

Heart & Soul

Human beings are made up of 3 distinct parts: 1)body, which allows us to relate to the physical world, 2)spirit, which allows you to relate to God, and 3) soul, which allows you to relate to yourself. Your soul is what makes you a unique individual. Its your personality, distinctive internal nature, and its composed of 4 important factors:

- Mind (your thoughts)
- Will (your ambition)
- Emotion (your feelings)
- Conscience (your moral compass)

When Scripture speaks of your heart, its referring to the intersection of these 4 internal characteristics. The heart is the centerpiece of the soul.

6. Given the 4 parts of the soul, why do you think this would be a primary target for the devil?

RIGHTEOUSNESS

God is perfect – as is His standard of righteousness. When we look at this type of righteousness, it seems that wearing the breastplate is an impossibility! Even the most good-natured among us fall short of God's expectations.

7. Read Romans 3:10-12 and Isaiah 64:6. What is the main principle of these 2 passages?

If perfection was what Paul was referring to when he commanded us to put on the breastplate of righteousness, we'd all be in big trouble! And then enemy will use this to his advantage, inciting us to chase perfectionism instead of chasing God. If we aren't careful, this pursuit can become a bottomless pit of idolatry. Satan will promptly fit us with shackles that will leave us in a state of exhaustion while we are working like mad-women to prove ourselves fit for heaven. All the while our breastplate remains unworn and unused. We can be just as bound by the pursuit of perfectionism as we are by addiction to alcoholism or pornography.

8. Do you tend to struggle with perfectionism? If so, how does it impact your life?

In what ways, if any, is your perfectionism rooted in a desire to seek God's approval? What about a desire to receive approval or commendation from other people?

9. Write out Romans 10:3 -

In the above verse, underline the portion that describes what Paul says these people were trying to do. Circle what he says they didn't do. Record some specific ways you've noticed people “seeking to establish” their own standard of righteousness:

Is there any way that you have knowingly or inadvertently adjusted God's standards throughout your life to fit your personal preferences or traditions? Are there any ways you might be doing it now?

PRACTICAL RIGHTEOUSNESS - PRACTICE MAKES PERFECT

Each piece of the spiritual armor Paul employed in Ephesians 6 really represented principles he'd already explained earlier in the letter to the Ephesians. Chapter 4 is full of practical righteousness.

10. Write out Ephesians 4:22-24

Go back and underline any key words or phrases that stood out to you in verses 22-24.

11. From Ephesians 4:25,26,28,29,31 and Ephesians 5:3-5 make a list of behaviors Paul instructs us to put off:

Go back through the list you made and circle any attributes that you struggle to put off. Consider the words you circled. What comfort or benefit do they give you that makes it difficult to part with them? What sort of detriments have they brought to your life? What would be a first step you could take this week to put them off?

"Putting off" was not the end of Paul's instruction! Just because you've gotten undressed doesn't mean you are clothed again. "Putting off" does not automatically equal "putting on." Wearing the breastplate of righteousness means replacing your old garments with carefully selected attributes that align with the light of Christ. This is practical righteousness.

12. From Ephesians 4:24 complete this phrase:

Put on the new self... created after the _____.

13. From Ephesians 4:2-3,25,32 compile a list of virtues Paul commands us to put on:

Which of the virtues are the most difficult for you to put on?
What current relationships and circumstances make this most difficult right now?

In lesson 1 on page 8, you wrote down the name of a person or circumstance that is proving difficult to deal with right now. How can you proactively put on these virtues in the next 24 hours in regard to this situation?

If wearing the breastplate – the “putting off” and “putting on” is proving particularly difficult lately – realize that you are not alone. But also realize something else too: you have an invisible partner every time you jump into battle and tug that breastplate over your heart. God is doing something this very minute to help you do what you otherwise could not. He is renewing your mind, realigning your passions & attitudes, and giving you the strength to live in a way that is pleasing to Him and a blessing to others. What a perfect alternative to practice!

ACTIONABLE INTEL & PRAYER *Refer to directions on pg 10 for this section & use index cards for your prayer strategy this week.*

Actionable Intel:

For some time the ancient Roman army did not have a standard issued uniform....soldiers used what they could afford. Can you imagine going into battle without a good breastplate? Thankfully, the Lord has made sure that nothing can keep us from going into the battle undressed. The price of your breastplate was covered at Calvary. We'll never need to go out and purchase our own protection against the enemy. Hallelujah! Righteousness has been freely given to us in Jesus. So put it on, sister! Let's help each other to get this armor on and get some victory happening!

Make a battleplan for wearing your breastplate this week. “be imitators of God....and walk in love, just as Christ also loved you and gave Himself for us.” (Eph 5:1-2). Use your index card and build a strategy of thanksgiving to God for all He's done to make your breastplate available. Then ask Him for the ongoing, renewing strength of His sanctifying Spirit, as well as holy courage to wear this breastplate every day. Be honest about what you need to “put off” and “put on” and then do it practically and consistently.

Make your prayer unique and specific to your concerns and circumstances. Include the promises of God and the instruction He's given you through this study to build a strategy that will put the enemy in his place and on the defeated fringes of your life every single time he hears you reading it out loud.

6 Shoes of Peace

A Roman Soldier's Armor

The Roman half-boot, or *caliga*, was more like an open-toed sandal that featured a hob-nailed sole with leather straps that tied around the ankle and shin. The metal studs enabled a soldier to find firm footing on uneven terrain.

ARMOR OF GOD	FEET FITTED WITH READINESS FROM THE GOSPEL OF PEACE
GOD'S PART	The gospel provides the sure foundation of knowing that we have peace with God (Romans 5:1)
OUR PART	We have peace knowing that God is able to keep us from stumbling (Jude 24). When we share the gospel, others find peace and stability too.

As a little kid did you ever put on your parent's or grandparent's shoes and clomp around the house? Maybe they were your grandfather's work boots and you made muddy tracks all through the house in your wake! This week we are going to put on our Father's shoes. And by the Spirit's power we are going to see the tracks of peace He can make, not only in our hearts, but in our relationships and experiences with others. God's shoes can counteract the chaos and angst you are feeling and facing. His footprints will start showing up everywhere you step.

1. Write Ephesians 6:15 word for word in the space below:
2. What spiritual virtue does Paul liken to this piece of the soldier's equipment? Record your answer beside the corresponding piece of armor on the Ephesians 6 Warrior on the last page of this workbook.
3. Write the definition of peace in your own words:
4. What words would you use to describe the opposite of peace?

PRINTS OF PEACE

Of all the things the enemy wants to steal, kill, and destroy in your life, peace is almost always near the top of his list. He intentionally stirs up discord, division, disruption, and disturbance, both within you, around you, and in the church. He is the lord of chaos and confusion, using every opportunity to upset your sense of well-being and stability. He wants you uneasy, unbalanced, filled with anxiety, worry, and turmoil. Lacking peace.

But there is more to it than that – because perhaps like no other attack, Satan knows that by nibbling away at your peace, he and his demonic entourage can cause his brand of

201 OUTLINE

4. "Having shod your feet with the preparation of the gospel of peace." (Eph 6:15)
 - a. The metaphor explained: Roman sandals were tightly strapped to the entire lower leg and had nails protruding from them. They planted a soldier's feet in certainty.
 - b. "Preparation:" establishment – the means of a firm foundation; also conveys the idea of readiness to share the gospel, which brings peace between people and God.
 - c. Satan not only uses deception and condemnation to neutralize believers, but he also specializes in casting doubt on the very basis of God's goodness and the means by which we have received it – the gospel. Satan attacks grace. How? 2 Corinthians 11:3-4
 - d. Application:
 - Know and understand the content of the gospel (1 Cor. 15:1-6; Eph. 2:1-9)
 - Know the basis for your eternal security and the assurance of your salvation (security – Rom. 8:38-39; Eph 1:13-14; assurance – 1 Jn 5:11-13)

tension to fan out in all directions, spreading to your relationships, corroding them with disagreement and frustration.

5. In the following areas, list any ways that you detect disharmony, unrest, or an overarching lack of peace.

your mind	
your heart	
your body	
between you & a friend	
between you & your spouse	
between you & your child(ren)	
between you & your coworker	
between you & your parents	
other	

How have you seen the enemy's handiwork in these experiences?

How have you handled (or how are you generally handling) these situations?

CRIPPLED BY CHAOS

One of the main benefits of the *caliga* was that it offered general protection for the feet. Without ample coverage, Roman soldiers would be susceptible to harm and injury while traversing rocky terrain. If the feet are unguarded you will become out of commission, unable to stand for long periods, or unable to move agilely without being further injured. A life without peace is simply unprotected, crippled, unable to move forward, hindered from maturing and developing in a healthy fashion.

6. Have you witnessed a lack of peace crippling someone, rendering him or her incapable of moving forward in life?
7. In the areas you noted earlier, how have you seen your own potential or growth stunted because of this unrest in your heart or in your relationships? In what ways have you been unable to move forward?

We can't always control the kind of ground we're forced to march on, but with the right shoes we will be protected! *Shalom*, the familiar Hebrew word for peace throughout the Old Testament does not refer to the absence of chaos, but rather to an overall, deeply entrenched sense of harmony, health, and wholeness in the midst of chaos. In fact, true peace is best detected and measured against the backdrop of commotion and confusion - when instability abounds, yet you remain steadfast; when disappointment and confusion are near, yet you're capable of walking with Spirit-infused confidence, stability, and

steadiness. That's how you know your feet are fitted "with the preparation of the gospel of peace" – a peace beyond comprehension.

8. Look back to your personal list. Choose one of them to consider in light of the following questions. If peace ruled your life...
- How would your behavior have changed in this situation?
 - In what way would your verbal responses change?
 - How would your ability to function be improved?

DIGGING IN

One of the most unforgettable features of a soldier's sandaled boots were the spikes that protruded from the thick leather soles, similar to football cleats. These hobnails dig deeply into the earth, helping the soldier hold his ground. To stand firm. The *caliga* offered firm footing. This feature was also a critical factor in maintaining their battle line formations. The soldiers would stand soldier to soldier, one beside the other in a tight linear configuration, bringing strength to the whole. Impenetrable. Secure. The *caliga* kept each person in that line steady and strong, which meant the entire line was steady and strong. If even one soldier in the formation lost his footing, the hole in the footing would weaken the line itself, leaving the whole army vulnerable to enemy attacks.

9. From these 4 options, choose 1 Old Testament and 1 New Testament passage to study. In what sense can you, as an individual, expect God's peace to keep you steady and stable?
Psalm 119:165 Isaiah 54:10 Luke 1:78-79 Philippians 4:6-7

10. Now consider this within the context of the church and the whole body of Christ. Ephesians 4:1-16 goes into detail about the church and why its internal unity is of paramount importance. Read through this passage carefully and slowly. How does the church benefit when the individuals within it pursue peace?

How can the enemy breach the "holes in the line" of your local church?

How about in the global church?

Using Ephesians 4:16 as a reference point, what would be the ill effects of a body that isn't "fitted and knit together"?

The terrain of Christian living can be rough. Dealing with other people in a way that is healthy and promotes peace requires a supernatural endowment that can only come from God Himself. Only the shoes of peace will do.

11. Read Colossians 3:12-15. Pray and ask the Lord to reveal to you the people in your life who need to experience each of the following from you. Record their names in the spaces provided. (It may be the same person for all of them)

Compassion	Patience
Kindness	Acceptance

Humility	Forgiveness
Gentleness	Love

The NASB translates Colossians 3:13 this way – “bearing with one another” – the implication being that the journey toward unity can often be difficult. Patience is a must. “Grinning and bearing it” is sometimes a requirement. The terrain that leads toward restoring and maintaining peace with God’s people can be like walking uphill, depending on their personality, weakness, and intentions.

But choose to do your part anyways. Hold the line so there won’t be any holes where the enemy can take advantage. This does not mean you will be best friends with everyone. It only means that you’ll be careful to make sure that unnecessary strife and divisions don’t penetrate and weaken the purposes of God. Then the church will be intact, strong, and ready to advance.

12. Turn to Ephesians 4, focus on verse 1-3 and verse 15. Record any similarities you discover from Colossians 3:12-15.

Walking in peace and pursuing it with others is Paul’s prayer for us. End your study this week by reading and receiving his hope and desire for all of God’s people:

I pray that you, being rooted and firmly established in love, may be able to comprehend with all the saints what is the length and width, height and depth of God’s love, and to know the Messiah’s love that surpasses knowledge, so you may be filled with all the fullness of God. (Ephesians 3:17-19 HCSB)

ACTIONABLE INTEL & PRAYER Refer to directions on pg 10 for this section & use index cards for your prayer strategy this week.

Actionable Intel:

When You're Attacked

SPIRITUAL WARFARE 301

Advanced Training & The Battlefield of the Mind



"Anyone who witnesses to the grace of God revealed in Christ is undertaking direct assault against Satan's dominion." – Thomas Cosmades

"In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God," (Ephesians 6: 16-17)

REVIEW: FOUR FACTS YOU NEED TO KNOW

1. God has defeated Satan and his agenda. He has delivered us from sin's penalty and power. In the interim, we are involved in guerilla warfare with demonic forces.
2. As Christians, we have been transferred from the kingdom of darkness to the kingdom of light, with all the rights, privileges, and position that being a child of God entails.
3. The spiritual battle we fight involves responsibility on our part to put on the spiritual protection that God provided for us. We can and will resist the enemy's attempts to deceive, accuse, and cast doubt when we stand firm against him by:
 - a. Being honest with God, ourselves, and others as a prerequisite to all spiritual battles;

- b. Responding to the truth that God shows us about His will for our lives – righteous living;
 - c. Clearly understanding and readily sharing the gospel message of grace.
4. Most spiritual warfare need never go beyond the regular practice of living out our position in Christ by faith. The spiritual armor protects us from Satan's ongoing attempts to break our fellowship with Jesus and greatly minimizes any impact by the enemy.

ENGAGE IN COMBAT

There are times we must move beyond standing firm and engage the enemy in actual combat:

- When we are taking intentional significant steps of faith for spiritual growth.
- When we are invading enemy territory (ex. Evangelism).
- When we are exposing Satan for who he really is.
- When we repent and make a clean break from the world, a long time struggle with a certain sin, or an unholy relationship.
- When God is preparing us, individually or as a church family, for a great work for His glory.

7 Shield of Faith

A Roman Soldier's Armor

The most important battle shield was a large, oblong variety called a *scutum*. Made of wood, bound with iron, and covered with animal hide, it was designed to stop enemy arrows, including arrows that had been dipped in pitch and ignited before being shot.

ARMOR OF GOD	SHIELD OF FAITH
GOD'S PART	God graciously opens people's eyes, so they might see the truth of the gospel and believe (Eph 2:1-9)
OUR PART	Fully trusting who God is and what He has said is how we "extinguish all the flaming arrows of the evil one" (Eph. 6:16)

REAL FAITH

Faith is one of the most overused and yet underutilized expressions among Christians. We want to be women who pray and then believe, expect and then see, ask and then receive. The meaning of true faith is clearly revealed: faith is an action.

1. How would you describe the difference between belief and faith?
2. What do you think are the biggest hinderances to believers acting in faith?
3. Read James 2:20,26. How does James illustration using the human body and spirit help explain the concept of faith and works more clearly?
4. Turn to the image on the last page of this workbook. Write down the corresponding spiritual virtue in the blank beside the shield.

The children of Israel (Ex. 11:4-7; 12:5-7,13), Daniel (Dan 6:7-10, 16-23), and Rahab (Josh. 2:8-21; 6:24-25) are examples of showing faith and then receiving divine protection as a result.

5. How did the people in these passages demonstrate confidence in God?
6. How were they protected as a result of their obedience?

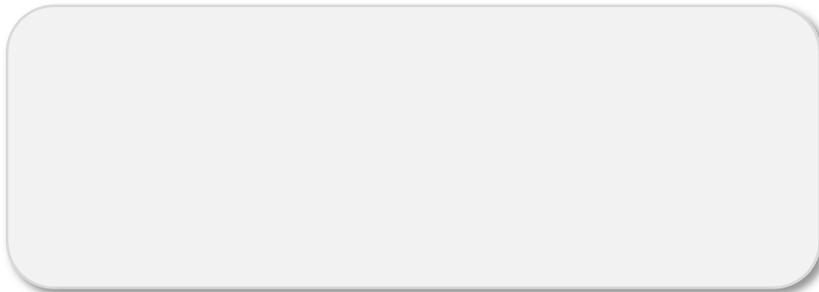
301 OUTLINE

1. The question: Once you are wearing your spiritual armor and still find yourself bombarded by spiritual opposition, how do you engage in and win the battles?
2. The answer: Ephesians 6:16-17
v. 16 "In addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one"
v. 17 "And take the helmet of salvation, and the sword of the spirit, which is the word of God"
3. We can almost predict when the enemy will attack us:
 - a. When we are growing spiritually
 - b. When we invade enemy territory
 - c. When we expose Satan for who he really is
 - d. When we repent and make a clean break with worldly or sinful patterns.
 - e. When God is preparing us for a great work for his glory.
4. "Taking up the shield of faith" (Eph 6:16)
 - a. The metaphor explained: the shield was a large, layered piece of equipment that could link with others to protect an entire row of soldiers. Its layers could extinguish flaming arrows.
 - b. Definition - "Faith:" in this context is our absolute confidence in God, His promises, His power, and His program for our lives. Though rooted in the objective reality of the gospel and our new standing with God (justification) through Christ (saving faith), this faith refers to our "present faith in the Lord Jesus for victory over sin and the host of demonic forces." – Wuest, *Word Studies*, 144
 - c. Its purpose: to quench all the fiery missiles of the evil one.

7. Turn to Hebrews 11:1 and write this biblical definition of faith:

The word “evidence” or “conviction” in Hebrews 11:1 is translated from the Greek word “*elanchos*” meaning proof. Simply put, faith is acting like God is telling the truth.

In the box below make a list of any areas where you sense God asking you to take a step of faith right now – either because it is a clear command from God’s Word (forgive, give, etc) or because you feel led by the Spirit.



8. If you’ve hesitated to move forward in obedience – why? Try to narrow down and document your answers here:
9. If this matter is something directly addressed in God’s Word, write some of the Bible references here:
10. If the items you listed in the box above are not directly addressed in the Bible, have you...
- Prayed fervently about it?
 - Made certain it aligns with God’s Word and does not manipulate or go against it?
 - Asked for wised counsel?
11. Think back to the difficult person or circumstance you wrote down in the oval on page 8. What, if any, connection do you see between the step of faith God is asking you to take and that situation?

While faith often requires risk, it also incorporates wisdom. A wise woman will seek sound direction, clarity, and confirmation before moving forward so that she is not making impulsive or foolish decisions. Spend time, energy and effort ensuring your choice is confirmed by God’s word. The next step is faith. Active faith. That’s your shield – covering and protecting you from the evil one.

Read Ephesians 6:16. The shield of faith is the first piece of armor that Paul tells us to “take up.” The previous items were to put on. The moment when we sense a flaming arrow infiltrating into our life in some way, we activate faith as a shield of protection over our lives. The enemy sends flaming arrows into your life specifically when you are being called to walk in faith. Those arrows are deliberately intended to disable you from doing the only thing that has the power to

- d. “Fiery darts/missiles.” The schemes, temptations, lies, deceptions, and attacks aimed at God’s people to get us to shift our trust to something or someone other than God. Examples include blasphemous thoughts, hateful thoughts, doubts, a burning desire to sin, unexplainable conflict with others, and waves of discouragement or depression – all often rooted in lies about God’s identity or our new identity in Christ.
Classic Examples: Gen 3; Matt 4:1-11
Classic Methodology: disguise, doubt cast on God and His Word or on you and your worthiness. Then provides appealing, immediate alternatives rooted in the pride of life, the lust of the eyes, or the lust of the flesh (1 Jn 2:15-16).
- e. Application: Darts of doubt & deception must be immediately met by the shield of faith (ie your active, present, application of truth to your present situation as soon as you recognize that the dart has been received). How?
- Trusting in God’s character: God has my best in mind. (Ps 84:11; Rom 8:32)
 - Trusting in God’s promises and Word: He will accomplish what concerns me (Num 23:19; 2 Peter 1:2-4)
 - Trusting in God’s program & timing: His ways are not always easiest, but they are always best (Jer. 29:11)

Being a woman who extinguishes the fiery darts of the enemy means:

- Choosing to live with a confidence in God & His promises to you;
- Walking forward in accordance with truth as revealed in His Word
- By His power, pushing past fears & doubts, choosing to follow God where He is leading, trusting that He will take care of the rest.

extinguish them: walking in faith! It's a demonic, cyclical pattern that the enemy hopes you will never catch on to. He knows that if you push past the insecurity or doubt or fear, choosing instead to believe the truth of God and walk in accordance with it, you'll erect a shield of protection that will smother his plans. Faith causes fiery arrows to fizzle. The enemy knows the power of faith and that is why he works overtime to keep you too busy or too afraid to take the risk. Get that shield of faith in position!

A FIRM FOUNDATION

Truth is the hinge on which the entire issue of faith-filled living rests. If you don't know the truth, you can never really know how to act in conjunction with it. So the truth of God's character and His Word provide the framework that allows our faith to grow.

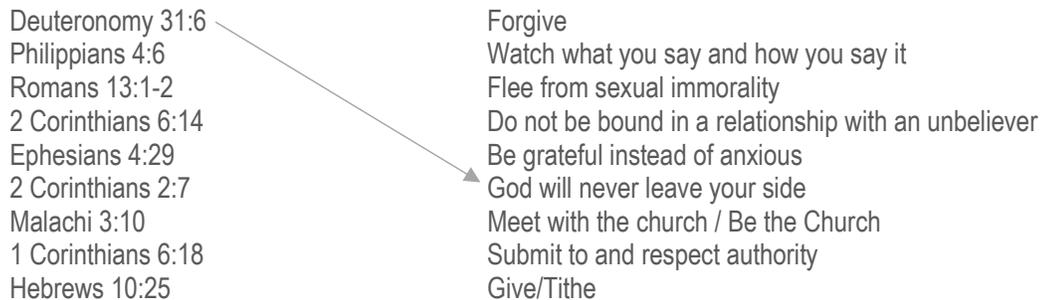
12. Why do you think the connection between faith and truth is critical?

13. Read Luke 5:1-7, 11 and then answer the following questions:

- a. After a discouraging night of fishing, what was Simon doing at the end of verse 2 that would have made Jesus' instructions even more difficult to follow later on?
- b. In thinking about the connection of truth and faith, what do you think is the importance of this statement in verse 4: "When He [Jesus] had finished speaking, He said to Simon...?"
- c. How does Simon's response in verse 5 reveal some of the "fiery darts" he may have been dealing with?
- d. What did Simon say (also v.5) that reveals the moment he employed the shield of faith?
- e. What was Simon and his companions response to what happened (v11)?

Hearing God and knowing His truth matters. True faith must always be built squarely on the foundation of God's Word. God's Spirit will convict (John 16:8), teach (1 John 2:27), guide (John 16:13), and lead (Matt. 4:1).

14. Look up the following verses that reveal God's word in a particular area of life. Draw a line to connect the reverences with the corresponding truth, promise, or directive:



15. Circle any of the issues in the chart above that might apply to an area of your life now or even in a past season. Answer the following questions:

- a. Have you responded in obedience to the truth revealed in the Bible? Why or why not?

- b. Have you in any way allowed your feelings to override your commitment to obey? If so, what has been the outcome of following your feelings?

Our God is true and worth following. He is always there – far outranking Satan in strength – to hear our troubled prayers, reaffirm His fearless promise, and deliver the lamplight we need to walking steadily in His direction. Shields up soldiers. We're walking by faith!

ACTIONABLE INTEL & PRAYER *Refer to directions on pg 10 for this section & use index cards for your prayer strategy this week.*

Take the risk of faith and follow God. As you are gathering your actionable intel and preparing your prayer strategy, make a point to emphasize the faithfulness of God. Remember that He has carried the weight of a covenant with His people across generations. His loyalty, integrity, and faithfulness are unmatched. Write down His promises and declarations of faithfulness to you as a part of your prayers. Mentioning them will bolster your confidence and extinguish arrows headed in your direction. Every time you vocalize the prayer you are about to write, remind yourself and declare to the devil that your God will never let you down! Never.

Actionable Intel:

8 Helmet of Salvation

A Roman Soldier's Armor

Roman soldiers wore helmets, called *galeae*, made of bronze or iron and lined with sponge or cloth. They were often decorated with crests.

ARMOR OF GOD	HELMET OF SALVATION
GOD'S PART	In Christ, we have been saved (justification), we are being saved (sanctification), and we will be saved (glorification).
OUR PART	By remembering "so great a salvation" (Heb 2:3), we are able to hold our heads high with confidence in battle.

OH HOW GREAT A SALVATION

- To the best of your ability, try to define and describe salvation. What does it mean and what does it accomplish for an individual?
- Write out Ephesians 6:17
- Turn to the last page in this workbook, write the corresponding spiritual principle next to the helmet.
- Why do you think Paul chose to associate salvation with this piece of armor?
- In what sense do you think our salvation can act as a protective measure for our mind?

Often salvation is thought of as only something that affects someone's eternal destiny – heaven or hell. And to be clear, the fact that it does affect the outcome of eternity gives us amazing hope. In fact, part of what it means to wear the helmet of salvation is to live every day in light of eternity and the promised future that we have. Doing so will change the way we live in the present. But while the future implications of our salvation are critical, this is not the complete picture. If salvation was simply a ticket to eternity, what good would it do us on earth now? Do we just sit around and wait and do nothing? No, salvation was meant to be more. It exerts a huge impact on our present, daily life. But we will only see this impact if we apply the benefits of salvation to our everyday lives.

Receiving salvation is not the same as applying salvation. The first redeems us; the second restores, protects, and shields us daily from the attacks to the enemy. Let's dig into God's word to help us understand salvation more fully:

- Read Romans 5:4-10. Can you detect the layers of salvation expressed in this passage? Record your thoughts:

301 OUTLINE

- "Take the helmet of salvation" (Ephesians 6:17)
 - The metaphor explained: A securely fastened helmet protects the head of the soldier and the mind of the believer.
 - Definition: (1) Obvious allusion to the security we have as saved, justified believers, safe from Satan's attacks. But the focus is on *presence deliverance from sin*. (2) The helmet of salvation is certainty of deliverance from sin and the protection of our minds in the battle.
 - It's not something you can do. You receive it, but it's something you must allow God to do in your mind.
 - How? Focus is God's renewing of the believer's mind (Rom 8:5-8; 12:2). 2 Corinthians 10:5 – the battle is for the mind!
 - Practically: prayer, worship, singing, scripture study, teaching, scripture memory, fellowship.
 - Paul calls the helmet our hope(certainty) of God's deliverance (1 Thess 5:8).
 - Application: Christians who are not filling their minds with Scripture are like warriors going out to battle without a helmet.

7. Read James 1:21. James was written to people who were already believers. Record the multilayered effectiveness of salvation expressed in this verse:

Salvation is not just a past-tense event (justification) with future-tense implications. As we live underneath its blessing, we enjoy a vibrant, living, daily reality in the present (sanctification). This is not just a one-time occurrence. Sanctification is a process by which we are continually delivered from the wrath of God on earth, fortified against the enemy's attacks, and molded into the image of Christ as our minds are renewed.

Salvation is not just a past event; it is also a present reality.

8. Do you tend to think of salvation only in terms of what it means for your past (justification) or your future (glorification)? Or do you also think of it in terms of daily living (sanctification)? What does applying salvation to your daily life actually look like?

PUT YOUR HELMET ON

A Roman soldier's helmet protected not only the head, but also the neck and shoulders. When the helmet was strapped in place, it exposed little besides the eyes, mouth, and nose. Comprehensive coverage. Put on. Strapped on to one of the most vital part's of a believer's spiritual livelihood. The helmet of salvation is representative of the high-value items that are ours in Him – our inheritance in Christ. Choosing not to wear it means leaving our mind exposed, unprotected, like people who don't even own a helmet.

9. According to the following verses, what is the importance of the mind to the believer's ability to function in health & victory? Isaiah 26:3-4; 1 Corinthians 14:20; 1 Peter 1:13-16; Romans 8:6-7; Hebrews 8:10
10. The following chart lists some of Satan's most common attacks against the mind of Christians. Beside each one, write down one or two words that describe the negative ripple effects – both emotional (feel) and behavioral (act) – that someone might experience as a result of nursing these thought patterns. Note – do not fill out the truths column yet, we will come back to that!

Think	Feel	Act	Truths
I am unworthy.			Holy, Blameless (1:4)
I am unloved.			
I am incapable.			
I am undesired.			
I am unforgiven.			
I am unknown.			
My life is insignificant.			

I am a mistake.			
I can lose my salvation.			
other			

11. Which of these thought patterns describes something you've personally struggled with?
12. Do you struggle with an uncontrolled fantasy life? Describe those runaway thoughts.
13. How have your emotional health and behavioral choices reflected any patterns of defective thinking that the enemy has suggested and that you have perpetrated?

The health of our mind has everything to do with our overall ability to function properly – emotionally, spiritually, behaviorally. As an heir, you are meant to know and discern God's will. But when your mind isn't thinking like someone who wears salvation, your conscience fails to turn in the direction of God's will. The enemy's lies, when believed, distort our ability to hear God's voice clearly and respond accordingly.

14. In Ephesians 1:4-14; 2:1-10 Paul outlines the benefits of our salvation. Dig into these verses for truths that combat each of the lies of the enemy. Go back and write key words in the truth column of the chart above. The first one is done as an example. Note: one truth may apply to several thoughts.

The enemy wants us to suffer from a case of mistaken identity. He prefers us insecure, crippled by self-doubt, lifeless. But his reign of terror is over in our lives because we know the truth. God has "made us alive together with Christ" and has "raised us up with Him and seated us with Him in the heavenly places." (Eph 2:5-6). We will put our helmets on and stand firm against the attacks of the enemy. What we just read in Ephesians 1 is telling us who we are as daughters of God! It's our spiritual identity. So, wearing the helmet of salvation means putting on your identity in

Christ – renewing your mind according to it and adapting your behavior to align with it. Like this equation:

Your identity is your weaponry

Identity in Christ = Salvation Inheritance = The Helmet of Salvation

15. What does this equation reveal about why the enemy attacks your sense of identity – who you are in Christ?
16. Now, think back to the first lesson in our study when you wrote the person or circumstance that is most difficult in your life right now. (The oval on page 8). It's been 7 weeks, so feel free to change, update, or add to it. What are the lies that the enemy has used in this circumstance to perpetrate in your mind?

How could a solid grasp of your spiritual identity help to defray Satan's attempts and ultimately your reactions and responses to this circumstance/person?

We will come back to these thoughts and study more about the battlefield of the mind in lessons 10 and 11.

Set your mind on the things above, not on the things that are on earth. For you have died and your life is hidden with Christ in God. (Col. 3:2-3)

Be serious! Be alert! Your adversary, the Devil, is prowling around like a roaring lion, looking for anyone he can devour. (1 Peter 5:8)

A good man produces good out of the good storehouse of his heart.
An evil man produces evil out of the evil storehouse, for his mouth speaks from the overflow of the heart. (Luke 6:45)

ACTIONABLE INTEL & PRAYER Refer to directions on pg 10 for this section & use index cards for your prayer strategy this week.

Actionable Intel:

9 Sword of the Spirit

A Roman Soldier's Armor

The *gladius*, the common Roman sword, was often used in hand-to-hand combat. Measuring a little more than two feet long, this sword was crafted from iron with a handle usually made of iron, ivory, bone, or wood.

ARMOR OF GOD	SWORD OF THE SPIRIT (THE WORD OF GOD)
GOD'S PART	God has given us a weapon of righteousness (2 Cor. 6:7; Heb 4:12)
OUR PART	With God's Word, we can parry the blows of the enemy, and we can set captives free from the blinding, enslaving lies of the enemy.

1. Write out Ephesians 6:17 –

2. Turn to the last page in this workbook and write the corresponding principle next to the soldier's sword.

"The deceit, the lie of the devil, consists of this: that he wishes to make man believe that he can live without God's word." – Dietrich Bonhoeffer

WIELD YOUR WEAPONS

The sword is an offensive weapon. A weapon with which you can attack and advance.

3. How does your mindset change when you are given a weapon with which to attack rather than just defend?

The Roman soldier always has his sword with him. It had to be easily accessible and ready to use – and the soldier had to be efficient using it. The sword was used when the enemy was in close proximity, so soldiers spent hours with it in their hands, working on the dexterity, getting use to its feel, and letting it become second nature – as familiar as their own limbs. Their lives depending on their diligence in keeping their skills honed and ready for battle at any moment.

4. Swords are used for close combat, not long-range warfare. What could this imply about the nature of the battle a Christian fights? (see Acts 14:22; James 1:2-4)

THE WORD

In Ephesians 6:17 Paul defines the Christian's sword for us – the word of God.

5. What is the word of God? (Psalm 119:105; John 17:17)

a. What does a lack of knowledge do? (Hosea 4:6)

b. What happens if we hear and keep the word of God? (Luke 11:28)

301 OUTLINE

6. "Take ... the sword of the Spirit" (Ephesians 6:17)

a. The metaphor explained: A light, 2-foot sword was used in close, hand-to-hand combat. It required sharp mental and manual skills.

b. Definition: The Sword of the Spirit is the Word (*rhema*: the spoken word or words given to us by the Spirit of God) to do close, hand-to-hand combat with the lies and deceptions of the enemy. The truth of God's Word quoted and applied to the specific lie or deception of the enemy will allow you to "take every thought captive to the obedience of Christ."

c. Application: Jesus models for us the use of the sword of the Spirit in Matthew 4:1-11

- Implications for us: Psalm 119:105; Psalm 119:9,11
- Practical considerations: note that the sword is both a defensive and offensive weapon (Heb 4:12).

Most times in the New Testament Greek, “word” is a translation of *logos*. Not in Ephesians 6:17. In this case, it’s a translation of *rhema* – the specific, spoken word (or words) given to us by the Spirit of God to do close, hand-to-hand combat with the lies and deceptions of the enemy. God applies His Word (*rhema*) by making the Word (*logos*) alive and active in our specific situations. It comes to us so we can take every thought captive to the obedience of Christ. The difference between *logos* and *rhema* is the difference between a stockpile of weapons and a sword in a highly skilled hand. One is the invaluable arsenal; the other is specific, well-time deployment. The *rhema* is the sword of the Spirit. (Ingram, *The Invisible War* p. 159)

6. Why do you think Paul linked the sword to the Word of God?
7. What does the “word of God” refer to in 2 Timothy 3:16 and 1 Peter 1:20?
8. What does “the Word” refer to in John 1:1? What does that indicate about a person’s identity?
9. Read Hebrews 4:12. List the attributes of the word of God:
10. In your own words, how are “logos” and “rhema” related to each other?

THE SPIRIT

The fact that the Word of God is the sword of the Spirit teaches us two important truths:

- ✘ **One** - We must be in a relationship with the Spirit of God in order for this weapon to work. The degree to which your life is filled with the Spirit of God and fits with the kingdom of God is the degree to which your swordplay will be effective.
- ✘ **Two** - This is not a weapon we may use any way we want to. It is made alive only by a power beyond ourselves. We are the ones who fight with it, but a stronger hand enables it. If we begin to depend on our own authority in using the Word and not the Authority behind the Word, we are abusing the power and looking for the immediate result rather than the higher agenda (Luke 10:17-20). All authority we have is imparted to us – given by grace. We are not masters of demons; we are fully endowed ambassadors of the Master of all. With this in mind, let’s look at how we are to practically use the sword of the Spirit in our battles with the enemy.

TAKING UP THE SWORD

11. How did Satan use the word of God to deceive Adam & Eve? Genesis 3:1-7
12. How did Jesus get into the wilderness? Matt. 4:1-11
13. What are the similarities in the 2 stories?
14. What is the difference between the way Jesus and Eve responded to temptation?

Jesus was quoting the “logos” of God, but He was battling with the “rhema” of God. When He was done, Satan departed. That’s what it means to resist the devil – you resist him by putting on the full armor of God, standing firm, taking the sword of the Spirit, and wielding that powerful weapon against all deception. You counter lies with truth, and truth wins every time!

Studying and meditating on Scripture and renewing your mind is serious. This is not a matter of squeezing in that brief daily devotional with a chapter of Bible reading, and then thinking, “okay, check. I’ve done that.” This is the substance of life. Psalm 119:105 says that God’s word is a lamp to our feet and a light to our path. Moses told the children of Israel that they were to take to heart every word he commanded them. For this word “is your life” (Deut. 32:47). “How can a young man keep his heart pure? By keeping it according to Your word...Your word I have treasured in my heart that I may not sin against you” (Psalm 119:9,11). Over and over the Bible gives us a clear picture: God’s word is a life-and-death matter. If you are going to have the full armor of God in this invisible war, you will have to be a woman of the Book.

When Satan attacks, your size and strength are not the issue, but your position and weapon are. You have to know how to exercise your authority, and you have to know your weapon well enough to effectively use it against the enemy. If you do not know God’s Word well enough to quote it, and if you aren’t certain of your position in Christ, you are like an unarmed officer who left his badge at home. The results can be disastrous.

PERSONAL APPLICATION

You are a daughter of the King of Kings and Lord of Lords. Your badge is your position in Christ, and you have on your side the sword of the Spirit, which is the Word of God. Luke 10:19 is a promise to every believer: “Behold, I have given you authority...over all the power of the enemy and nothing will injure you.” Authority trumps power, even all the power of the enemy. You don’t have to be strong, super-spiritual, or seminary-educated. You do have to claim who you are and act on what is true. Know the Word, study the Word, be ready in and out of season, and act decisively when attacked.

What promises can we stand on? Write out the following verses:

Matthew 24:13

Romans 8:31

We fight knowing the end of the story. If we remain dedicated to God and His Word we will make it to the end and we will be saved. God’s promises are as sure as the one He told Isaiah: “Indeed I have spoken it; I will also bring it to pass. I have purposed it; I will also do it” (Isaiah 46:11)

So, take up your sword, the battle is ours!

ACTIONABLE INTEL & PRAYER Refer to directions on pg 10 for this section & use index cards for your prayer strategy this week.

Actionable Intel:

10 The Importance of the Mind

The Bible makes it clear that the mind is the leader or forerunner of all actions. Proverbs 23:7 tells us: “*For as he*” [a person] “*thinks in his heart, so is he...*”.

1. Write Romans 8:5 –

If we renew our mind according to God's Word, Romans 12:2 promises that we will prove for ourselves “*what is good and acceptable and perfect will of God*” for our lives. If we think and dwell on negative thoughts, we will have a negative life.

God wants us to experience the fullness of life. He sent Jesus to provide for all those who believe in Him and receive it; Satan wants to stop us from receiving all that God has for us. Because our actions are a direct result of our thoughts, Satan's strategy is to wage war against us in our minds by bombing us with thoughts contrary to the truth of God's Word. He wants to deceive us into believing damaging patterns of untrue thoughts, or strongholds, that we will allow to influence our lives and hold us in bondage.

The battlefield of the mind, and 2 Corinthians 10:4,5 describes the weapons of warfare God has given us “for the overthrow and destruction of strongholds.”

Lining up our thoughts with God's thoughts is vital to overcoming negative thoughts from Satan and brings freedom and peace. We must know God's word well enough to compare what is in our mind with what is in the mind of God; any thoughts that attempts to exalt itself above the word of God we are to cast down and bring into captivity to Jesus Christ. This process takes time.

If you are one of millions of people who suffer from worry, doubt, confusion, depression, anger, or condemnation, you are experiencing an attack in your mind. But you don't have to live your whole life like this! Satan offers wrong thinking to everyone, but you do not have to accept his offer.

You've got to think about what you are thinking about, so that you line up your thoughts with God's thoughts. The renewal of the mind is a process that requires time, but it is well worth the effort. When you begin to see God's good plan for you in your thinking, you will begin to walk in it!

2. Read 2 Cor. 10:4,5 and Proverbs 23:7. Why are our thoughts important?

TACTICAL MANEUVERS

1. In the battle for the mind, Satan tries attempts to cause:

- A carnal mind: Romans 8:6-7
- A mind alienated from God by wicked works: Colossians 1:21
- A defiled mind: Titus 1:15
- A fleshly mind: Ephesians 2:3
- A hardened mind: Daniel 5:20
- A doubtful mind: Luke 12:29
- A vain mind: Ephesians 4:17
- A blinded mind: II Corinthians 3:14
- A seared mind and conscience: Titus 1:15
- A despitful mind: Ezekiel 36:5
- An evil mind: Acts 14:2
- An unbelieving mind: II Corinthians 4:4
- A fainting mind: Hebrews 12:3
- A reprobate mind: II Timothy 3:8 -Double mindedness: James 1:8; 4:8
- A corrupt mind: I Timothy 6:5; II Timothy 3:8; II Corinthians 11:3

2. Positive mental qualities you should develop:

- A ready mind: II Corinthians 8:19; I Peter 5:2; Acts 17:11
- A pure mind: II Peter 3:1
- A stayed mind: Isaiah 26:3
- A renewed mind: Ephesians 4:23; Romans 12:2
- A humble mind: Colossians 3:12; Acts 20:19
- A sober mind: Titus 2:6
- A sound mind: II Timothy 1:7
- A mind of love: Matthew 22:37
- A serving mind: Romans 7:25
- A fully persuaded mind: Romans 14:5
- A fervent mind: II Corinthians 7:7
- A willing mind: II Corinthians 8:12

3. Because of continued sin, men can be turned over to a reprobate mind. See Romans 1:28-32. A reprobate mind is the most evil kind of mind you can imagine.

4. One of the strategies for victory in the mind is to let the same mind that was in Jesus be in you. Study the New Testament further to discover just what the mind of Jesus was like. What mental attitudes were reflected in His actions? How did His ministry reflect His thought life? How did His words reflect His thoughts?

5. Jesus knows even the thoughts of your mind: See Luke 5:22; 6:8; 11:17

6. Compare II Samuel 13:28 with Joshua 1:9. The Devil echoes some of the greatest Biblical words as he misuses and misapplies Scripture. Satan is never more dangerous than when he is quoting the Bible. This is a chief strategy he uses in attacking the mind.

3. Read Romans 8:5. How do our actions relate to our thoughts?
4. Read Romans 12:2. How will our lives be changed if we renew our minds according to God's word?
5. How will we know the difference between what is in our mind and what is the mind of God? (review 2 Cor 10:4-5)
6. Read Ephesians 6:12 & John 8:44.
 - a. How does Satan attempt to defeat us?
 - b. What did Jesus call the devil?
 - c. In what way does Satan try to bombard our minds to defeat us?

THE BATTLEFIELD OF THE MIND

7. Read John 8:31-32; Mark 4:24; 2 Cor. 10:3-5
 - a. What are strongholds?
 - b. How can we overcome strongholds?
 - c. How are we to use the weapons of the word of God to overcome strongholds?
 - d. Why are prayer and praise effective weapons in overcoming strongholds?

When Paul warned the Corinthians not to be ignorant of the Devil's "wiles," the Greek word for wiles means "schemes" and is from the same word used for "mind." In other words, Satan's primary assaults occur in our thought life. The mind is the main battlefield in spiritual warfare. Every attack of Satan involves the human mind.

The battle for the mind is summarized: *"For to be carnally minded is death; but to be spiritually minded is life and peace. Because the carnal mind is enmity against God; for it is not subject to the law of God, neither indeed can be."* (Romans 8:6-7) Satan wants to make your mind carnal (sinful, worldly, fleshly). God wants you to be spiritually minded.

The greatest commandment includes loving God with all your mind. This is one of the main reasons why Satan battles for your mind: *"Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy MIND; This is the first and great commandment."* (Matthew 22:37-38) Satan battles for your mind because it is closely tied spiritually to your heart and mouth: *"But those things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts..."* (Matthew 15:18-19) Satan battles for the mind because the way you think affects the way you act: *"For as he thinketh in his heart, so is he..."* (Proverbs 23:7) Satan knows if he can control your mind, he can control your body, your actions, and, if left unchallenged, your spirit.

SATAN'S STRATEGY: BATTLES IN THE MIND

Satan has many subtle methods of attacking the mind. Though it would be impossible to list them all, **Appendix A Satan's Strategies** summarizes the main strategies of attack Satan uses in the battle for the mind

8. Read through Satan's strategies in appendix A. Which schemes are you most susceptible to? Elaborate.

SPIRITUAL COUNTER STRATEGIES: VICTORY IN THE MIND

What an arsenal of weapons Satan has targeted for the mind! Left unconquered, these thoughts lead to sinful actions. Hatred can lead to murder. Adulterous thoughts can lead to the act of adultery. Divorce starts in the mind. Covetousness can lead to stealing. There is no doubt...the greatest arena of spiritual warfare is the mind. But do not fear! God has given some tremendous counter strategies for overcoming attacks of Satan on the mind. Read through **Appendix B: Spiritual Counter Strategies**.

THE BATTLE FOR THE MIND

9. Why is God concerned about your mind? Why is Satan so concerned about it?

10. Think of what you consider to be your biggest failure or mistake in life. How does the helmet of Salvation protect you from ongoing guilt and regret or fear about "the next time"?

11. Can you identify patterns that undermine your faith and confidence in God's ability to deliver? What verses can you use to counter them?

12. What game plan do you need to put into place in order to fill your mind with the truth?

13. What are you currently doing to renew your mind? Is it enough? If not, what specific steps can you take to immerse yourself more in God's Word?

ACTIONABLE INTEL & PRAYER *Refer to directions on pg 10 for this section & use index cards for your prayer strategy this week.*

"Our praying needs to be pressed and pursued with an energy that never tires, a persistency which will not be denied, and a courage that never fails" -E.M. Bounds

Actionable Intel:

11 *Conditions of the Mind*

Have you noticed that the condition of your mind changes? One time you may be calm and peaceful, and another time anxious and worried. Or you may make a decision and be sure about it, and then later find your mind in a confused condition concerning the very thing you were previously so clear and certain about.

Because it seems that the mind can be in so many different conditions, it is helpful to know when our minds are normal. That way we can learn to deal with abnormal thinking patterns immediately upon their arrival.

Our minds must be renewed (Romans 12:2). Satan will aggressively fight against the renewal of our minds, but it is vital that we press on and continue to pray and study in this area until we gain the victory. The goal of this week's lesson is to open our eyes to normal and abnormal mindsets for the believer who has determined to walk in victory.

1. Read 1 Corinthians 2:16. What do believers "hold" when we have the "mind of Christ"?
2. Read 1 Peter 5:7. Are our minds supposed to wander or be upset, confused, full of doubt and unbelief, or anxious, worried and tormented by fear? Why or why not?

WHEN IS MY MIND NORMAL?

According to the word of God, the mind and the spirit work together, and they are closely linked. This makes it so important to maintain our minds in a normal condition. Otherwise, it cannot aid our spirit in helping us live a spirit-filled life. Satan knows this, so he attacks our mind. We need our minds to be peaceful and alert.

3. Read Ephesians 1:15-23. Now write our verses 17 & 18:

What does the phrase "the eyes of the heart" describe?

4. Read 1 Corinthians 2:11. What comparison can be made between a person's own spirit and the Holy Spirit?
5. Why is it important that our mind be enlightened concerning what is going on in our spirit?
6. Read Isaiah 26:3. Why does the devil want to overload and overwork your mind by filling it with every kind of wrong thought?

What condition should the mind be in?

A WANDERING, WONDERING MIND

An inability to concentrate can indicate a mental attack from the devil. Many people have spent years allowing their minds to wander because they have never applied principles of

disciplining to their thought life. Extreme fatigue can affect concentration and Satan knows that when we are excessively tired it is more difficult to resist him.

7. Read 1 Peter 1:13 & Eccl. 5:1 What does the expression “keep your foot” mean? What is it a warning against?

How do you correct a wandering mind?

Satan wants you to think that you are mentally deficient – that something is wrong with you. But the truth is that you can discipline your mind - “keep your foot” – on what you are doing. It takes practice breaking old habits and forming new ones.

A CONFUSED MIND

Sometimes our minds can go back and forth, never deciding on anything. Satan loves to declare war on our minds leaving us totally confused about everything. Our own human reasoning can lead to this – it opens the door for deception and leads to confusion.

8. Read James 1:5-8. Why are wondering, doubt, and confusion undesirable activities for us as Christians?

9. Read 1 Cor. 2:14. What is the Christian alternative to reasoning in the mind?

10. Read James 1:22. What are we to do with God’s words?

11. Read Prov 3:5 & Romans 9:1. Why is excessive reasoning dangerous?

How did Paul know he was doing the right thing and not relying on his own reasoning?

12. Read 1 Cor 2:1-2. What was Paul’s approach to reasoning? How is this a good example for us today?

Reasoning is not the normal condition God wants our minds to reside.

A DOUBTFUL AND UNBELIEVING MIND

Doubt and unbelief are two distinct, yet connected, powerful tools of our enemy. Doubt is not something that God has put in us – God has put faith in us (Rom 12:3), but Satan tries to negate our faith by attacking us with doubt. Doubt comes in the form of thoughts that are in opposition to the Word of God – this is why it is so important for us to know the Word so we can recognize the devil’s lies.

Unbelief leads to disobedience. Unbelief, like doubt, will keep us from doing what God has called us to do. It will keep us from experiencing the peace He wants us to enjoy as we find rest for our souls (Matt. 11:28-29).

13. Read Matthew 14:31 & Mark 6:6. What is the difference between the effects of doubt and unbelief?

14. Read Rom. 4:18-21. How did Abraham overcome the attack of Satan?
15. Read Matthew 14:24-32. How were Peter and Abraham alike in their faith? How were they different?
16. Read Eph 6:14. What are we to do in times of spiritual warfare?
Why does Satan bring storms into your life? How do you resist him?
17. Read John 14:12 & Matt 17:14-20. How does unbelief affect us?
18. How are the righteous supposed to live? (Rom. 1:17)

God has a great life planned for you. Don't let the enemy steal it through lies. Instead, "*refute arguments and theories and reasonings and every proud and lofty thing that sets itself up against the [true] knowledge of God; and...lead every thought and purpose away captive into the obedience of Christ*" 2 Cor. 10:5

AN ANXIOUS AND WORRIED MIND

Anxiety and worry are both attacks on the mind designed to distract us from serving God. These can both press down our faith so that it cannot help us live in victory. It is impossible to worry and live in peace at the same time!

19. Read Matt. 6:25-34. What are anxiety and worry?
- What does this teach us about worry (v.25-30)?
- The world seeks after "things." What are we to seek? (v.32,22)
20. Read John 10:10. How is life intended to be?
Why does Satan attack us with worry?
21. Read Phil. 4:6; Heb. 4:12; Eph 6:17; 2 Cor. 10:5. What weapon can be used to win the war against worry & anxiety?

A JUDGMENTAL, CRITICAL, AND SUSPICIOUS MIND

Being judgmental, opinionated, and critical are three sure ways to see relationships dissolve. And it delights Satan when we are lonely and rejected. Judgement and criticism are rooted in pride and pride always causes problems. The Bible warns us about being high-minded (Rom 12:3).

22. Read Matthew 7:1-6 How does this verse apply to judgement and criticism?
23. Read Galatians 6:1-3. What mental attitude are we to maintain within ourselves?
24. Read 1 Corinthians 13:7. What is the answer for a judgmental, critical, and suspicious mind?

We all make mistakes. We all have weaknesses. The Bible tells us not to have a hard-hearted, critical spirit towards each other, but instead to forgive one another and show mercy to one another just as God did for us (Eph 4:32). Doing unto others as we want them to do to us (Matt 7:12) is a good life principle that will prevent a lot of judgement and criticism. The bottom line is – God's way works; man's ways don't. God condemns judgement, criticism, and suspicion, and so should we. Love what God loves and hate what He hates. Allow what He allows and disallow what He disallows.

A PASSIVE MIND

Passivity is the opposite of activity. It's a dangerous problem because the Word of God teaches that we must be alert, cautious, and active (1 Peter 5:8) – that we are to fan the flame and stir up the gift within us (1 Tim 1:6).

25. Write our Hosea 4:6a –

There is a dynamic principle shown throughout God's Word – *right action follows right thinking*. We will not walk in victory unless we understand this and operate in it. Right action or correct behavior is a fruit of right thinking. Fruit comes as a result of abiding in the vine (Jn 15:4) and abiding in the vine involves being obedient (Jn 15:10).

A passive person may want to do the right thing, but he won't be able to unless he purposely activates his mind and lines it up with God's Word and will. We must be "constantly renewed in the spirit of your mind" (Eph 4:23)

26. Read Matt 25:27-28 and Col. 3:1-2 Why is it dangerous to play around with sin in our mind?

THE MIND OF CHRIST

If you've come this far in our study, I believe that you have now made a firm decision to choose right thoughts! Let's look at the types of thinking that would be considered right according to the Lord. If we want to follow in His footsteps, then we must begin to think as He did.

27. Read 1 Cor. 2:16 Why is it possible for us to think as Jesus did?

28. Read Ezekiel 36:26-27 Why did God give us His Spirit?

29. Read Romans 8:6 What is the result of following the mind of the flesh?

It is very helpful to a believer to learn to discern life and death. Jesus has made arrangements for us to be filled with life by putting His own mind in us. We can choose to flow in the mind of Christ. Here's a list of things to do in order to flow in the mind of Christ:

- **Think positive thoughts.** Jesus certainly displayed a positive outlook and attitude. Psalm 3:3 tells us God is our glory and the lifter of our heads. God wants to lift us up, Satan wants to press us down (depress). Satan uses depression and all the other "downs" in life to drag us into a pit of darkness and despair. Choose today to use your weapons (2 Cor 10:4-5) and be positive – casting down every negative imagination and bringing your thoughts into obedience of Christ (2 Cor. 10:5).
- **Be God minded.** Isaiah 26:3. Jesus had continual fellowship with His heavenly Father. Meditate on God and His Words (Psalm 63:5-6; 77:12; 119:15; 143:5) and His ways and works will become a regular part of your thought life, leading you to experience victory. God wants us to be in close fellowship with Him (John 16:7).

- **Be “God-Loves-Me” Minded.** 1 John 4:16 We should be conscious of God's love, actively aware of it. The love of God is meant to be a powerful force in our lives, one that will take us through difficult trials. Nothing can separate us from His love (Romans 8:35). Because He loves me, I no longer live in fear (1 Jn 4:18). Believers operating out of the mind of Christ are not going to think about how terrible they are. They will have righteousness-based thoughts confident of who they are “in Christ”.
- **Have an exhortative mind.** The woman with the mind of Christ thinks positive, uplifting, edifying thought about other people (Romans 12:8). Before we can exhort someone with our words, we have to first have kind thoughts about that person. Whatever is in our heart comes out of our mouths! Build each other up in love (Eph 4:29) and believe the best of each other (1 Cor 13:7). Walk in the Word by thinking in the Word.
- **Develop a thankful mind.** Psalm 100:4 A woman flowing in the mind of Christ will find her thoughts filled with praise and thanksgiving. Be thankful at all times (Hebrews 13:15). Offer thanks always for everything (Eph 5:18-20). We keep our thoughts and words on, and full of, the Word of God by offering praise at all times and for everything, giving thanks. A great way to get God's word deep into our hearts is by praising in song.
- **Be Word-Minded.** John 5:38 The Bible tells us in John 1:14 that Jesus was the Word made flesh. This was only possible because His mind was filled with the Word of God continually. Meditate and prosper (Joshua 1:8). Mediate and be healed (Prov. 4:20-22). Hear and harvest (Mark 4:24). Read and reap (Mark 4:22). Receive and welcome the word (James 1:21). Choose life! (Romans 8:6)

30. Read Eph 5:18-20 & John 5:28. How can we let the Holy Spirit ever fill and stimulate us?

31. Read Joshua 1:8 & Psalm 1:2,3. How do we put the Word of God into practice physically?

32. Read James 1:21. How does the implanting and rooting of the Word of God take place in our hearts?

33. Read Romans 8:6; Phil 4:8; 2 Cor 10:5. What do you achieve by continually “watching over” your thoughts?

Use the “**Thought Audit**” in appendix C.

ACTIONABLE INTEL & PRAYER *Refer to directions on pg 10 for this section & use index cards for your prayer strategy this week.*

Actionable Intel:

Deliverance

SPIRITUAL WARFARE 401

Special Forces



“Prayer is the mightiest of all weapons that created natures can wield.”
– Martin Luther

“praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak” (Ephesians 6: 18-20)

- 101. We are in an invisible war – Ephesians 6:10-12
- 201. We are to prepare ourselves for battle – Ephesians 6:13-15
- 301. When we resist the enemy he will flee from us – Ephesians 6:16-17; James 4:7
- 401. Intercessory prayer is pivotal and essential for corporate and individual deliverance – Ephesians 6:18-20

PRAYER

The means by which believers are to withstand and overcome the attacks of the enemy in spiritual warfare is *consistent, intense, and strategic* prayer for one another in conjunction with the personal application of the armor of God.

12 Prayer

401 OUTLINE

1. Intercessory prayer is our most powerful and strategic corporate weapon in spiritual warfare.
 - a. Prayer has a direct impact on spiritual warfare (Mark 9:29)
 - b. Prayer provides/assists in the deliverance of others who are undergoing spiritual attack (Luke 22:31-32)
 - c. Power falls where power prevails (Acts 1:14; 2:42; 3:1; 4:31; 6:4; 10:9). Church history is replete with examples.
2. What kind of prayer brings God's deliverance and power in the midst of spiritual attack?
 - a. Consistent prayer (Eph. 6:18a)
 - i. "with all prayer and petition" = all kinds of prayer
 - ii. "pray at all times" = prayer on all occasions
 - iii. "pray in the Spirit" = in communion with and directed by the agency and power of the Holy Spirit.
 - b. Intense prayer (Eph 6:18b)
 - i. "be on the alert" = literally, without sleep, vigilant
 - ii. "with all perseverance" = enduring, not giving up
 - c. Strategic prayer (Eph 6:18c-20)
 - i. "for all the saints" = the God's messengers will be bold
 - ii. "utterance may be given" = that God's message will be clear and have opportunity.
 - d. Summary: The missing ingredient in most Christians' lives and in most churches is the commitment and regular practice of intercessory prayer. Scripture indicates that consistent, intense, and strategic intercessory prayer – both individual and corporate – will in fact deliver us from the evil one.

"The great people of the earth today are the people who pray. I do not mean people who talk about prayer; nor those who say they believe in prayer; nor yet those who can explain about prayer; but I mean those people who take time and pray. They have not time. It must be taken from something else. This something else is important. Very important, and pressing, but still less important and less pressing than prayer." – SD Gordon, *Quiet Talks on Prayer*, p 12-13

"People who ski, I suppose, are people who happen to like skiing, who have time for skiing, who can afford to ski, and who are good at skiing. Recently I found that I often treat prayer as though it were a sport like skiing – something you do if you can afford the trouble, something you do if you are good at it...

But prayer isn't a sport. Its work. Prayer is no game...Prayer is the opposite of leisure. Its something to be engaged in, not indulged in. It's a job you give priority to. Its performing when you have energy left for nothing else. 'Pray when you feel like praying' somebody has said. 'Pray when you don't feel like praying. Pray until you feel like praying.' If we pray only at our leisure – that is, at our own convenience – can we be true disciples? Jesus said 'Anyone who wants to follow me must put aside his own desires and conveniences' (Luke 9:23 TLB).

In the wrestling of a Christian in prayer, 'our fight is not against a physical enemy; its against organizations and powers that are spiritual. We are up against the unseen power that controls the dark world, and spiritual agents from the very headquarters of evil.' (Eph 6:12) Seldom do we consider the nature of our opponent, and that is to his advantage. When we do recognize him for

who he is, however, we have an inkling as to why prayer is never easy. It's the weapon that the unseen power dreads most, and if he can get us to treat it as casually as we treat a pair of skis or a tennis racquet, he can keep his hold." – Elisabeth Elliot, *Love Has a Price Tag*, 127-129

ACTIONABLE INTEL & PRAYER Refer to directions on pg 10 for this section & use index cards for your prayer strategy this week.
Actionable Intel:

Prayer Strategies

Below you will find some broad guidelines and framework for your prayer strategies. As you craft your prayers, be authentic, personal, and intentional. You can always come to this page for inspiration and help as you seek to remain anchored and strong in your writing.

The goal is to not only finish this study with 11 strategies locked in place, but also a habit for intentional prayer that reverberates throughout the rest of your life.

P-Praise: Gratitude to God for who He is and what He's already done should thread through each prayer, because ultimately His name and His glory are the only reason any of this matters.

R- Repentance: Expect prayer to expose where you are still resisting Him – not only resisting His commands, but resisting His blessings and benefits that He gives to those who follow. Line your strategies with repentance: the courage to trust, and turn, and walk His way.

A - Asking: Make your requests known. Be personal and specific. Write down details of your own issues and difficulties as they relate to the broader issue we discussed in our lesson that week, as well as how you see the enemy's hand at work in them or where you suspect he might be aiming next.

Y - Yes: "All of God's promises" the Bible says "have been fulfilled in Christ with a resounding Yes!" (2 Cor 1:20 NLT). You may not understand everything that is happening in your life right now, but any possible explanation pales in comparison to what you do know because of your faith in God's goodness and assurances. So allow your prayer to be accentuated with His own Words from scripture, His promises to you that correspond to your need. There is nothing more powerful than praying God's own Word. Because even at the mention of His name, the enemy buckles in defeat!

Appendix A: Satan's Strategies

- **QUESTIONING THE AUTHORITY OF GOD:** The first temptation of man started in the mind. It started with this strategy: Questioning the authority of God. Satan said to Eve, "Yea, hath God said?..." Did God really say that you could not eat of the tree of knowledge of good and evil? Questioning God and His Word leads to doubt, unbelief, and skepticism.
- **DECEPTION AND SEDUCTION:** Deception was also part of the enemy's strategy. When Satan confronted Eve, he was disguised as a beautiful serpent. Satan uses lies, cults, and "religious spirits" to deceive millions in our world today. Some of the deceptions Satan advances include the following appeals:
 - "You can become a god."
 - "You can know the future."
 - "Your future, is predestined. There is nothing you can do about it."
 - "Everyone is a child of God."
 - "There are more ways to Heaven than by Jesus."
 - "God is too good to send anyone to Hell."
 - "All God expects you to do is live a good life and do the best you can."
 - "The Bible should not be taken literally."
 - "The Bible contains many errors."

Seducing spirits of Satan attack the mind to distort the truth of God's Word: (I Timothy 4:1) Satan used this attack on Jesus in Luke 4:9-12.

- **THE FLESH:** We previously studied about the flesh as a spiritual force of evil. Satan uses the flesh to war against the mind: (Romans 7:23) Satan uses your own mouth, your eyes, ears, and even your senses of touch and smell to foster wicked thoughts in your mind.
- **BLINDING MINDS OF UNBELIEVERS:** Satan works in the minds of unbelievers to blind them to the truth of the Gospel: (II Corinthians 4:4)
- **DEPRESSION:** To be depressed is to be downcast, sad, discouraged, or in low spirit. It includes feelings of despair, despondency, and dejection. Depression can lead to suicidal thoughts or actual suicide because of the hopeless feelings which produces uncontrollable mental grief, sorrow, heartache, and crying. Sometimes Satan uses circumstances of life to lead to depression. For examples, a great loss or fear of loss, suppressed anger, a low self-concept, unfulfilled expectations, and a negative attitude can all be used to cause depression. In Proverbs 24:10 we are warned about "fainting in the day of adversity" (troubled or distressed circumstances). Sometimes depression is caused by the negative attitudes of those around us through which Satan works. In Deuteronomy 1:28 God's people admitted, "our brethren have discouraged our hearts." We read in Numbers 21:4 that the soul of God's people was much discouraged. King David often reflected discouragement in his Psalms (see Psalms 69 for an example). The Apostle Paul also had times of deep depression (II Corinthians 1:8)
- **DISCOURAGEMENT:** Discouragement means to be "without courage." Satan wants to discourage you because if you are "without courage," you are ineffective in warfare.
- **WITHDRAWAL:** Another way Satan attacks the mind is through withdrawal. The purpose of this strategy is to isolate you from the rest of the Body of Christ. Since believers function together in ministry as a body, withdrawal makes you non-functional. Examples of men of God who were attacked mentally by Satan and withdrew are Elijah (I Kings 19) and Jonah (Jonah 4:5-11)
- **IMPROPER MOTIVES:** A motive is your reason for doing something. Motives are important because although man looks on the outward appearance (actions), God looks on the heart (I Samuel 16:7; John 2:24-25) Many people enter Christian ministry for the wrong reasons. God is more concerned with motive than ministry. This is where you should place your concern also, for when motives are proper then ministry will naturally follow. Your motives for ministry must be right. (I Peter 5:2-3) You must enter the ministry willingly, not because of the advantages and benefits of the office, not as a dictator but as an example. Satan will try to create wrong motives for Christian service by putting them subtly in your mind. Satan causes wrong motives for desiring God's power. You can find an example of this in Acts 8:18-23 in the story of a man named Simon. You can have vindictive motives for your actions. Biblical examples include the disciples wanting to call down fire from heaven (Luke 9:54) and Jonah wanting Ninevah destroyed (Jonah 4). David also had a wrong motive in the numbering of the people (I Chronicles 21:1)
- **WRONG ATTITUDES AND EMOTIONS:** Satan causes wrong attitudes towards others. He inserts fiery darts of envy, jealousy, suspicion, unforgiveness, distrust, anger, hatred, intolerance, prejudice, competition, impatience, judging, criticism, covetousness, and selfishness. He also tries to cause wrong attitudes of greed, discontent, pride, vanity, ego, importance, arrogance, intellectualism, and self-righteousness. Wrong attitudes lead to wrong emotions and both stem from your thoughts. These attitudes and emotions render you ineffective in spiritual warfare. Unresolved anger and bitterness give Satan a foothold in your life (Eph 4:26-27) James 4:6 indicates that "God resists the proud." *When you are filled with pride, you are actually arrayed in battle against God.*
- **REBELLION:** Satan also inserts rebellious thoughts into your mind. Rebellion is willful disobedience against God's authority. Rebellion includes self-will, stubbornness, and disobedience. Remember that rebellion was the original sin of

Satan. His five statements of "I will" demonstrated his rebellion (Isaiah 14:12-14). The "I will" spirit is a way to recognize the operation of Satan through rebellion.

- **ACCUSATION AND CONDEMNATION:** Satan is called "the accuser of the brethren" (Revelation 12:10). He sends fiery darts of accusation into your mind, makes you feel inferior, and condemns you. He will give you guilty feelings of shame, unworthiness, and embarrassment. One good way to tell the difference between the conviction of the Holy Spirit and the condemnation of Satan is to remember that Satan always generalizes. For example, he speaks into your mind like these: "You are no good," "You can never live a Christian life," "God couldn't love you because you are too great of a sinner." When the Holy Spirit is convicting you, it is specific. For example, He brings to you attention that you have a problem with anger or dishonesty, etc.
- **SEXUAL IMPURITY:** Satan will insert thoughts of sexual impurity, lust, and mental sexual fantasies. Jesus said: But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart. (Matthew 5:28)
- **CONFUSION:** Satan causes indecision, confusion, and frustration in your mind. When you are confused, indecisive, and frustrated, you cannot be a good Christian soldier.
- **TORMENTING THOUGHTS:** There is a whole category of tormenting thoughts Satan sends into your mind including worry, anxiety, dread, apprehension, and nervousness. Mental torment can also come through an overactive mind that will not "shut off" or an under active mind that cannot function properly. Tormenting thoughts also include fear. Paul speaks of the "spirit of fear" in II Timothy 1:7 and the "fear of death" in Hebrews 2:15. Tormenting thoughts also include bitter memories of events that should be forgiven and forgotten.
- **COMPROMISE:** To compromise is to settle conflicting principles by adjustment. The principles of God and Satan are in opposition. Satan tries to get you to compromise and lower your spiritual principles. For example, he will tell you it is not necessary to be so holy, to believe the Bible literally, etc.
- **WRONG MENTAL FOCUS:** Satan will constantly try to get your focus on things of the world rather than things of eternal nature (I John 2:15) The cares of the world can actually cause the Word of God to be ineffective in your life. (See the parable of the sower in Matthew 13, Mark 4, and Luke 8). Cares of the world can make you unaware of the short time before the return of Jesus (Luke 21:34). Satan will occupy your thoughts with materialism rather than with eternal values. Read the parable of the rich fool in Luke 12:16-21: "For the love of money is the root of all evil; which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows." (I Timothy 6:10) Paul warns there are many who "mind worldly things" (Philippians 3:18-19).
- **MENTAL CONDITIONS:** If you allow Satan to persist with thoughts of depression, suicide, torment, accusation, etc., it can lead to mental illness. This could include a nervous or mental breakdown and various medically recognized mental conditions.

Appendix B: Spiritual Counter Strategies

- **LET THE HOLY SPIRIT SEARCH YOUR MIND:** First, ask God to search your mind and reveal to you any wrong attitudes, motives, and thinking which has been inserted by the enemy (Psalms 139:23-24). As the Holy Spirit reveals things to you, act upon the revelation. Ask forgiveness for wrong thought patterns and use the Word of God to develop new thought patterns.
- **USE YOUR SPIRITUAL ARMOR:** Two pieces of spiritual armor defend you from attacks in the mind. (Ephesians 6:16-17). The helmet of the hope of salvation - A helmet is worn on the head and implies protection to the mind. Paul is not only speaking of your present salvation in Jesus Christ which can cleanse your mind, he is speaking of the future salvation (Romans 13:11). Salvation is also your hope for the future. The believer who has the "helmet of salvation" in place understands God is working out His eternal purpose of salvation. He is not disturbed by the attacks of the enemy. He has hope not only for the present, but for the future. The other piece of armor for mental protection is the shield of faith. A shield was a piece of heavy material which a soldier held in front of himself to keep arrows from hitting him. The arrows bounced off the shield and fell harmlessly to the ground. The shield for the Christian soldier is called the "shield of faith." The word "faith" not only refers to the basic truths of the gospel but to your confidence in God. Another piece of spiritual armor is the girdle of truth (Ephesians 6:14). The truth of God's Word will defeat any false accusations the enemy brings to your mind.
- **USE GOD'S WORD:** In the temptation of Jesus when Satan misused God's Word, Jesus met the attack with the Word of God. When Satan comes with accusations of guilt, use this Scripture: "There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit." (Romans 8:1) When Satan comes with tormenting feelings such as fear, use these Scriptures: I John 4:18; II Timothy 1:7. When Satan tries to discourage you, use this verse: Joshua 1:9. When Satan brings false guilt to your mind, remember I John 1:9. .
- **CLAIM A SOUND MIND:** Claim a sound mind as God's will for you. To eliminate tormenting thoughts, claim the peace that is rightfully yours (John 14:27; Philippians 4:7). These are examples of how you can develop a whole "arsenal" of Scriptures applicable to the various mental attacks of Satan. As you study God's Word, continue to identify specific verses to defend your mind against the invasion of the enemy.
- **LET CHRIST'S MIND BE IN YOU:** Paul wrote under the inspiration of the Holy Spirit: "Let this mind be in you, which was also in Christ Jesus." (Philippians 2:5) The word "let" means to permit or embrace. You are to let your mind become like the mind of Jesus. Paul wrote... "...But we have the mind of Christ." (II Corinthians 2:16)
- **GIRD UP THE LOINS OF YOUR MIND:** "Wherefore gird up the loins of your mind..." (I Peter 1:13) In the natural body, the loins are the central portion of the body below the waist. The loins are the strongest parts of the body. Peter is saying you should prepare your mind to be strong. Again, it is something YOU do.
- **TAKE WRONG THOUGHTS CAPTIVE:** We are told to bring "into captivity every thought to the obedience to Christ" (II Corinthians 10:5). If thoughts were not enemies, then there would be no need to take them captive. Think about how a soldier takes an enemy captive in the natural world. Apply these ideas spiritually as you "take captive" every thought.
- **CAST DOWN WRONG THOUGHTS:** One of the main defensive counter strategies to protect the mind is that of casting down. To cast something means to hurl it with great force (II Corinthians 10:3-5). You are to cast down evil imaginations Satan puts into your mind. You are to cast down thoughts that exalt themselves against God. You are to bring every thought into captivity and obedience to the Lord. You "cast down" by consciously taking control of your mind and refusing to dwell on the thoughts Satan inserts. Note that YOU are told to cast down...It is not something God does for you.
- **THINK ON THESE THINGS:** Think on proper subject matter. (Philippians 4:8)
- **RENEW YOUR MIND:** Ephesians 4:23; Romans 12:2. You renew your mind by prayer and meditation on God's Word.
- **ENCOURAGE YOURSELF IN THE LORD:** David encouraged himself in the Lord (I Samuel 30:6). Again, YOU must take action. You must encourage yourself in God. Do not wait for others to do it. Do it yourself with God's help!
- **RECOGNIZE THE SOURCE OF CONFUSION:** Recognize that confusion is not of God (I Corinthians 14:33). Since confusion is not of God, refuse to accept the spirit of confusion in your mind.
- **CONTROL THE GATES:** In Old Testament times cities were surrounded by walls for defense against enemy forces. The walls had gates where guards controlled the entrance. Whoever controlled the gates of the city controlled the city. A similar situation exists in terms of controlling the mind. The "gates" to your innermost being are the five senses. It is important that you do not allow anything to enter that has the ability to destroy from within. This means you must control your fleshly nature. Avoid things that would open the gates to your mind. These include things like drugs and alcohol which reduce your ability to think and respond. Pornography inspires sinful relationships and sex crimes. Certain kinds of music, witchcraft, cultist activity, and mind control all open the "gates" to your mind. Put off all the works of the flesh and let God develop in you the fruit of the Holy Spirit (Galatians 5:19-26). NEVER GIVE IN to the mental attacks of the enemy.
- **KEEP YOUR MIND STAYED ON GOD:** Keep your mind "stayed" or centered on God: "Thou wilt keep him in perfect peace, whose mind is stayed on thee; because he trusteth in thee." (Isaiah 26:3) This is a great promise! If you keep your mind centered on God, you can have peace despite every attack of the enemy.

Appendix C: Thought Audit

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you" Philippians 4:8-9

1. What is the core thought that's dominating your thinking?

2. Take the thought you are dwelling on and ask...

- Is this thought true? Is this thought lining up with the facts?
- Is this thought noble? Is this thought honorable and promoting good character?
- Is this thought right? Is this thought the best suitable answer for a number of choices?
- Is this thought pure? Is this thought free from fault or contamination and promoting purity?
- Is this thought lovely? Is this thought pleasant, beautiful and enjoyable?
- Is this thought admirable? Is this thought and respectable and promoting a good reputation?
- Is this thought excellent? Is this thought promoting a life of virtue and goodness?
- Is this thought praiseworthy? Is this thought worthy of my admiration or the admiration of others?

If you answer "NO" to any of these questions, arrest the thought, take it captive, and restate it to line up with the truth of God's word.

3. Identify a spiritual truth from God's word that will demolish your specific strongholds?

4. Daily declare this truth over your life and ask God to destroy the stronghold you've identified.

Example: If you struggle with worry: "Because of Christ, I'm not anxious about anything. I cast my cares on God because He cares for me. I have the peace of God dwelling in my heart and ruling my mind." (Philippians 4:6-7, Ephesians 2:14)

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