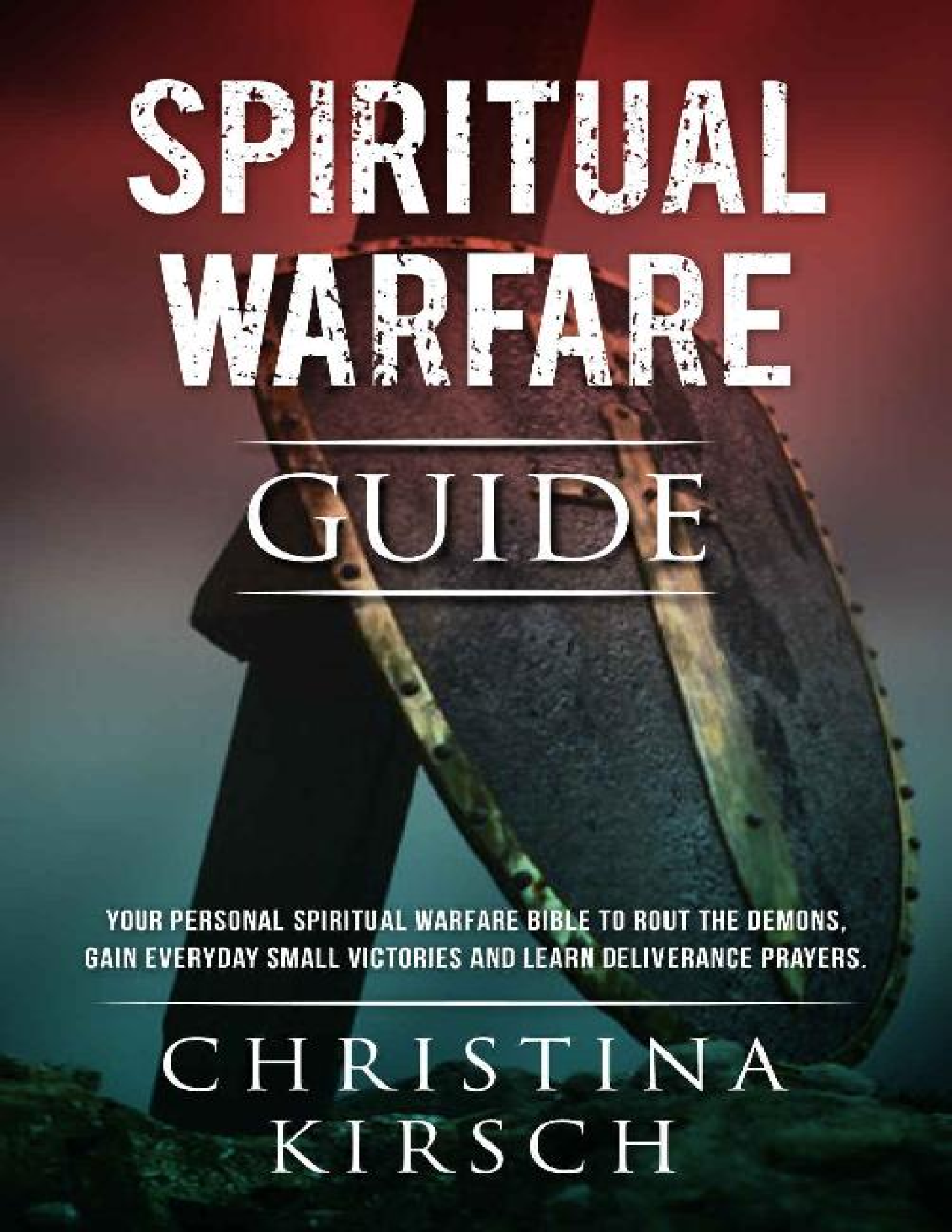


SPIRITUAL WARFARE GUIDE

YOUR PERSONAL SPIRITUAL WARFARE BIBLE TO ROUT THE DEMONS, GAIN EVERYDAY SMALL VICTORIES AND LEARN DELIVERANCE PRAYERS.

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SUMMARY

Evil comes in many forms and is responsible for countless acts of malice, such as mass public shootings, terrorist attacks, disease, famine, and human trafficking. We can go through a list a mile long of all the horrible atrocities that befall today's world and still not touch on all of them. It's everywhere, and within an instant, everyone on the planet has detailed knowledge of the horrific incident, sharing graphic videos, pictures, and disgusting opinions. The inception of the internet is the root cause of that consequence.

You can't hide from it or ignore it because, since the fall of man, the devil no longer lurks in the shadows, hiding from the world. He is the god of today and has released real-life monsters to freely roam without caution. Today, evil shows its many faces. Gone are the days when spiritual warfare was a silent war amongst angels and demons in a realm hidden from the human eye.

Satan's calling is to deflect humanity away from our Lord and Savior, Jesus Christ. As the father of sin, he engages in conflict with heaven and has brought the war here, to us. Spiritual warfare is Satan coming between man and God by worldly enticements of earth and flesh. And mankind has taken more than our fair share and ran with it.

The earth is now dying at such an alarming rate that some say it's impossible to reverse the damage. Garbage is suffocating our oceans, industry poisons the air we breathe, and unholy ideologies have obliterated the institution of marriage, scattering broken families to the wind without hope. Pain, lust, and greed are taught in our schools, streamed on phones, and acted out in plain sight. These are just some of the evils to consider when Christians engage in spiritual warfare.

But before we begin our training for battle, first and foremost, one must have a healthy spirit in relation to God and maintain biblical disciplines relevant to the time, because the devil resides in a timeless existence. For a Christian, time is against us, and we should be focused on our eternity.

Spiritual warfare isn't as simple as waking up in the morning and telling yourself it's going to be a great day. Developing a battle strategy against an

invisible enemy isn’t something you are born with; it’s a learning process, and odds are, you will first experience confusion and frustration before becoming a fully committed warrior in Christ’s army.

Changing your mindset and behaviors is essential so you can grow in Jesus instead of getting caught up in sin. The assertion of confidence is examined by several theories with valid arguments about character, psychological and social development, and beliefs. However, no matter the theory, they all have one thing in common—the factors that influence a positive sense of worth and social and psychological consequences of choice. Good or bad, these decisions play an important part in our fight against the evil forces of darkness.

There is no doubt that the Bible contains valid truths about the conflict between good and evil. Estimated to be written over 3,000 years ago, the book goes into detail about how the devil strategizes and manipulates with false pedagogies to isolate us from God. Warfare is real, and Satan will persist until you fall, just as he did.

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With an inescapable certainty, we fight daily spiritual battles to thwart the devil's deception and prevent him from separating us from the righteous. Satan is the ultimate trickster who tempts with flattery and ingrains doubt with the full intention of luring you away from the truth with whispers of grandeur and ideologies.

It’s this inner voice that drones up questions of entitlement and strips away morals. It's the voice that says it's okay to cheat on your taxes because everyone else does it. When your character is questioned, there's an inner battle. In this case, the struggle is about getting caught or being overwhelmed with feelings of guilt. If you are not prepared for this fight, evil wins by convincing you that it's your money, and therefore, you deserve to keep it for yourself. On the other hand, if you’re battle-ready and a devoted Christian engaged with God, you ignore the temptation because there are costly consequences if you get audited.

Spiritual warfare isn’t something you are born with; it’s a learning process. The information provided is intended to further enlighten your knowledge about the forces of good and evil. Our purpose focuses on three well thought out objectives:

- What is spiritual warfare?
- Why is it important?
- How to use it in everyday life

CHAPTER 1
WHAT IS SPIRITUAL WARFARE?

But 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.

Romans 7:23

Spiritual Warfare – To stand in battle against the conspiracies of evil in every nation, no matter their sovereignties, fighting against those who lead the wicked, and rise against all of hell. (Ephesians 6:12)

Ridiculous as spiritual warfare may sound to you, it influences all aspects of one's life. Every day, each of us faces the uncertainty of choice and consequence. It's these actions that determine the future, otherwise known as cause and effect. The result for each decision made is either good or bad, and whether you believe it or not, there are preternatural forces out there trying to persuade you.

Preparing to defend and protect yourself and others against Satan and all of hell is vital if we are to have peace. Learning how to fight spiritual battles not only on the outside but from within builds confidence, and then we can face our fears. Join up with other Christians for emotional support and encourage them to use God's word to help them close the door to their minds, locking out the devil's whispering voice. Stay positive with one another to set in motion a line of defense against negative influences one might come across throughout the day.

We live in a dark, corrupt world that is turning away from the church in droves. In America, church attendance is down by 12%. The rapid decline measures across for all race categories, genders, and education levels, with a significant increase of those who have no religious affiliations whatsoever.

Even more disturbing, as older generations depart this life, younger age groups now have a higher impact on religious organizations and church

attendance. It’s their lack of faith that misdirects people to unhealthy behaviors and addiction issues, a rapidly increasing epidemic since the global acceptance of the internet and cell phones.

Today's youth are bombarded by media outlets that validate malevolent behavior, which has created an entire generation with entitlement issues. For this age group, religious convictions are almost equally split: 49% Christian, 9% other beliefs, and 40% not affiliated with any religion but deny being agnostic or atheist. These disturbing statistics show just how we might be living in the most vulnerable time in human history, and Satan’s army is rising.

There are more and more health epidemics inflicted upon this young, naïve generation. Yes, the same generation with a near fifty percent split on religious affiliation. It is no coincidence that these young adults are among the highest age group with physical and mental diseases and ailments, the most recent being lung disease and sudden deaths due to vaping. In a news article published in October 2019, a surgeon stated that the lethal diseases caused by vaping are evils we have not encountered before. When a surgeon of more than twenty years makes a statement like that, Christians had better listen and unite.

If there is ever a time for spiritual discernment, it’s now. Moral influence, in truth, is the acceptance of an all-knowing God, who is love. God will guide your judgments so that your future choices will benefit the world, which is in desperate need of Christians who will fight to lead the future and act against the dark warriors of hell.

> *Senseless people do not know, fools do not understand, that*
> *though the wicked spring up like grass and all evildoers flourish,*
> *they will be destroyed forever. But you, Lord, are forever exalted.*
> *For surely your enemies, Lord, surely your enemies will perish;*
> *all evildoers will be scattered.*
>
> *Psalms 92:6–9*

Protect yourself by wearing the Armor of God, spiritual protection we will discuss in Chapter 2. Scripture shows us how to combat an evil that otherwise would assault your subconscious and influence uncertainty and self-doubt. Regardless if you believe in heaven or hell, the devil believes in you and will never stop trying to blind and separate you from God.

CHAPTER 2

Know your strengths — face your fears — discern the enemy

> *You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ.*
>
> *Romans 8:9*

Are you a lover, a fighter, a referee, or a coward?

Yes, that’s right, a coward. As in a person so full of fear, they are physically and mentally restrained to do nothing but give up. It’s a petty existence, having to justify the lack of one’s deeds. It’s the same routine, day in and day out. You find yourself looking into the mirror, watching the words fall from familiar lips affirming, "this isn’t your fault."

This so-called life is not of your choice. You didn’t wake up one day and vow to never take a risk again. You don't find it preferable to be paralyzed with fear and allow others to act on your behalf. After all, you are the victim.

Some years ago, a tragic life story was told to me. It's a tale that has always stuck with me about a young woman who became a victim of circumstance. She uses this unfortunate event to excuse bad behavior and ruin her life. The girl allowed evil into her heart and began to settle for the same mundane schedule that began to break her resolve. Soon, she was engaging with the inner voice that persuaded her about how awful life has become, and she is now so disgusting that no one could love her.

This is the inner voice of someone who is being attacked by Satan. This poor girl has absolutely no knowledge of spiritual warfare and believes the terrible lies the devil has spoken. The once strong woman is slowly decaying inside as she listens to the voice of evil, branded as truth. The collapse of this individual’s psyche is almost too tragic.

Evil plagues the mind of this young individual, who once was a beautiful person with a bright smile and enduring soul. Though she hasn't come to know the Lord, there was a spiritual quality about her that spread happiness to everyone around her. That is until, the day she no longer could compete in gymnastics. She broke her back below the first thoracic spinal levels (T1–L5), and though she had full use of her upper body, she was paralyzed from the waist down.

Bear in mind, she is not an ordinary girl. This was the next Olympic gold medalist, ready to revolutionize the sport—until that dreadful day when her car was hit by a drunk driver on the I-5 northbound into Seattle. After nine hours of surgery, the doctors came out and told her family the girl would never walk again.

After years of physical therapy, she became addicted to painkillers. Please note that this was in a time when people simply didn't understand that pharmaceuticals were just as harmful as street drugs, and neither doctors nor pharmacists had a central tracking system to monitor controlled substances. Today we know it as the opioid epidemic.

Sadly, she became a drug addict who was drowning in self-loathing, and no one wanted anything to do with her. Her family, friends, and teammates all abandoned the poor girl to her devices, with the excuses of "tough love" and moving on with their own lives.

This once-loving spirit became lost in an inescapable void of loneliness simply because no one recognized the sadistic evil within her. In the end, the homeless woman overdosed on heroin as she committed suicide while living as a drifter under a bridge in Portland.

The voice and hands of Satan were all over this poor girl. It was these voices disguised as the consciousness that had her convinced of her worthlessness yet beckoned her to the darkness as if it were a blanket wrapping her in love. But the devil knows nothing of love. Evil blinds the truth with lies and only identifies with pain and suffering. The devil welcomed this soul and she fell into his arms, all because no one within her social circle, the medical community, or her family were familiar with spiritual warfare. She succumbed to the darkness.

It’s crucial for Christians to know their place within the conflict and to recognize who their comrades are and find those who are in danger of losing their battle. A Christian soldier is ready to conquer, fight, and be victorious no matter the cause. As a warrior, it’s crucial to locate those who are suffering in darkness or coveting and drowning in sin. Teach them the word of Christ so that they, too, will join the church, and perhaps one day stand and fight alongside other Christians.

> *To give light to those who sit in darkness and the shadow of death, to guide our feet into the way of peace.*
>
> *Luke 1:79*

Acknowledgment of the war and spiritual preparedness are vital if we are to resist temptation and be free of Satan and all evil tyranny. We must be diligent and fight amongst the masses to defeat the darkness that strives to possess all life and control the universe.

To be committed and unwavering in your crusade against evil, it’s imperative to know your enemy and be prepared for immoral attacks, because the enemy knows you and knows how to use your weakness against you. Dwelling in the shadows, Satan brings forth a multitude of weapons, as there are many battle plans to choose from.

When walking with the Lord, the holy spirit is with you. As the journey is sometimes long, have strong convictions and a healthy mindset to help keep temptation at bay. Do not underestimate Satan and the evil he is responsible for.

The best defense against the devil is simple: be ready in mind, body, and soul. First and foremost, place your faith in God and have complete trust in our Lord Jesus Christ as your one and only savior, who will deliver you from evil and instill the knowledge of power to combat the evil forces attempting to subdue you. Allow the word of the almighty to protect and guide you in the right direction while helping you learn the skill sets

necessary to win the battles you'll be faced with as you journey through this life.

Focus on what gives you strength and familiarize yourself with anything that may derail your progress. Fortify boundaries for when temptation finds you so that the power of the devil won't be a distraction from your mission. To be equipped for spiritual warfare means you know who your enemy is and are prepared to face that enemy without hesitation.

> *Finally, be strong in the Lord and in his mighty power.*
> *Ephesians 6:10*

It’s impossible to know Satan's plan of attack or when he is going to strike. There are many different evil deceptions to misguide us, such as hate, seduction, resentment, grandeur, entitlement, and any other manner of manipulation. Failure to fend off the devil’s offenses often results in devastating consequences. If we don’t have strong enough convictions in our faith, our fight with Satan and all his wickedness will be lost. Knowing how to defend yourself and others against evil is essential in a world that consistently institutes skepticism, leading you away from God and blinding you to the truth.

Satan and all of hell are out to get you. They are disguised and can be as eloquent as a beautiful temptress, temptation like a sure bet, or a simple whisper from some forgotten place inside your mind. They will do anything to break you and defeat your moral character, and they do not play fair when it comes to this war. It is imperative to understand that there is more than one way to persuade a person to join the darkness and become a ward of Satan.

Be vigilant and do not mistake evil, false promises for Godly truth and wisdom because all of hell’s dominions are cunning and patient, taking their time to inflict perpetual sorrow. That would make the work of the devil too easy for Christians to recognize and combat. The hard facts are that we live in a world where some people visibly suffer, and others suffer behind closed doors in silence; that is the way of it.

It’s unfortunate, but the world today glorifies wealth, flesh, and sin, all the while mocking purity and natural maturity. This behavior provides Satan and his evil disciples open access into our lives because they are disguised, and they offer glory and riches. Trust me when I say that not all riches are made of gold. From the devil’s point of view, everyone can be bought because everyone has a price. It might not be monetary, but there is always a price a person is willing to pay.

Picture a single mother with young children, not yet school age. Their father can’t be found, as they are abandoned. She works odd jobs because the cost of childcare is so high; she can’t commit to a schedule or a set shift. Without child support or help from friends and family, she accounts for every penny so her children can eat and is sure to pay the rent.

When there is no work on Sundays, they attend church. As the offering tray is passed around, she gives what she can afford. Though a part-time Christian, the woman is familiar with the Bible but knows nothing about spiritual warfare. Therefore, she has no idea that Satan is patiently biding his time, waiting to attack and wage war on her soul.

Then, to his pleasure, the day arrives where she has less than four dollars left to her name and she is contemplating theft. With no paycheck for six more days, unsettling thoughts invade her mind, such as justifying stealing food at the grocers. The whisper of evil tells her they are just going to throw it out anyway and those sweet babies can’t go hungry.

Fighting the urge to steal food, she decides to attend church. The young mom is pitted up against another difficult choice as the offering tray is passed around: Buy milk and bread or give to the church and risk her children’s basic needs.

Without warning, the inner voice starts in with negative and untrue claims. The voice is harsh and uses accusatory words to make her feel guilty: “What kind of mother allows her children to go hungry and without milk, for crying out loud? You are not winning any mother of the year awards. As if a church of this caliber needs your money—for Pete’s sake, just look at that stained-glass window! You shouldn’t be giving them your money; you should be taking their money.”

In the protection of God's house, surrounded by battle-ready Christians, she casts away all blasphemies from within her mind. As she receives the offering tray, another voice fills her thoughts with a kind expression that confers peace and love. She realizes it's okay to keep her money this week, as there will be other times to give. With a clear mind and a calm demeanor, she then passes the tray to the next parishioner.

After the service, the same person she handed the offering tray to approaches her. He recognized her from the temp service she works for. To both of their surprise, she has cleaned his house on several occasions, and this gentleman is quite impressed with her skills. He then offers her a full-time job with a decent salary and childcare.

If she had given in to temptation and stolen that money, not only would a great opportunity have passed her by; it's likely she be in jail for theft, which we all know is a whole other set of worldly problems. But she didn't. Her faith remained strong and her moral character is intact.

Doubt, hesitation, uncertainty, skepticism, and mistrust. Satan's list is virtually endless. The devil wants you to stumble. In fact, he expects you to, because this is when he goes to work on your moral character. Most of us are thrown off our game when we fall, and life kicks us when we are down. It bruises the ego and shakes up our confidence. Some might experience heartbreak and pain, while others are just confused and angry.

It's during these times when Satan unleashes those demons to attack you. All it takes to assault your mind is a whisper of doubt. If you take the bait because you do not know your enemy, darkness will blind you from the glory of God. The power of suggestion is an effective mind trick, one the devil uses often. It convinces us that certain immoral acts are okay during times of trepidation and encourages evil deeds.

The Enemy

In 2 Corinthians 4, Paul warns us to be mindful of false teachings about Christ and his word. He also encourages us to watch for those who pretend to be acting in our best interests. Paul cautions that believing in the false word of the god of today (who is Satan) blinds unbelievers to the true God and darkens the glory of Christ. Without the light of Christ, we are lost.

Let light shine out of darkness.
Genesis 1:3

We are pitted against so much evil and sin in this new modern world that it can be difficult at times to discern right or wrong. How can we be certain one hundred percent if we are hearing the voice of God or our enemy, the devil? Remember when the Bible says Satan tempted the Son of God, our Lord and Savior, Jesus Christ? Let's think about this for a minute. If the devil dared to approach Jesus knowing full well the answer was a steadfast no because of his deity, then what makes you think he isn't going after you knowing you are merely flesh and bone?

The devil and all of hell want you to be isolated from God and will do anything to lure you from the light into the darkness. Ruses are created, and mistrust is placed first and foremost, to the point where you're persuaded that your life is worthless and meaningless; tricked into the deception that nobody cares because all they see is a pathetic failure. Confusion will settle in and you'll be misunderstood, isolated, and driven by fear. You will be a coward.

See the unseen. Know the difference between religion and false dogma. The Holy Bible is the word of God, it is written, and it is the only book that keeps a record of prophecy, commandments, and truth. It is cited many times throughout the gospel: Deuteronomy 4:2, Deuteronomy 12:32, Proverb 30:6, Revelation 22:7, Revelation 22:9–10, and Revelation 22:18–19.

Evil has spread receptively, everywhere! Spiritual warfare is proving more difficult as we battle with those who teach false scripture, as the problem is growing. There's an urgency to call for Christian reinforcements since so many are spiritually fatigued from the devil tripping us up. Exhaustion of this kind can shake up the sturdiest of warriors. It becomes more difficult to tell if you're making the right decisions or another mistake.

Individuals who have no religious guidance are hit the hardest by the enemy. They are fallen who become moody or too sensitive. Society labels

them, and the medical community diagnoses them with mental disorders such as neurosis, a mental disorder with compulsive tendencies that disrupt a person's quality of life.

The emotional rollercoaster ride brings bouts of stress and depression, while emotions control actions. Once a demon strikes, you become impulsive and are easily frustrated while experiencing anxiety, worry, fear, anger, jealousy, guilt, and loneliness, which alters your perception of reality.

Friends and family say you're a worrywart and always blow things out of proportion. You find it very difficult to recover from a situation, and you dwell on the negative. Sadly, you find long-term employment difficult simply because your demons sabotage your life.

You feel defective, yet you pretend to be a normal person, a task which is next to impossible because normality is but a memory. Satan convinces you that it's impossible to break the cycle and change your attitude because you are nothing but a failure. The dejection is heavy when faced with one hopeless struggle after another. When trapped inside your mind with evil spirits, your thoughts are compromised, and it isn't possible to break free.

It's worse at night, when the sun passes and blankets of stars begin to sparkle against the dark backdrop. The devil has tricked you into believing you are not worthy of God's love; therefore, he has successfully separated you from his glory. Instead of praying for guidance (after all, the love of Jesus isn't deserved) you turn to alcohol, coveting the numbing effects of the drug with hopes it will all go away. You open the bottle, fill your glass, and toast to the night sky. One would think such a beautiful setting would be appreciated, but the pain is intolerable, so you quickly gulp the harsh liquid, emptying the glass.

The choices we make have a direct impact on our state of mind, which imposes both positive and negative perceptions about ourselves. Feelings of worthlessness turn into despair, creating an open invitation for trouble. But there is no trial or tribulation greater than Jesus's love for you.

In Mark 5, Jesus visits the region of the Gerasenes and comes upon a demon-possessed man living within the tombs. The power of the holy spirit is so great in Christ that the demon immediately recognizes him, calling out

to him by name—Jesus, Son of the Highest God. Instead of fleeing, he runs to Jesus, begging him for mercy.

The story is a remarkable one because it shows us the vile and despicable scourge of evil falling to the feet of our Lord in desperation. Then we learn there isn't just one demon inside this man; there are two thousand demons, all begging for tolerance in our corporeal world.

> *Then Jesus asked him, "What is your name?"*
> *"My name is Legion," he replied, "for we are many."*
> *Mark 5:9*

It must've been a macabre scene. Imagine walking by a cemetery when, out of nowhere, a man that must've looked as if he were a real-life zombie started screaming your name and demanding to know your purpose while running straight at you. Keep in mind that not only is this man abnormal, he is acting insane and has superhuman strength.

With Jesus, we can be confident in our ability to fight Satan and his evil forces from hell. By accepting the truth and being battle-ready, we can fight the good fight. It's important to remember our role in spiritual warfare and use the weapons God created so that we can be victorious.

Fortification

Self-defense is learning how to protect yourself if an attack should happen. To be on guard is to be safe, and resistance to temptation is imperative. If you want to beat the opposition, you must be up for the challenge Satan is going to deliver.

Learn to recognize when Satan is attacking and trying to weaken your faith in God. Being blind to the truth results in despair and destructive behavior. When victimized by evil, it's often difficult to regain your self-respect once it's taken from you. During times of trouble, when you are being enticed by sin, it's important to identify your situation and understand that you are not alone and you don't have to battle by yourself. The whole point of spiritual warfare is to stand and fight together.

Ask for forgiveness when you fall into sin and embrace the love Jesus has for you. Everyone makes mistakes, and that is okay. Pray to God for strength and connect with others to help you heal. Silence the demons that infiltrate your mind and bring doubt and blindness to God's glory. Accept that sometimes we are caught off guard when evil appears without notice. It isn't a reflection of you being a failure; you are human.

Christians need to learn how to transform into strong warriors to fight evil without getting caught up in the emotion. Understand the importance of keeping a calm mind. It's okay to allow yourself to be upset, to feel pain and frustration. Have trust in your faith knowing God will guide you so to recognize the issue isn't about if you can or can't, it's about being ready for battle against the enemy. Remember, emotions come and go, but how you handle them can impact your salvation.

Satan knows he has an advantage and uses it to throw us off our game. Be on guard and immerse yourself with the knowledge of scripture. Utilize the word of God, then pray to defend yourself against evil forces. Everyone has a different style of fighting, so go bond with other Christians who fight against the devil's evil work. It's important to recognize what your talents are in this war.

It's imperative to take responsibility for your engagements. If you make a mistake, own up to it; accept responsibility for the choices you've made and ask forgiveness for your sins. Accepting our sinful nature and taking responsibility for our actions sets us up for spiritual success.

In John 16:33, Jesus says we will have problems and life will be difficult at times, but the verse also says not to worry because Jesus conquered the world by resisting temptation. Christ defeated the devil. The Bible provides us with a means to do the same.

THE ARMOR OF GOD

> *Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.*

Ephesians 6:13

BELT AND BREASTPLATE

Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness...

Ephesians 6:14

The belt holds it all together so you aren't separated from God, but protected by our Lord Jesus Christ, your redeemer. Believe in the truth of God's word and nothing can trip you up. Be confident in your freedom to maneuver; fight to win! Living in the now means being present and knowing that the devil is a liar and Christ is the truth.

The breastplate protects your virtue so that your character never falters. It's important to have strong morals and ethics while searching for the truth. Be persistent with your honesty and guard your heart so you will remain loyal to God. Reject the devil and all evil by never compromising your core values.

SHOES

And your feet shod with the preparation of the gospel of peace...
Ephesians 6:15

When your shoes are worn out, so is your confidence. Trust in God's word; learn from it, then have a discussion with other Christians. Learn to be kind and share your concern for the goodwill of all mankind. Wear durable yet comfortable shoes so that you won't tire easily, as your journey as a Christian is a long one. To know Jesus is to be at peace.

SHIELD

Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

Ephesians 6:16

In battle, a shield blocks and diverts attacks. The shield can be used by one person for protection or by an army to cap holes while engaging the enemy. Without faith, there is no shield to protect you from Satan's attacks. The fiery darts represent the evil lies and deceit that targets your confidence, aiming to break your fidelity and force you to be judgmental and harsh instead of confident and reliant. Hold firm to your shield so that not one arrow finds its way to you.

HELMET AND SWORD

And take the helmet of salvation, and the sword of the Spirit, which is the word of God.

Ephesians 6:17

Some believe the helmet of salvation is the most important piece of the armor. An unprotected head invites skepticism and doubt, causing you to question your worth in God and your validation to walk with Christ. The devil always whispers evil suggestions intended to place the seed of doubt to separate you from God's glory.

If you do not understand the Bible, you have no sword to wield in battle. If you do not have a weapon, then it isn't possible to win. You'll become another casualty in the war against evil. Study God's word and get to know him as he knows you. Communicate with God through prayer and ask how to cast away your demons.

Feeling good about your spiritual protection is beneficial to your physical and mental health because you want to live your best life while serving our Lord. A suitable approach to winning spiritual battles is to always be with God and stay armed with his word.

Study the Bible and make good judgments to empower you to keep up your confidence and defend your faith so you can maintain a strong connection with our Heavenly Father. Exercise your thoughts to stay well-balanced and study scripture to bounce back quicker when you encounter an

obstacle, which is inevitable in life. Even if your confidence is shaken, you will be wearing your armor and be able to handle the problem and be okay at the end of day.

The apostle Paul wrote about the Armor of God so that we would better understand the evil that waits for us in the shadows. Just like Peter writes in 1 Peter 5:8–9, Satan wants to devour and destroy you. Paul is urgent with his message to be ready for battles, and to do that, we must be with Christ.

> *So justice is driven back, and righteousness stands at a distance; truth has stumbled in the streets, honesty cannot enter. (15) Truth is nowhere to be found, and whoever shuns evil becomes a prey. The Lord looked and was displeased that there was no justice. (16) He saw that there was no one, he was appalled that there was no one to intervene; so his own arm achieved salvation for him, and his own righteousness sustained him. (17) He put on righteousness as his breastplate, and the helmet of salvation on his head; he put on the garments of vengeance and wrapped himself in zeal as in a cloak.*
>
> *Isaiah 59:14–17*

Isaiah substantiates that Jesus is your armor and will never stop fighting for you.

Why is spiritual warfare an important part of your walk with Jesus? Because your eternal life depends on it.

CHAPTER 3

APPLICATION FOR EVERYDAY LIFE

Be sober, prepared, and vigilant. The enemy is bound by hate, deception, cruelty, and rage. Satan and his evil forces will cast judgments, embrace sin, and commit murder. Because Jesus has already defeated Satan, the devil turns to mankind with malice. He's wicked; the personification of evil.

Jesus has cast away many demons and has fought the enemy face to face and won. The Messiah fulfills our basic needs and guides us along on our journey. Jesus is kind, loving, and nurturing. Growing your faith in our Lord Jesus Christ is an ongoing process from which you learn and improve. The gospel will help you attain your goals and reach your full potential as a Christian. Sincere, spiritual enlightenment is accomplished by faith, prayer, and communion with God.

Fight the temptations you've been plagued with and be vigilant, because evil can go undetected and fester like an infection. Your discernment towards the enemy requires good mental focus, morality, and strong convictions if you are going to battle in a war between good and evil. This will not only allow you to grow as a mature person, but you'll also be able to understand and learn from your mistakes and make better choices.

Now that we are familiar with what spiritual warfare is and how it works, let's break it down so we can manage it in our everyday lives. The intent isn't to leave you an assortment of information without the knowledge of its purpose or relevance. God doesn't have a policy of "ignorance is no excuse." Utilize the Bible to show you the way of the truth and prepare you for battle. After all, it is your weapon, your sword.

Prayer

> *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

Philippians 4:6

Prayer is a call you make when you want to speak with God. Prayer establishes two-way communication between you and God and can be carefully planned and thought out, spontaneous, or prewritten from the Bible. We pray to secure our relationship with God. There is no wrong or right way to pray; that's between you and our Lord. However, if you need help to better understand prayer, the Bible is filled with many verses on the subject.

- James 5:16
- Ephesians 6:18
- Thessalonians 5:17
- John 15:7
- Romans 8:26
- Luke 18:1

Prayer is a great weapon when fighting the battles of spiritual warfare. Being the direct link to God, prayer keeps us close to the almighty and pulls us out of the darkness. The Bible recounts many great moments in history where prayer was the most powerful tool used to be victorious.

When facing the enemy, be faithful and use the power of prayer to give you strength. Pray with those who will reinforce your resolve and remember that there is strength in numbers. Utilize prayer groups to fight against evil and recite biblical testimony when you are alone. Ward off the work of the devil by praying with all your heart and soul. Ask God for mercy and speak the truth to him out loud.

Scripture is God's word. It was given to us so that we could be better acquainted with him. There are over 600 prayers within the pages of the Bible. Study and use them to speak with God, ask for guidance and forgiveness, and be thankful for the blessings in your life.

Fellowship

Fellowship is more than meeting once a week. It’s a gathering of the spirit and developing strong interpersonal relationships with others, which provides us with a foundation that supports our biblical studies. Learn from one another and expand your knowledge to better protect yourself from evil.

Engage with other Christians who believe as you do. Lift and support one another not only in times of need, but also when you are at peace. Stand for each other’s spiritual, personal, and professional success. Stay involved in prayer groups and encourage vigilance to ward off human temptations of the flesh. Never forget that there is strength in numbers, hence, it's difficult for Satan to attack if you assemble and unite with Christians.

Have you ever walked into a church to be greeted with the amazing sound of worship? The minute the music starts, you feel the vibration of the song and your soul is instantly revitalized. The room pervades with new life, happiness, and celebration. You can’t help but welcome the love, and consequently, you rejoice in the Lord. The emotion can be so intense because the enthusiasm for worship is overpowering. The music pulls you from the darkness into the light of Christ.

It is very important to congregate with your fellow believers. Satan and his evil dominion have little power inside a place with so many believers. Christians are excited about rejoicing in the spirit of the Lord. It isn’t to say the devil won’t try, but he is less likely to attack someone when the Armor of God is the equivalent of hard steel encased in concrete and worn by every single person in the building. If only the outside world would capture and profess the word of God with such conviction. Can you imagine what humanity would be like if this was truly how we lived our lives?

But the world and the god of today, Satan, are cynical and judgmental. They reject Christianity and replace the word of God with blasphemies, resulting in a lost world filled with violence and misrepresentation, all the while bringing about absolute seclusion trapped in darkness. There's nothing that will attract Satan quicker than a person who suffers alone. People who are isolated and lonely are prime targets and are easily overpowered by their demons.

We are most vulnerable when we suffer alone in silence. Time transforms into a series of blurred circumstances. You can’t sleep, yet you're so exhausted that you barely function—not that you care. You tell yourself, “no one gives me a second thought, so why should I care about who’s getting married or a stupid college graduation ceremony? I’ve been working hard at a job for nine years and the company doesn't value my contributions, so it shouldn’t matter if I stay home in bed today. My kids don’t bother reaching out to me, and my parents are dead. Maybe I’d be better off dead.”

Don’t be responsible for allowing someone you know to be cast to the shadows and become easy prey to the enemy. Be a good Christian; be there for those who are lost and listen to them. Give them strength with stewardship and offer friendship. Pray.

> *The Lord God said, “It is not good for the man to be alone. I will make a helper suitable for him.” Genesis 2:18*

> To stay connected with your fellow Christians, it’s best to keep the mind and the body active by finding out your commonalties and planning to attend events together. You could plan picnics, go to sporting events, or hang out at the park (some parks have movie nights, while others have book or musical groups in the bandshell). Get your congregation involved in the community by actively participating in food drives, painting the town, or doing anything else that will help make your community a better place. Many benefits stem from fellowship, such as developing lifelong friendships, community involvement, and having a support system.

> This doesn't mean Satan isn't going to try to derail you. When the devil sees us congregating and turning people's hearts towards the

heavens, he’s going to intervene by projecting abominable evil at you and those around you. Again, stick together so the Armor of God protects you; preserve your strength for when it's time to fight back.

Not long ago, the parishioners of a small local church faced adversities the devil was responsible for. The members of the church came together and decided they’d like to give back to their community. They decided that for a month, they were going to collect donations, separate from the church's weekly offering, for one of the local safe houses for abused women and children. To be certain the monetary contributions were separated from the church offerings, the money was locked in a drawer inside the secretary’s office desk.

The fundraiser was a success, for the church had not only met its goals, but collected more than double the anticipated amount, and there was still a week left. This is when Satan and his vile followers blindsided the parishioners with the intent to rip apart their relationship with the church. Evil wanted to isolate them from one another and turn them away from God so the organization would be destroyed.

There was a break-in at the church. The intruders vandalized the worship center, set fire to the nursery, and stole the money they had collected for the charity. Then, to add insult to injury, those bags of money also included personal checks that belonged to the members of the congregation.

Anyone that has a checking account understands the severity of having your information fall into the wrong hands. To say the parishioners were upset would be an understatement. Checking accounts had to be closed while new ones were opened, direct deposits and auto payments had to be updated, and for the next year, they would have to closely monitor their credit. Inconvenient, yes, but life-altering enough to stand against their place of worship?

Before we answer that question, let us consider a couple of things without downplaying the severity of the situation; the elderly are less likely to have internet access or the skills to manage online interactions, which is how we now conduct most business transactions. Yes, you can walk into your bank and the banker will assist you with closing and setting up your checking account. The caveat is that those who are over 65 receive government benefits, such as Social Security and Medicare. Updating information with government institutions is arduous, and it's ridiculous what one must endure when faced with the challenge of governmental policy.

Changing your direct deposit with the Social Security Administration is no easy task. Update your checking account information through a government agency is done in two parts: you must first set up an online account and submit your changes, then call to confirm those changes have been received and are being processed. Please note: when you call Social Security or Medicare, the hold times are a minimum of 45 minutes and can be as long as an hour and a half, and that’s if the person can navigate the automated phone system to get their place in the hold line.

Once all that has been completed, concerns arise about the personal information that is printed on checks, which is now in the hands of criminals. Your safety is now compromised because if someone dares to rob and vandalize a church, they could easily break into your home and victimize you and your family.

The evil flaming arrow from hell has been fired. The devil took his aim and shot right into the heart of this flock.

Bad things happen to good people, including devout Christians. If you and the other parishioners are not battle-ready and standing firm in fellowship, incidents such as this are going to disband the church. The flaming arrow will puncture through weakened armor, and Satan will win that campaign.

The good news is that, although this congregation was distressed and upset, they chose to concentrate and pray. They discussed different ways to rebuild not only the damaged building, but also their trust with the leaders of the church. They brainstormed ways to prevent theft, such as depositing cash and checks to a bank account at the end of the business day or having a safe to preserve their valuables, collections, and other items.

Study and Understand God's Word

For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with

the knowledge of his will through all the wisdom and understanding that the Spirit gives...

Colossians 1:9

Patience, Faith, Hope, and Love

In the book of 1 Corinthians, Paul gives us the same message Jesus gave him: love is absolutely necessary.

And now these three remain: faith, hope and love. But the greatest of these is love.

1 Corinthians 13:13

To love the Lord our God is to be fully committed to his cause as a loyal believer. Examine every part of your life and vow to have faith in his word and convert to Christianity. Read scripture and rejoice in the delivery of wisdom. The teachings within the letters of Paul and Sosthenes tell us how to stay on the path of righteousness. If we are faithful and committed to studying the Bible, then we'll always be ready to oppose Satan's attacks.

Be humble and embrace your humility with a patient heart. Retain your integrity and good morals so you won't be persuaded to walk away from salvation. One of the greatest mortal tests is doing the right thing when no one is watching. Behave with good manners and do random acts of kindness. This type of behavior builds self-esteem and boosts confidence. We simply feel good about ourselves when walking with God.

Make a difference. We live in a hard, callous world where you're lucky if someone makes eye contact with you, let alone says good morning. Go out of your way to make someone's day; it'll bring you peace. That kind of self-actualization takes patience.

Modern times have made people cold and downright mean. When we covet something, we want it now, and we're not willing to wait. Acting in such a manner compromises our principles and core values. If the devil is with you, entitlement will be your basis for the demand, and when that

stipulation is not met, you will take it and claim it as your own. Evil validates the lie as truth; then, without question, the deception corrupts. It defiles you and besmirches anyone who gets near you. People you interact with will infect others, and so on and so forth. It’s like an infectious disease that spreads faster than wildfire.

The labor of Satan ruins lives. Patience is in the Lord, his word, and your sincere understanding. This is truly your virtue. Patience is having the stamina to endure and be tolerant of human nature.

Persist during trying times and have self-restraint once your goals are reached. Always be vigilant and never forget that the devil is out there, anticipating complacency and ready to strike you down. You can either voluntarily take a break, pray, and be still with God, or be a sitting duck when all hell breaks loose.

It’s difficult to slow down and exercise patience. Therefore, it is important to never forget God's promise to guide and command you when you're in need, because today, life is rushed and can easily be missed.

A typical day in America is full of stress and anxiety. You wake up, get dressed, and make breakfast for five people. After eating, you hurry to clean up, then rush out the door to take the kids to school. Once everyone has been dropped off, the struggle intensifies, as making it to work on time grows less likely by the second, with traffic at a standstill.

By the grace of God, you clock in with one-minute left. Your day is spent in a race against the seconds on the clock because, in today's world, it’s all about numbers and analytics. If you don’t exceed the company’s expectations, you’re out of a job.

After an exhausting workday, it’s time to scurry home, make dinner, walk the dog, clean up, bathe the kids, and get them tucked into bed. You're used up, yet you make the best attempt possible to brush your teeth and wash up a bit. By the time you’re ready for bed, your thoughts are so scattered that’s it’s impossible to relax and go to sleep. Your patience is gone, and now you are frustrated and exhausted.

Sound like the work of the devil? That’s because it is. Satan saw the opportune moment; then, without hesitation, he seized it. As an easy target,

the demons will generate feelings of resentment, anger, and betrayal. Without fellowship, faith, and the armor of God, you don't stand a chance of winning this spiritual war.

Patience brings you peace.

Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes.

Psalms 37:7

The teachings within the Holy Bible are priceless bits of wisdom that are vital to our physical, mental, and spiritual health. Learning the word of God is to be enlightened in ways that you can't possibly imagine. Scripture releases you from bondage and protects your soul. However, it isn't possible to reap the benefits of the word if you think of it as a chore. Having the appropriate frame of mind is imperative when studying the Bible.

As faithful Christians, we want to get to know God. There is no better way than reading his word. The Bible is a guide to improve our moralistic sense and transform our intellect. It isn't possible to discern the model of redemption, salvation, or beliefs without understanding God's message.

Faith instills a level of confidence like no other; it means granting trust, devoting your life to God, and committing to walking along with Christ. It's believing without seeing, with the understanding that it's all about God's love.

> *Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear.*
>
> *Hebrews 11:3*

The assurance of our freedom removes many heavy burdens. Looking back to the busy working mother, if she had sat still with the Lord, her mind, body, and spirit would have been satisfied with the wisdom of scripture. Many verses apply to every life. Once personal enlightenment is

achieved, she can then begin to help others, such as her children. Save yourself before attempting to rescue someone else.

There's an old analogy that almost everyone seems to relate on many levels:

Imagine that you and your seven-year-old daughter are flying across the Pacific Ocean to meet your husband or wife, who is stationed in Hawaii. Three hours into the flight, you look over at the elderly man sitting next to you and strike up the most interesting conversation about the time he owned a shoe factory in the 1940s. The flight is long, but the conversation is pleasant.

Then, without warning, the cabin fills with smoke as violent tremors begin to shake the plane up and down. The oxygen masks drop.

This is the part where our story can take us from bad to worse. You are sitting between two people who cannot manage themselves. To your left is your daughter, who is frozen with fear, her eyes fixed on the front of the cabin. On your right, the elderly man tucks up in his seat, closes his eyes, clasps his hands, and begins to pray.

You have two choices: help them with their oxygen masks or grab the one in front of your seat and put it on, NOW! The correct answer is to put yours on first.

Always save yourself before helping others. If you had helped your daughter while breathing in toxic fumes from the smoke, you wouldn't have made it. You would have passed out in your daughter's lap, and everyone would have perished. Putting on your mask first and then assisting the other two saved their lives. The plane made a water landing, and you all have a scary story to tell for many years to come.

CONCLUSION

> *You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God.*
>
> *James 4:2*

There are going to be momentous events when you're in a battle with the evil forces of hell. It’s a sad fact of spiritual warfare. You will either be victorious or broken. There will also be those moments when silence welcomes sin as you begin to listen to the whispering lies of Satan. If ill-prepared, you'll find yourself drowning in sorrow.

On the other hand, if you change your attitude and welcome those in-between moments, you can ignore the devil’s temptations and use this quiet time to reflect on God’s word. You’ll find many splendid things to be grateful for. Pray about it and keep your faith strong. Remember, sometimes God wants us to be in a place we are struggling to get out of. Trust his judgment; if this is where you are supposed to be, then be alive at that moment. Learn and listen to what he is telling you. Enlist friends or find a Christian group to support you on this journey. It isn't easy to reach out, but it beats the alternative.

Keep your armor on and your guard up. Do not allow evil influences into your life. Peace can be with you if armed with the spirit of God. Continue to exercise practical disciplines to avoid temptation. Use the power of prayer to invoke a spiritual strength, allowing the holy spirit to guide and protect you.

Know where your strength comes from, but be aware of your weaknesses. Find things that make you courageous and hold on to them. Face your fears and deal with the pain of life so it cannot be used as a weapon against you. Discover who you are, make boundaries, and watch

out for your enemies. Know the enemy and how to disarm them, for an incursion can happen at any moment. Never let your guard down.

Go out and encourage those around you to have good thoughts, walk fast, and be strong with our Lord Jesus Christ. Overcome your struggles and thwart the devil’s attacks by affirming that Jesus is in your heart. Gain knowledge of scripture, understand the value of prayer, and pray all the time.

PRAYERS

The Bible is God's word. The good book is the sword to the Armor of God. When you need guidance and are at a loss for words, turn to the Bible. Within the holy pages, find your voice and call out to God. In the book Ephesians, we learn that God wants us to pray all the time, no matter the reason. He wants to hear our voices, praises, and pleas. God invites you to have a conversation with him.

Below you will find five famous prayers from the Bible to help you get started. Though they might seem outdated, the context remains relevant today.

- The Lord's Prayer is first because it's the most basic and is how Jesus taught his disciples to pray. He tells them that prayer should not be done for the sake of getting others to watch. You are to pray in earnest and speak to God in truth because he already knows what you'll say.
- The 23rd Psalm of David is the prayer about having absolute, irrevocable trust in God.

  It is a prayer of gratitude that David made to God when he was distressed. This prayer is one we turn to when we have nothing left but our faith in God and our Lord Savior Jesus Christ.

- Hannah's Prayer of Praise is a prayer giving thanks to God, for he hears our prayers. As a hymn, voices sing to God as an exemplary model of their faith. This is a prayer gifted to God out of true faith.
- The Salvation of Jonah is a prayer bringing you back to God when you are ready to admit that he's never given up on you. Say this prayer when you accept that God is all-knowing and has a plan for you, and that running from him won't change that fact.

The Lord's Prayer

Our Father which art in heaven, Hallowed be thy name.
Thy kingdom come. Thy will be done in earth, as it is in heaven.
Give us this day our daily bread.
And forgive us our debts, as we forgive our debtors.
And lead us not into temptation, but deliver us from evil:
For thine is the kingdom, and the power, and the glory, for ever.
Amen.
Matthew 6:9–13

The 23rd Psalm

The Lord is my shepherd; I shall not want.

He maketh me to lie down in green pastures: he leadeth me beside the still waters.

He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever.

Psalm 23:1–6

A Psalm of David; A Prayer of Gratitude

Lord, how many are my foes!

How many rise up against me!

Many are saying of me, “God will not deliver him.”

But you, Lord, are a shield around me, my glory, the One who lifts my head high.

I call out to the Lord, and he answers me from his holy mountain.

I lie down and sleep; I wake again, because the Lord sustains me.

I will not fear though tens of thousands assail me on every side.

Arise, Lord!

Deliver me, my God!

Strike all my enemies on the jaw; break the teeth of the wicked.

From the Lord comes deliverance.

May your blessing be on your people.

Psalm 3:1–8

Hannah’s Prayer of Praise

My heart rejoiceth in the Lord, mine horn is exalted in the Lord: my mouth is enlarged over mine enemies; because I rejoice in thy salvation.

There is none holy as the Lord: for there is none beside thee: neither is there any rock like our God.

Talk no more so exceeding proudly; let not arrogancy come out of your mouth: for the Lord is a God of knowledge, and by him

actions are weighed.

The bows of the mighty men are broken, and they that stumbled are girded with strength.

They that were full have hired out themselves for bread; and they that were hungry ceased: so that the barren hath born seven; and she that hath many children is waxed feeble.

The Lord killeth, and maketh alive: he bringeth down to the grave, and bringeth up.

The Lord maketh poor, and maketh rich: he bringeth low, and lifteth up.

He raiseth up the poor out of the dust, and lifteth up the beggar from the dunghill, to set them among princes, and to make them inherit the throne of glory: for the pillars of the earth are the Lord's, and he hath set the world upon them.

He will keep the feet of his saints, and the wicked shall be silent in darkness; for by strength shall no man prevail.

The adversaries of the Lord shall be broken to pieces; out of heaven shall he thunder upon them: the Lord shall judge the ends of the earth; and he shall give strength unto his king, and exalt the horn of his anointed.

1 Samuel 2:2–10

The Salvation of Jonah

“I called out of my distress to the Lord, and He answered me.

I cried for help from the depth of Sheol; you heard my voice.

For You had cast me into the deep, into the heart of the seas, and the current engulfed me.

All Your breakers and billows passed over me.

So I said, ‘I have been expelled from Your sight.

Nevertheless, I will look again toward Your holy temple.’

Water encompassed me to the point of death.

The great deep engulfed me, weeds were wrapped around my head.

I descended to the roots of the mountains.

The earth with its bars was around me forever, but You have brought up my life from the pit, O Lord my God.

While I was fainting away, I remembered the Lord, and my prayer came to You, into Your holy temple.

Those who regard vain idols forsake their faithfulness, but I will sacrifice to You with the voice of thanksgiving.

That which I have vowed I will pay.

Salvation is from the Lord.”

Jonah 2:2–9

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