THE SPIRITUAL BATTLE OF YOUR LIFE

BIBLE STUDY FOR MEN & WOMEN

Jesus has won the victory, but the battle continues. Discover what the Bible says about the unseen war being waged around us. Learn to discern what is true and what is deception from the enemy. Examine your beliefs to help guide you to live in freedom and truth.

WHAT IS AT STAKE?

The spiritual battle of your life.

The study is six lessons, approximately one-and-a-half hours each, intended for use by small groups. This study focuses on what the Bible says about the character and activity of the unseen beings in the Kingdom of God and in the Kingdom of Darkness. It asks soul-searching questions to prompt participants to consider what they believe, learn to discern what is true and how to ultimately live in freedom and truth through Jesus Christ our Lord.

Resources are available in PDF or print format. Visit our website at christianspiritualwarfare.com.

INTRODUCTION

Do you know that you are in the Spiritual Battle of your life? The Bible is absolutely clear. It says, “Satan prowls around like a roaring lion seeking someone to destroy.” In the beginning, Satan manipulated Eve by testing her with the words: “Did God actually say…?” He continued generations later when he accused Job of being righteous only because God was protecting him. Later, he tempted Jesus in the desert by twisting Scripture. Again, Satan influenced the Apostle Peter to the point where Jesus had to rebuke Peter by saying, “Get behind me, Satan.” In the end, Satan will be silenced and the kingdom of God will prevail. However, the end is not yet here. Satan continues to prowl and destroy the lives of non-believers as well as the testimony and influence of believers. Even though we

don't see him, we can see his destruction all around us. Satan and his helpers—evil spirits—are supernatural beings that are as real as the words on this page.

Murder and sexual abuse are obvious examples of Satan's destructive power. Yet today, one of his primary tactics is to stay unseen while weaving his temptations in our daily activities. The Christian father who works so hard that he divides himself from his family or the Christian mother who believes that God has given her permission to divorce her difficult, but monogamous husband, are examples that come to mind. Destruction of our relationship with God and His people is Satan's goal.

We (the group of men who developed this study) are from different walks of life: an airline pilot and business owner, a construction executive, a psychiatrist, an international ministry leader and a real estate investor. The oldest was born in the 1930's as Hitler was coming to power and the youngest in the 1970's as Nixon was losing his. We came together because we are united in devotion to Jesus and our belief that, in today's world, the supernatural is overlooked, avoided and/or fictionalized. Our society is disconnected from what is really going on in the spirit realm. We may not realize that God is intervening in our daily lives on our behalf. Also, we may not be aware of the destructive influences from real spiritual beings who are active in the world and in our lives. Despite the fact that the Bible speaks often and clearly of the reality of the supernatural, it is not widely taught, discussed or believed in by our "enlightened" culture—even in many churches. Everything is explained in rational, "natural" terms.

We authors have had times of struggle and trial because we did not fully understand the supernatural around us. Jesus won the victory but the battle continues. God has taught us many things we would like to share with you so that we can walk together in the fullness of the presence of our loving God. The Holy Spirit and the Bible make us aware of and give us discernment about these unseen powers so that we can live in hope and love, trusting in the truth of Jesus Christ.

In this, "The Spiritual Battle of Your Life" study, we will discover and discuss what the Bible says about the character and activity of the unseen beings in the Kingdom of God and in the Kingdom of Satan. As we study the Word of God, it will expand our knowledge, faith and trust. We will learn to discern what is true and what is deceptive. Most importantly, questions are asked that will cause us to examine our beliefs and then guide us to live in the truth, experience God's best, have victory over sin and receive freedom from bondage. We will learn how to avoid Satan's traps.

God sent us the Living Word of God, Jesus to instruct us, and He sent the Holy Spirit to empower us from within to resist and overcome the schemes of the devil. Thereby equipped by Him, we can live in the Truth and give God glory, rather than being used by the devil—even unconsciously—to destroy. THAT is what is at stake. Our spiritual battle is not easy, but Jesus has given us the authority, the weapons, the armor and His very own Spirit to win the battle.

Read: Revelation 12:7-12

We shall overcome together. Dig in!

1

THE SPIRITUAL KINGDOM OF GOD

Whoever and whatever is under the dominion of a king is part of his kingdom.

Read the subject introductions and scriptures. Consider the primary emphasis and the context in which it is presented. Then, answer the personal reflection questions.

THE TRINITY

God the Father, Jesus the Son and the Holy Spirit are very real and active in our lives and in the world. God is omnipotent, omniscient and omnipresent. Jesus is Lord of Lords. The Holy Spirit is the presence of the Godhead in the world. This united, three-in-One Trinity of God's Kingdom of love operate in the supernatural, unseen, spirit world. Their goal is to be help guide humanity toward salvation for the good of all creation.

Read: I Chronicles 29:11-13
Colossians 1:13-17 ▪ John 4:23-24

For entry into the Kingdom of God, we must come to the Father through our life-commitment to trust in Jesus' substitutionary sin-sacrifice on our behalf and to follow Him. He is the only Way.

Read: John 14:1-7 ▪ Luke 9:23-25
I John 5:19-20

The Holy Spirit is the member of the Trinity who carries out the desires of the Father and the Son in the world. The Holy Spirit abides in the Believer to reveal Jesus' life and work and what God the Father is like. The Holy Spirit is our comforter, guide, teacher and helper.

Read: John 14:16-18, 26; 16:13-15

THE ANGELS

There are multitudes of mighty angels who obey God and serve His purposes. They serve God's people and defend those who come to Him for refuge. They engage in warfare in the spirit realm.

Read: Psalm 103:20-22 ▪ Psalm 34:7-8
Hebrews 1:13-14 ▪ Daniel 10:1-21

Personal Reflection Questions

What do I typically believe about supernatural beings and activities?

If I struggle with believing in supernatural beings and occurrences, why?

BELIEVERS: GOD'S ARMY IN THE WORLD

All believers who are truly committed to Jesus as their Commander are commissioned and sent as His soldiers in the Army of God. A true believer is one who relies on, adheres to and trusts in Jesus.

Read: Matthew 10:1, 7-8, 16
Matthew 28:18-20

Believers are trained, equipped and empowered by the Holy Spirit. He teaches and disciplines us when we apply the commands and principles in the Bible to our lives. In this way, we are transformed by His Spirit and become more like what the Lord created us to be; we can know what He wants us to do. Apart from the Holy Spirit we can do nothing of significance for Him or His Kingdom.

Read: Acts 1:4-8 ▪ Matthew 8:28-32
Joshua 1:8-9 ▪ John 15:4-5

Personal Reflection Questions

What have I experienced that I thought must have been a supernatural event arranged by God?

What do I believe the Holy Spirit is doing in my life (describe)?

How is the Holy Spirit changing my understanding of the Bible?

How is the Holy Spirit changing my beliefs, goals and priorities?

How can I better participate with the Holy Spirit to know the Lord and His purpose for me?

How is the Holy Spirit changing my behavior and interests?

What would be the first step for starters?

How is the Holy Spirit changing my relationships with others?

Whom should I tell my plan to so that I can be held accountable?

2

THE SPIRITUAL KINGDOM OF DARKNESS

Evil, supernatural beings are very real and active in the world and in our lives.

There is a real Kingdom of Darkness. The relentless attacks of evil on God's people will never cease until Jesus returns to earth.

Then the seventh angel sounded: And there were loud voices in heaven, saying, "The kingdoms of this world have become the kingdoms of our Lord and of His Christ, and He shall reign forever and ever!" (Revelation 11:15).

Read the subject introductions and scriptures. Consider the primary emphasis and the context in which it is presented. Then, answer the personal reflection questions.

SATAN

Satan, also called the Devil, is a character in the Bible from the beginning to the end. In the New Testament alone, Satan is named 35 times and called the Devil 34 times. The activities of Satan are a major theme in God's Word.

Read: Genesis 3:1-13 ▪ Job 1:6-12 Revelation 12:7-12

DEMONS

Demons, also called evil and unclean spirits, are fallen angels and now members of Satan's hierarchy in the world. They are pervasive. Their ruthless activities are described in New Testament Scripture 71 times. A significant portion of Jesus' ministry involved casting out demons.

Read: Mark 1:32-39 ▪ Mark 3:22-26

GOAL OF DARK KINGDOM

Satan's primary motive is to defeat God's plan of grace offered to humanity through Jesus and to maintain his Kingdom of evil. He is driven by hatred of God and mankind.

Satan by nature and character is a murderer and the father of lies. His goal is nothing less than our spiritual death. Satan and his demons strive to get us to believe in anything other than Jesus as the only Way, the Truth and the Life.

Read: John 8:42-44 ▪ I Peter 5:8 ▪ John 14:6

Satan is cunning. He uses multiple tactics to gain control over people. He will use deception, fear and temptation to lead us to a point where he can undermine and destroy our faith in God and ultimately, even our lives.

Faith in Jesus, by contrast, breaks the bondages of sin and gives us freedom with an abundant life.

The Way of Jesus

The Way of Satan

Read: II Corinthians 4:3-4; 11:12-15
Matthew 4:1-9 ▪ Hebrews 2:14-16
John 8:31-32

JESUS VS. SATAN

Demons carry out Satan's tactics on our own, personal level. They use every means to block us from drawing near to God and surrendering our lives to the Lordship of Jesus.

Common strategies of these evil spirits are to create doubt, fear and unbelief. They magnify our desire to love having control over our lives, including comfort, power and approval of people, more than the approval and love of God and His ways. They arouse our emotions to be angry, to be resentful, to lust after things and people and to engage in self-destructive addictions. If they cannot tempt us into sinful behavior, then they will cause us to be proud of not committing overt sins. Pride, and pride in the personal control of our life, is a root of sin.

The Holy Spirit, by contrast, gives us love, joy, peace, patience, kindness, gentleness and self-control by His power.

Satan's demons seduce people in various ways in order to turn them away from God's truth and His way of living. Their goal is to kill, steal and destroy the abundant life Jesus brings to His Followers.

Read: I Timothy 4:1 ▪ John 10:7-10
Luke 9:37-42

As Jesus went about preaching the Gospel, He healed the sick and cast out many demons. Jesus sent out His apostles to do likewise.

Read: Matthew 8:16-17 ▪ Matthew 10:5-8

Demons can affect us spiritually, emotionally and physically. Their name indicates their nature (*i.e.,* lust, greed, pride, fear, etc.).

Demons can talk and have understanding.

Read: Luke 4:40-41

Evil spirits can cause physical disease.

Read: Luke 13:10-16 ▪ Matthew 12:22

A person can have multiple evil spirits.

Read: Mark 5:1-13 ▪ Luke 8:1-3

Personal Reflection Questions

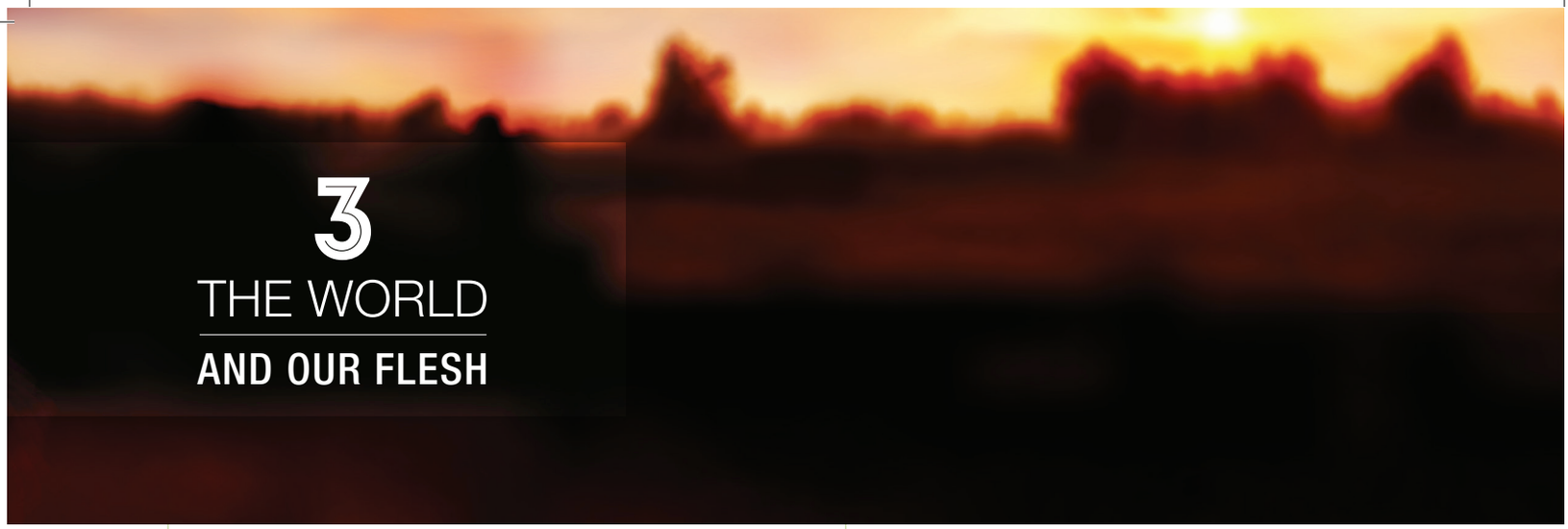
In what ways has studying the Scriptures changed my understanding concerning evil, supernatural beings and their nature and activities?

How might my life be influenced by the Devil and his evil spirits?

What changes in my life would protect me from ungodly influences?

Why should I be willing to make these changes?

What would be a helpful first step?



3
THE WORLD
AND OUR FLESH

It is the Spirit who gives life; the flesh profits nothing. John 6:63a

Read the subject introductions and scriptures. Consider the primary emphasis and the context in which it is presented. Then, answer the personal reflection questions.

We are inundated today by false beliefs, deceptions and temptations that come from this perverted world we live in. Our sinful nature is susceptible to being influenced and misled by these ideas and images. They appeal to our own desire for approval, control, wealth and comfort. Satan and his host of demons are the powers behind these evil influences.

THE WORLD

The culture we live in opposes, tempts, oppresses and distracts us from living God's way.

The committed followers of Jesus are in the world, but they are not to be "of the world." We are not to love the world or the things of this world. We were formerly of the world, but now we are set apart and sanctified by His Spirit for God's purposes.

Read: John 17:11-21 ▪ I John 2:15-17
Colossians 1:9-14

The Enlightenment era mixed biblical truth with secular logic. The current neo-pagan movement is redefining God into a goddess and replacing spiritual truths with spiritual lies. This spiritualism justifies worship of the creation instead of the Creator and thus legalizes immorality—since we are part of the creation. Compromised biblical truths and pagan spirituality are both under judgment from the God of Truth—"...the only wise God."

Read: Romans 1:18-32; 16:25-27
I Timothy 1:17 ▪ Jude 1:24-25

We are to love our Creator God first and foremost. We can be thankful for all the good things He has created for our benefit: our bountiful country, food, shelter, provision and work. The subtle danger is looking to these worldly things to fulfill us and give us peace and happiness. They can become idols in that they hold promise but cannot meet our deepest needs. Peace and fulfillment are blessings that only God can provide. When we make God first in our life, all His creation and gifts—family, rest, food, shelter, friendship, sex, recreation, etc. will become even more meaningful.

Read: Mark 12:28-31 ▪ Matthew 10:37-39

With the power of the Holy Spirit we can overcome the world's ungodly influences. We particularly need to minimize the influences of unhealthy relationships and our exposure to the toxins of the media. Instead, we are to practice filling our minds with God's Word and healthy thoughts.

Read: I John 5:1-5, 21 ▪ Romans 12:1-3
Philippians 4:6-9

Personal Reflection Questions

In what ways are you significantly influenced by our culture?

Which important things in your life are you looking to for fulfillment?

What can you change to reduce the influence of the world on your life?

OUR FLESH

For the purpose of this study, our *flesh* is considered to be the nature and character we were born with. Biblically, it is also referred to as, "the old nature," "the old man" and "the old self." These references have a negative connotation because they represent our natural traits that sometimes influence our attitudes and activities in an ungodly way.

When you committed your life to the Lordship of Jesus, you were spiritually born again and given a new nature when the Holy Spirit came into your heart. The supernatural, transforming works of God are then done by the power of His Spirit working in you—not through your own human effort.

Read: John 3:3-7; 6:63-64 ▪ Titus 3:1-7
Ezekiel 36:24-28

By faith we are to consider our old nature crucified with Christ Jesus so that we are no longer to be slaves to sin. We can walk in the newness of the life available to us through Jesus and exhibit the fruit of His Spirit. Baptism beautifully symbolizes the old man (our flesh) being buried and the "new man" raised with Christ into new life.

Read: Galatians 2:20; 5:16-26
Romans 6:1-22; 8:5-17

Since we have been given new spiritual life, our sinful nature doesn't have to dominate our beliefs and practices any longer. The challenge is to have the humility, commitment and self-control to cooperate with the transforming work of the Holy Spirit. We cannot change ourselves by our own efforts, no matter how diligently we try. We will only become discouraged. As we mature in our walk of faith, we are gradually being transformed by His Spirit from the inside out.

Read: I Corinthians 2:9-16
Colossians 3:1-10 ▪ II Corinthians 3:17-18

Personal Reflection Questions

What is different in your life since you committed it to Jesus?

What would you most like Jesus to change in you now?

What is your next step to cooperate with the Holy Spirit in bringing about this change?

4

SPIRITUAL WARFARE

YOUR TRAINING

When you are a committed follower of Jesus Christ, you are engaged in a war.

The relentless attacks of evil by Satan and his minions upon God's people will never cease until the return of the Lord Jesus to rule and reign over the earth. Jesus' blessings as our way of life can be secured by our willing engagement in spiritual warfare.

Read the subject introductions and scriptures. Consider the primary emphasis and the context in which it is presented. Then, answer the personal reflection questions.

SPIRITUAL BATTLE

Regardless of whether you believe it or understand it, you are in a spiritual battle. If you choose to live for Jesus, you are under His protection. If you do not choose God's way, you are by default subject to Satan's domain: the Kingdom of Darkness. There is no neutral ground.

Soldiers train before going into battle. They must be well prepared physically, mentally and emotionally. Soldiers must learn the principles of the army, become disciplined to follow and apply them and learn to obey commands without question.

In Spiritual Warfare you train spiritually by prayer, Bible study and obedience. Prayer offered through a personal relationship with Jesus is your communication with your Commander. You learn God's ways and what He expects of you through studying the Bible and listening to His Holy Spirit. You become disciplined and trained to obey by practicing life according to His way.

Soldiers are normally formed into units and trained by veterans. They learn the principles of warfare and how to use the weapons they will need. The men in the unit learn to depend on each other in combat. If they don't protect each other, they will be killed by the enemy.

As disciples in God's Army, we are trained for battle by mature Christian leaders who teach us the principles and truths of God's Word. They equip us to use His weapons of spiritual warfare. We learn to band together in fellowship with other believers in the Body of Christ as we train.

Read: Ephesians 4:11-16

ARE YOU IN GOD'S KINGDOM ARMY?

You must be born of the Spirit in order to be in the Kingdom of God and a part of His Army. You are a true disciple when you believe in, adhere to and trust in Jesus Christ as your Commander.

Read: John 3:3-7; 10:1-11

*** See end of this session for the prayer of commitment to Jesus as your own Lord and Savior.*

Recognizing that evil spirits are influencing your life can be more than unsettling for any of us. Are you willing to accept this reality in your life? If you are, ask the Lord Jesus to show you what and how they influence you. Keep asking until He reveals a clear answer that you can write down.

TRAINING FOR BATTLE

The Bible is our training manual for participation in God's Army. As a committed soldier for Christ, we learn the Lord's ways by its study and choose to live by them—rather than by what we want, we think, or we feel. To be prepared for spiritual battle, we must be habitually practicing a soldier-like, disciplined life.

Read: Matthew 7:24-27 ▪ Luke 9:23-25
II Timothy 2:1-4

Personal Reflection Questions

How are you practicing living God's way?

If you don't believe there are supernatural obstacles to your walk with Jesus, ask Him to show them to you. Keep asking for spiritual discernment until you can identify and write down these obstacles.

The Holy Spirit within you will train and equip you for war in the spirit realm. He reveals God's Word and His ways. You can develop a relationship with the Holy Spirit by regular prayer and communication. To be open to the Spirit's leading requires intentionally yielding yourself to His direction. You can know you are abiding in Jesus and He in you by the presence of His Spirit.

Read: John 14:16-18, 26 ▪ John 16:12-15
II Timothy 3:16-17 ▪ I John 3:24

Personal Reflection Question

How have you experienced the presence and leading of the Holy Spirit?

Like the Apostle Paul, you will find yourself doing things you don't want to do. Unholy activities and alliances can become open doors for evil, supernatural beings to harass and control you. Are you willing to engage this battle? Consider taking the action steps listed in this section to be freed from their control over your bad habits.

Read: Romans 7:14-8:2

TAKE ACTION

ACTION STEP 1

Confess all known sins you have committed against God and His way of living. Repent and turn away from them so you can be forgiven—and not leave an open door for the devil's desire. If you are not willing to give up a bad habit, ask the Lord to make you willing.

Read: I John 1:5-10 ▪ James 5:16

Personal Reflection Questions

What sins do you need to confess to the Lord?

What sin are you wrestling with that you need accountability and help with? Confess it to another person. Whom will you choose?

In some areas we cannot see ourselves clearly. In the spirit of Psalm 139:23-24, ask the Lord or a friend to help you see your blind spots. Write them down. Confess the revealed sins and turn away from them.

ACTION STEP 2

Humble yourself. We cannot change ourselves but we can humble ourselves. The Lord will do it for us if we don't. Be a disciple who serves. Consider others as more important than yourself. Jesus is your model. God opposes the proud and gives grace to the humble. How then can you serve?

Read: Matthew 23:10-12
Philippians 2:3-11 ▪ James 4:6-10

Personal Reflection Question

List at least 3 things you will do in your daily life to humble yourself.

ACTION STEP 3

It is essential to forgive everyone you have felt offended you. This is a biblical command. When you obey, the Lord will forgive you. Unforgiveness is the root of bitterness; it is like a cancer that silently grows over time. Satan uses resentment to block God's peace in your life.

Read: Matthew 6:14-15 ▪ Hebrews 12:11-15
II Corinthians 2:9-11

Personal Reflection Questions

Explain why forgiveness is so absolutely necessary for your sake.

Ask the Lord to give you the names of everyone you need to forgive. Make a list (below) and choose to forgive them whether they deserve it or not, or even if you feel like it or not. This must become a habitual, ongoing personal practice whenever you are offended in the future.

ACTION STEP 4

Frequently ask the Lord for His strength and power of His Holy Spirit to be operating in your life. Pray to receive all of His gifts and the fruit of the Holy Spirit that He brings.

Read: Ephesians 3:14-21
I Corinthians 12:4-12 ▪ Galatians 5:22-25

Personal Reflection Questions

Which of the gifts of His Holy Spirit have you experienced?

List the fruits of His Spirit that you feel are not fully developed in you? Ask the Lord to mature those fruits. Ask Him: "Is there is a reason that is hindering the growth of these fruits in my life?"

ACTION STEP 5

An important preparation for spiritual warfare commanded by the apostle Paul is to "put on the full armor of God" so you can stand firmly in the Lord with His strength. Then, praying and listening to His Spirit is His chosen way to establish your communication with your Commander for resisting evil attacks.

Read: Ephesians 6:10-18

Personal Reflection Question

Do you regularly protect yourself by putting on the full armor of God? How do you suit up in His armor? (describe)

**** My Prayer of Commitment**

Lord Jesus, I need you. I believe You are the Son of God and that God Your Father raised You from the dead. Please forgive me of all of my sins. I repent of all my sinful desires and ways and want to follow You as my Lord and Savior. I open the door of my heart to You now and ask You to take control of my life. Change me into the person You planned and want me to be. Thank You for dying on the cross for my sins and giving me the gift of an eternal life with You!

In Your Name I pray, Amen.

Signature:_____

Date:_____

5

SPIRITUAL WARFARE

YOUR WEAPONS

In Jesus you are more powerful than the enemy.

Read the subject introductions and scriptures. Consider the primary emphasis and the context in which it is presented. Then, answer the personal reflection questions.

The agents of the Kingdom of Darkness are pervasive and powerful, but their power is limited. God is and always will be sovereign. You do not have to be a casualty in the battle for your faith. You can overcome your adversaries if you abide in Jesus and use the spiritual weapons He has provided.

Read: I John 4:1-4

PRAYER

This is a spiritual war, so the weapons you employ must be spiritual. Prayer empowered by the Holy Spirit is the way to begin the battle. You must be communicating with Jesus and abiding in Him. Ultimately, you must embrace God's will and His plans for you. By living in this way you will maintain the supernatural power of the Holy Spirit within you.

Read: Acts 1:7-8 ▪ Romans 8:26-28
II Corinthians 10:3-5

THE NAME of JESUS

The Name of Jesus gives your prayer authority if it comes from a sincere commitment to Him and in accordance with God's will and His Word. You are claiming your deliverance from the power of sin and evil spirits by taking your stand upon the Name and the shed blood of Jesus to set you free.

Read: John 16:23-27 ▪ Luke 10:17-21
Acts 16:16-18 ▪ Revelation 12:7-12

THE BIBLE

The Bible, the Word of God, assures believers of Jesus' Kingdom Authority.

In any spiritual battle, we do what Jesus did: We speak the Word of God. His Word is living and active and sharper than a two-edged sword. Our Immanuel God is with you.

Your thoughts are not His thoughts nor are your ways His ways. His Word will accomplish the purpose for which it is spoken on your behalf.

Read: Luke 4:1-13 ▪ Hebrews 4:12-16
Isaiah 55:8-11

Before entering into a spiritual battle, be sure that you invoke the Holy Spirit to lead and empower you. Praying through the situation with one or more mature Believers, as well as going into battle in groups is wise counsel. In God's family, we are not supposed to fight alone.

Read: Acts 19:11-17 ▪ Matthew 17:14-21
Mark 6:7

Recognizing the reality of the forces opposing you requires awareness, discernment and wisdom. You must learn to trust God's Word and His supernatural weapons by claiming them and using them in faith. His truth does set you free.

Read: I Peter 5:8-11 ▪ James 1:5-8
Hebrews 5:11-14 ▪ John 8:31-36

If you are under the authority of the Lordship of Jesus in your life you are given authority over evil spirits by the Word of God. You can bind satanic activity. You are called to do as Jesus did: to set the captives free by the power of His Holy Spirit in you.

Read: Matthew 8:5-10; 10:5-8; 18:18-20
Luke 4:17-19

Personal Reflection Questions

In a paragraph, summarize what you now understand about the supernatural spirit world.

After studying the Scriptures and considering the explanations in this "Spiritual Battle for Your Life" study, how do you view what is going on now in the world around you?

How will this understanding change your life?

Are you ready to confront the evil opposition in your life? What do you hope to gain?

How convinced are you that Jesus gives you the authority to oppose the evil in your realm of influence?

What will be your first steps to prepare to fight?

6

LIVING VICTORIOUSLY IN CHRIST JESUS

Live your life under the authority of both the Living and written Word of God. Abide in Him.

By exercising the authority and spiritual weapons given by Jesus to His true believers, you can be set free of evil spirits' influences. However, these agents of the Dark Kingdom will not give up on opposing you and always trying to block you from living God's way. Satan even tempted Jesus! Steadily abiding in Jesus keeps you from being an easy target and protects you during future attacks.

Read the subject introductions and scriptures. Consider the primary emphasis and the context in which it is presented. Then, answer the personal reflection questions.

IS JESUS THE LORD OF YOUR LIFE—REALLY?

To live victoriously is to keep Jesus as your Lord and to walk in the Spirit and in truth. Practice living within the guiding principles of integrity, faithfulness, purity, compassion and forgiveness. Be fully separated from your old ways and the ways of the world by pursuing God's purposes for you.

Read: Colossians 2:6-15 ▪ I Peter 1:13-19 II Peter 1:1-11

Personal Reflection Questions

This is a big challenge. What habits are hindering your submission to His Lordship?

What changes can you make that will help you live out—in truth—the fact that Christ is Lord over all in your life?

MAINTAIN THE RELATIONSHIP

Maintain an ongoing relationship with Jesus through the Holy Spirit who lives in you. Be diligent in the spiritual disciplines of praying, worshiping Him, confessing known sins, repenting of ungodly behavior and forgiving everyone. Listen to His voice and be careful to obey His commandments.

Read: Matthew 6:7-15 ▪ John 14:12-27

Personal Reflection Questions

God loves you and wants you closer to Him. In what ways have the spiritual disciplines listed above brought you closer to Jesus?

The true end-goal of the spiritual disciplines is to have you abiding in Jesus and Him abiding in you. What are the areas in your life where you are missing out on being with the Lord? Is it TV, newspapers, work, computer time, etc.?

How would your life change if you spent more time with the Lord?

Identify who, or what, do you look to for fulfillment?

YOUR IDENTITY IN CHRIST

Who, or what, do you look to for fulfillment? Keep the Lord Jesus as your primary source of fulfillment and satisfaction. There are other good things in your life: family, career, entertainment, friends, etc. Be aware that good things can easily become counterfeit gods. We can look to them instead of God to fulfill us. Strive to honor the Lord above all the other obligations in your busy life.

Read: Matthew 10:37-39 ▪ Luke 8:11-15

Personal Reflection Questions

Examine your day planner and checkbook. List the main things with which you spend your time and treasure.

Ask the Holy Spirit to reveal your counterfeit gods. List whatever comes to mind. Make a commitment to practice seeing them as blessings and challenges; but not as what you live for.

MEDITATE ON HIS WORD

The Bible is the inspired Word of God. Meditate on it—for a transformation of your life and for His teaching, guidance and correction.

Memorizing Scripture effectively transforms your mind. Saying Scriptures out loud builds up your faith and strengthens you to stand against your own doubts, the world's ungodly beliefs and the lies of the evil one.

Read: II Timothy 3:14-17 ▪ Hebrews 4:12-13
Psalm 119

Personal Reflection Questions

What is your usual study pattern in the Word?

If you are not in a healthy Bible study group, then where can you find one to learn with?

Which Scriptures in this study, or that you have read elsewhere, have impacted you? Write them down. Reflect on what they mean to you and memorize them.

BE ON GUARD AGAINST SPIRITUAL ATTACKS

Satan is a terrorist. He will consistently try to block you from doing God's will. Satan's tactics involve lies, fear, anxiety, feelings of inadequacy and confusion.

Read: John 8:43-44 ▪ II Corinthians 3:4-6
Joshua 1:8-9

The battle begins with your mind. Your natural thoughts are not God's thoughts.

Read: II Corinthians 10:3-5 ▪ Romans 12:1-3
Isaiah 55:6-9

CONSIDER YOUR THOUGHT PROCESS

Replace any negative, unhealthy thoughts with positive ones. Speak out the truth, such as; "Through Jesus I am forgiven"; "I am an adopted child of the most high God"; "I am loved by God"; "The Holy Spirit lives in me"; "I can do all things through Christ who strengthens me!"

***See addendum for "Confessions for Overcomers"*

Personal Reflection Questions

What helps you focus and what challenges do you have with distractions?

How do you handle difficulty concentrating during prayer and Bible study?

What place would consistently help you quiet your mind and get in the Spirit?

ENGAGE IN A COMMUNITY OF BELIEVERS

Seek fellowship in a local, Bible believing church with people who are practicing godly living. Develop committed relationships with others who will pray with you, for you, counsel you and stand with you in tough situations. We all need others to encourage us to grow as victorious disciples—you do too.

Read: Hebrews 10:19-27
Proverbs 19:20-21 ▪ James 5:13-20

Personal Reflection Questions

Who is helping you grow in knowledge and understanding of God's ways? Who is inspiring you to grow in your walk with Jesus?

List a couple of people who would help you spiritually.

How will you approach the idea with them?

List a couple of friends you could help to grow spiritually.

SHARE THE GOOD NEWS

Use your knowledge and personal experiences to help others understand the supernatural realm and spiritual opposition. Many Christians do not even believe in these things. They need to be supported in their faith, shown the Scriptures, and to be set free from evil influences.

Read: I Timothy 4:1-16
II Timothy 2:1-4; 24-26

Personal Reflection Questions

Who in your family could you be more intentional about helping to stand strong spiritually?

What are the beginning steps for you to start equipping these others to live victoriously?

ADDENDUM

CONFESSIONS OF AN OVERCOMER

My body is a ***temple*** for the Holy Spirit.
Read: I Corinthians 6:19

Therefore, I am ***redeemed***.
Read: Ephesians 1:7 ▪ Psalm 107:2

Therefore I am ***cleansed***.
Read: I John 1:7

Therefore I am ***sanctified*** by the Blood of Jesus.
Read: Hebrews 13:12

My members, the parts of my body, are ***instruments of righteousness***.
Read: Romans 6:13

I am yielded to God for His service and His glory. Therefore, devil has no place in me, no power over me, no unsettled claims against me. All has been settled by the Blood of Jesus.
Read: Romans 8:33-34

I overcome Satan by the Blood of the Lamb and by the word of my testimony, and ***I love not my life unto death***.
Read: Revelation 12:11

My body is for the Lord and the Lord is for my body. Amen!
Read: I Corinthians 6:12–13

THE SPIRITUAL BATTLE OF YOUR LIFE

The study is six lessons, approximately one-and-a-half hours each, intended for use by small groups. This study focuses on what the Bible says about the character and activity of the unseen beings in the Kingdom of God and in the Kingdom of Darkness. It asks soul-searching questions to prompt participants to consider what they believe, learn to discern what is true and how to ultimately live in freedom and truth through Jesus Christ our Lord.

Resources are available in PDF or print format. Visit our website at christianspiritualwarfare.com.

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