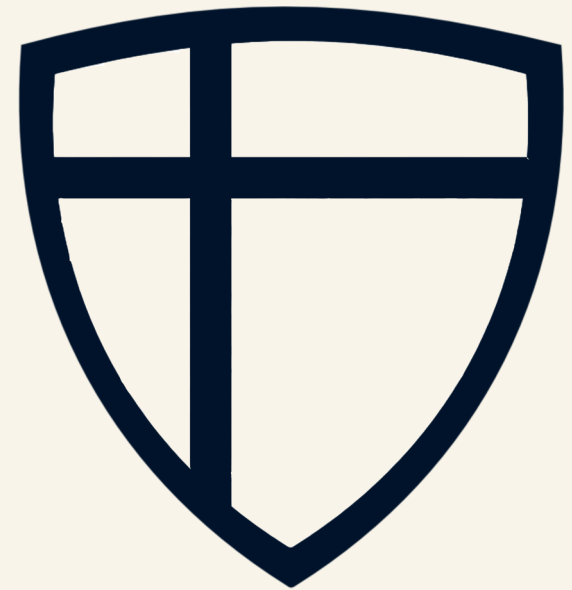


INTRO



SPIRITUAL WARFARE
AND HOW TO FIGHT WITH PRAYER

BY **ANNA GERBER**

WEEK 1

PRAY/prā/

TO ADDRESS A SOLEMN REQUEST OR EXPRESSION OF THANKS TO GOD.

SPIRITUAL WARFARE IS THE ACT OF FIGHTING AGAINST SATAN WHEN HE TRIES TO KEEP US FROM GOD'S CALLING. WHEN YOU START TO FEEL DOWN OR DEPRESSED, PRAY AND ASK GOD FOR DISCERNMENT ABOUT THE SITUATION. OUR FLESH/FEELINGS ARE UNDER THE CURSE OF SIN AND ARE SOMETIMES THE REASON FOR HOW WE ARE FEELING. HOWEVER, THE BIBLE IS ALSO CLEAR THAT THERE IS A SPIRITUAL REALM AND THAT WE HAVE AN ENEMY WHO IS DETERMINED TO DISCOURAGE US AND STEAL OUR JOY.

"THE THIEF'S PURPOSE IS TO STEAL AND KILL AND DESTROY. MY PURPOSE IS TO GIVE THEM A **RICH AND SATISFYING LIFE.**"

JOHN 10:10 NLT

QUESTIONS

HAS THERE EVER BEEN A TIME IN YOUR LIFE WHEN YOU FELT LIKE THE DARKNESS WAS OPPRESSING YOU? WHAT DID YOU DO?

WHAT THINGS/SITUATIONS IN YOUR LIFE DO YOU NEED TO FIGHT FOR/AGAINST WITH PRAYER?

PERSONAL STORY

WHEN I WAS IN COLLEGE, MY ROOMMATE, KAYLA, CALLED ME FROM HOME IN THE MIDDLE OF A PANIC ATTACK. I ASKED GOD WHAT TO DO, AND IMMEDIATELY FELT A SENSE THAT THIS SITUATION WAS MORE THAN JUST ANXIETY. AFTER RECEIVING THE CALL, MY FRIENDS AND I QUICKLY DROVE TO MY APARTMENT. KAYLA HAD TOLD ME THAT THE ATTACK STARTED IN HER CAR, SO MY FRIENDS STAYED OUTSIDE TO PRAY OVER IT AND OUR APARTMENT BUILDING, WHILE I WENT TO CHECK ON KAYLA. WHEN I OPENED THE DOOR TO MY APARTMENT, ALL THE LIGHTS WERE OFF. I FELT A SPIRIT OF DARKNESS HOVERING OVER THE ROOM, BUT AS SOON AS I TURNED THE LIGHTS ON AND STARTED PRAYING TO DISPEL THE DARKNESS AND INVITE THE LIGHT OF JESUS, IT WENT AWAY.

AND THE **LIGHT SHINES** IN DARKNESS; AND THE DARKNESS **CANNOT OVERCOME IT!**"

JOHN 1:5

WHEN WE PRAY AGAINST THE ENEMY, HE IS FORCED TO FLEE.
PRAYER IS ONE OF THE MANY WEAPONS WE CAN USE TO FIGHT THE DARK FORCES OF THE WORLD.

wor·ship /ˈwərSHəp/

noun

THE FEELING OR EXPRESSION OF REVERENCE AND ADORATION FOR A GOD

“THOUGH THE FIG TREE DOES NOT BUD AND THERE ARE NO GRAPES ON THE VINES, THOUGH THE OLIVE CROP FAILS AND THE FIELDS PRODUCE NO FOOD, THOUGH THERE ARE NO SHEEP IN THE PEN AND NO CATTLE IN THE STALL, YET I WILL REJOICE IN THE **LORD**, I WILL BE JOYFUL IN GOD MY SAVIOR.

3:17-18 NLT

WORSHIP **TAKES OUR MIND OF WHAT IS GOING ON AROUND US AND PUTS OUR PERSPECTIVE BACK ON CHRIST**. IF YOU ARE ANXIOUS AND STRUGGLING WITH SPIRALING THOUGHTS, SINGING PRAISES TO GOD CAN STOP THE WORRY. WORSHIP CAN ALSO CHANGE THE SPIRITUAL ATMOSPHERE AROUND YOU. WHEN WE SING PRAISES TO GOD, DARKNESS NO LONGER HAS A PLACE NEAR US.

WHEN WE MEET ANGUISH WITH **PRAISE**, WE ARE **SHIFTING THE SPIRITUAL ATMOSPHERE** AROUND US. **TURN YOUR WORRY INTO WORSHIP** AND WATCH THE WALLS OF DESPAIR **FALL DOWN!**

WHEN I WAS ON A MISSIONS TRIP, MY ROOMMATES AND I ALL STRUGGLED WITH HORRIBLE NIGHTMARES. WE ALL SLEPT IN THE SAME ROOM AND HAD SIMILAR THEMES TO OUR DREAMS. AFTER A FEW NIGHTS OF THIS, WE DECIDED TO GO TO BATTLE AND HOLD A MINI WORSHIP SERVICE IN OUR ROOM. WE PRAYED OVER EVERY BED AND DECLARED VICTORY IN THE NAME OF JESUS OVER THE DARK. WE SANG WORSHIP SONGS WELL INTO THE NIGHT AND HAD SUCH A POWERFUL TIME OF SENDING THE DARKNESS BACK TO WHERE IT BELONGED. AFTER THAT NIGHT, NOT A SINGLE PERSON IN THE ROOM SUFFERED FROM NIGHTMARES. WHEN YOU RECOGNIZE WHO YOU ARE IN CHRIST, YOU CAN BEGIN TO TAKE OWNERSHIP OVER THE POWER THE HOLY SPIRIT GIVES YOU! YOU CAN TELL DEMONS TO GO TO HELL AND THEY WILL! THAT'S PRETTY COOL :)

QUESTIONS

ARE THERE ANY **SPECIFIC SONGS** YOU GO TO WHEN YOU ARE FEELING DOWN? WHY?

HAVE YOU EVER TRIED **WORSHIPING** IN THE MIDST OF ANXIETY OR TRIAL? WHY OR WHY NOT? WHAT HAPPENED?



re·mem·ber /rəˈmembər/

Verb

HAVE IN OR BE ABLE TO BRING INTO ONE'S MIND AN AWARENESS OF (SOMEONE OR SOMETHING THAT ONE HAS SEEN, KNOWN OR EXPERIENCED IN THE PAST)

“AND I SAID, ‘THIS IS MY FATE; THE MOST HIGH HAS TURNED HIS HAND AGAINST ME.’

BUT THEN I RECALL ALL YOU HAVE DONE, O LORD; I REMEMBER YOUR WONDERFUL DEEDS OF LONG AGO. THEY ARE CONSTANTLY IN MY THOUGHTS. I CANNOT STOP THINKING ABOUT YOUR MIGHTY WORKS.”

PSALM 77: 10-12 NLT

TAKING A MOMENT TO REMEMBER THE TRUTH OF WHO GOD IS, WHO WE ARE, AND WHAT GOD HAS DONE HELPS TO SHIFT OUR GAZE AWAY FROM THE NEGATIVE AND TOWARD THE TRUTH. IT CAN HELP TO BRING CLARITY TO THE SITUATION AND REMIND US THAT WE HAVE POWER THROUGH THE HOLY SPIRIT TO TAKE CONTROL OF HOW WE ARE FEELING.

QUESTIONS

READ ALL OF **PSALM 77**.

WHAT STANDS OUT TO YOU? CAN YOU RELATE TO WHAT DAVID IS EXPERIENCING IN THIS PASSAGE?

TAKE A MOMENT TO WRITE DOWN A LIST OF WHO YOU KNOW GOD TO BE. HOW CAN THIS HELP SHIFT YOUR PERSPECTIVE WHEN YOU FEEL BOGGED DOWN BY LIFE?

IF YOU ARE EXPERIENCING SPIRITUAL WARFARE, IT IS IMPORTANT TO **REMEMBER WHO GOD IS, WHO YOU ARE, AND WHAT HE HAS DONE FOR YOU.**

GOD IS

THE **ALPHA AND OMEGA**, THE **BEGINNING AND END**
REVELATION 22:13 NLT

OUR **REDEEMER** AND THE **ONLY TRUE GOD**
ISAIAH 44:6;

LIGHT; IN HIM THERE IS **NO DARKNESS** AT ALL
1 JOHN 1:5

AS A CHILD OF GOD

YOU ARE **LOVED**
JOHN 3:16, 1 JOHN 4:9-11, ROMANS 8:37-39.

YOU ARE **CHOSEN**
EPHESIANS 1:4-5.

YOU HAVE THE **POWER OF JESUS INSIDE YOU!**
MARK 16:15-20, JOHN 14:12.

WE SERVE A GOD WHO TURNED THE RED SEA INTO DRY LAND SO THAT THE ISRAELITES COULD ESCAPE SLAVERY, A GOD THAT SACRIFICED HIS SON, SO THAT HE COULD CALL US SONS AND DAUGHTERS, A GOD WHO KEEPS OUR FEET FROM SLIPPING AND TAKES THE BURDENS OFF OF OUR BACKS.

“SO GREAT IS HIS POWER THAT OUR ENEMIES CRINGE BEFORE HIM!” PSALM 66:3

**HE IS ON OUR SIDE!
NOTHING CAN STAND AGAINST US!**

hope /hōp/

noun

1. a feeling of expectation and desire for a certain thing to happen.
2. grounds for believing that something good may happen.

trust /trəst/

noun

firm belief in the reliability, truth, ability, or strength of someone or something.

“FOR OUR PRESENT TROUBLES ARE SMALL AND WON’T LAST VERY LONG. YET THEY PRODUCE FOR US A GLORY THAT VASTLY OUTWEIGHS THEM AND WILL LAST FOREVER! SO WE DON’T LOOK AT THE TROUBLES WE CAN SEE NOW; RATHER, WE FIX OUR GAZE ON THINGS THAT CANNOT BE SEEN. FOR THE THINGS WE SEE NOW WILL SOON BE GONE, BUT THE THINGS WE CANNOT SEE WILL LAST FOREVER. “

2 CORINTHIANS 4:17-18:

QUESTIONS

HAVE YOU EVER EXPERIENCED HOPELESSNESS? WHAT DID THAT LOOK & FEEL LIKE?

HOW DOES KNOWING THAT THE TROUBLES YOU ARE FACING NOW ARE TEMPORARY, MAKE YOU FEEL? WRITE A LIST OF THINGS THAT GIVE YOU HOPE. HOW DO THESE THINGS MAKE YOU FEEL IN LIGHT OF THE CURRENT STRUGGLES YOU ARE FACING?

ONE OF THE BEST THINGS YOU CAN DO WHILE EXPERIENCING ANY TYPE OF SPIRITUAL WARFARE OR NEGATIVE THOUGHTS AND FEELINGS, IS RECOGNIZING THAT THEY TOO SHALL PASS. WHAT YOU ARE FEELING IS **NOT** GOING TO LAST FOREVER.

CONSIDER THE STORY OF JOB. HE LOST EVERYTHING AND EVERYONE. HIS OWN WIFE ENCOURAGED HIM TO, “CURSE GOD AND DIE” (JOB 2:9). HIS FRIENDS ACCUSED HIM OF NOT HAVING ENOUGH FAITH IN GOD. I’M SURE HE FELT DEPRESSED, CONFUSED, ABANDONED, AND HOPELESS. YET DESPITE HIS FEELINGS, JOB CHOOSES TO TRUST GOD IN THE END. HE SAYS,

“I KNOW THAT YOU CAN DO ALL THINGS, AND THAT NO PURPOSE OF YOURS CAN BE THWARTED. ‘WHO IS THIS THAT HIDES COUNSEL WITHOUT KNOWLEDGE? THEREFORE, I HAVE UTTERED WHAT I DID NOT UNDERSTAND, THINGS TOO WONDERFUL FOR ME, WHICH I DID NOT KNOW”

JOB 42:2-3

THE BOOK GOES ON TO SAY THAT THE LORD RESTORED THE FORTUNES OF JOB AND GAVE HIM TWICE AS MUCH AS HE HAD BEFORE (JOB 42:10). JOB’S SUFFERING DID NOT LAST. IT WAS MET WITH THE **REDEMPTION AND HOPE** THAT CHRIST HAS TO OFFER US THROUGH A RELATIONSHIP WITH HIM. **THE SAME IS TRUE FOR YOU.**

“HOPE IS BEING ABLE TO SEE THAT THERE IS LIGHT DESPITE ALL OF THE DARKNESS.”

-DESMOND TUTU