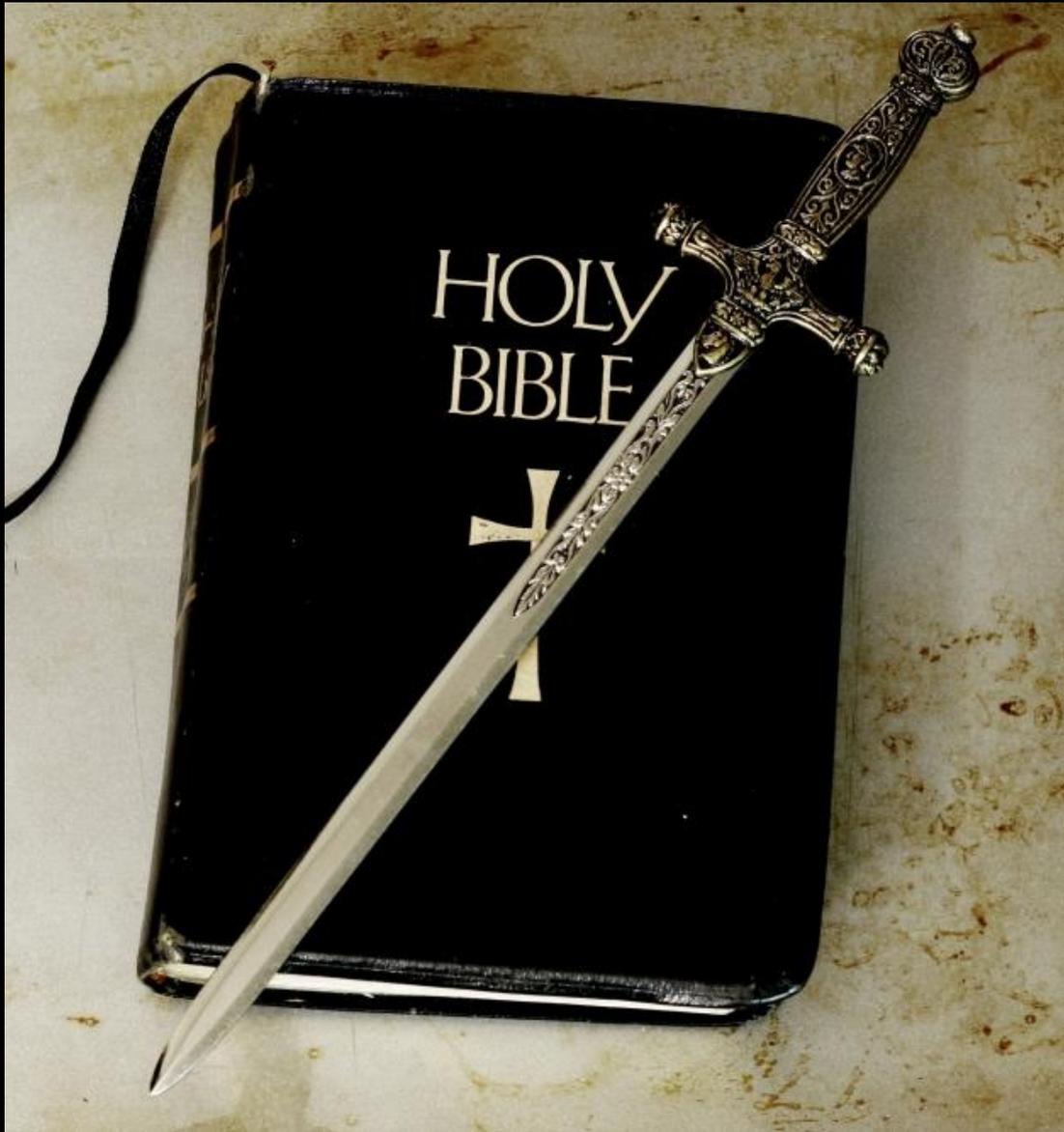


# AN INTRODUCTION TO SPIRITUAL WARFARE

A Manual for Counseling and Prayer regarding demonic activity or control



Prepared as part of the "Equipping the Saints" Ministry  
by Pastor David Braden

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# AN INTRODUCTION TO SPIRITUAL WARFARE

## A Manual for Counseling and Prayer regarding demonic activity or control

"For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places." Eph. 6:12 ESV

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## Introduction

There are some significant preparations that need to be taken before a prayer for freedom from demonic influence or control should be conducted.

In addition, the person receiving prayer will need to know “What do I do now?” after the prayer. A strong encouragement to personal responsibility needs to be impressed on the person being prayed for.

At times, there are false expectations that may need to be addressed; e.g. some people hope to receive prayer and that it will “fix everything.”

Warfare prayer is only the beginning of the healing process. The applicant for prayer will need to take responsibility for their life and embrace some spiritual disciplines that will continue the healing process and personal spiritual growth in addition to helping them keep their new freedoms. This is information which should be shared in advance of prayer.

**Purpose:** The purpose of this study is to provide an introduction to some of the basic steps of inquiry and praying with someone who is believed to be suffering under a demonic attack of harassment, influence or control.

It will also address some of the questions that people often have regarding spiritual warfare.

We, at times, will face 3 different kinds of warfare: the flesh, the world and the devil. I have included brief discussions and recommendations to address the areas of the flesh and the world in this study. But, the principle focus of this study is demonic control or influence.

# An Introduction to Counseling and Prayer regarding Demonic Activity or Control

## Session #1

### I. Background Information

A. Why do we engage in spiritual warfare?

1. We are in a wrestling match.
2. An angry father Col. 1:13
3. The bride of Christ
4. Jesus 2<sup>nd</sup> coming and the evidence of history

A key scripture to begin with is:

Eph. 6:12 "For we do not **wrestle** against **flesh and blood**, but against the rulers, against the authorities, against the **cosmic powers** over this present **darkness**, against the **spiritual** forces of **evil** in the **heavenly places**."

Let's make some observations about this passage:

Context from Eph. 1:1: Paul is writing to the saints and the faithful in Christ Jesus. Even though this letter is addressed to a specific church, it was also to be circulated among the other churches. This tells me that its instruction was not only for them, but also for others who become a part of God's family. Therefore, it also applies to us.

1. We are in a wrestling match.

This scripture tells us that we (brethren, who have been born again) are in a "wrestling" match and that it is not with human opponents that we see.

Our wrestling match is of a spiritual nature. It is not seen with our natural eye.

He describes our opponent with the words cosmic powers, darkness and wickedness, forces which are opposed to the righteousness of God, which makes them an enemy of the cross of Jesus Christ and those who bear His name.

From this revealing description of our opponent, we can logically deduce that their efforts towards us are for harm and not for good.

A wrestler contends with another in a hand-to-hand contest with the intent of defeating the opponent, of pinning him, or of rendering him helpless. If you've ever watched professional wrestling on TV – It appears that the goal is to beat an opponent until he has no resistance left, not simply to score the most points by skillful movements.

This hand-to-hand combat requires all of our energy. These are individual wrestlings that we all will face. There will also be wrestlings that engage more than one person. But for now, our focus will be on our individual wrestlings.

This wrestling will occur for all Christians. It is not an option.

Preparation is needed.

We will need to understand our enemy:

- who he is,
- how he wrestles (fights) against us,
- what weapons does he use, and
- what are the weapons that we have to overcome him.

A second reason we engage in spiritual warfare is:

2. An angry, malicious father who has lost his child

This is what I call “the good news and bad news of our second birth”:

The good news of our new birth is: We have been transferred from the kingdom of darkness into the kingdom of God’s son. (Col. 1:13) We are now children of God and not of this world whose ruler and father is Satan. God is now our father.

The bad news: In essence, we have been taken out of Satan’s family. He has lost what was once his.

And he is not happy about it!

If he can’t get his child back, which he can’t, he will try to ruin his life by his deceitful actions and persuade or deceive him into behaving once again as a child of his, thereby not enjoying his inheritance in Christ on the earth and bringing discredit to God.

The third reason we engage in this warfare is:

3. The bride of Christ is being attacked.

The warfare against us is a warfare against God’s people and therefore, the church, His body. On a global scene, Satan continues his warfare against Israel.

Today, churches all over America are experiencing this warfare as Satan tries to hinder the work of the Holy Spirit in preparing Christ’s bride for His return.

A fourth reason we are engaged in these wrestlings is:

4. Jesus is coming soon.

The evidence of history is that there was an increase in demonic activity during the time of Jesus’ first coming. Satan brought his hoards to earth to try and hinder the work of Jesus on the cross. He was not successful but was totally and completely defeated.

Since we are in the last days, the days that immediately precede Jesus’ 2<sup>nd</sup> coming, we can expect to see a corresponding increase of demonic activity in the world, even more intense than before because the devil knows that his time is now becoming short.

Important note: These wrestlings are not an option for the believer. We are in a battle zone and if you don't fight, you will lose.

To summarize, we see four reasons why we are engaged in spiritual warfare:

1. We are in a wrestling match
2. An angry father Col. 1:13
3. The bride of Christ
4. Jesus presence on the earth – the evidence of history

Some additional information on our warfare:

It is an intelligent, well-organized war.

Paul's passage in Ephesians 6:10-18 describes several levels of warfare:

- a. principalities – *arche* – ruler, to be first, the authority granting the power of *exousia*
- b. powers – *exousia* – authority – executive power
- c. rulers of the darkness of this world – *kosmokrator*  
from *kosmo* – world and *kratos* – power, authority  
a ruler of this world
- d. spiritual wickedness in high places – *epouranios*  
from *epi* – upon/in and *ouranos* heaven– “what pertains to or is in heaven”  
also translated “in the heavenlies”

From these brief descriptions, we can see that there are several levels of authority within Satan's kingdom. These relate to things on earth and in the heavens.

These titles indicate a warfare within geographical areas. So, our warfare is not just for us, but also for those in our city, state and nation.

Additionally, what is described here is an organization, a structure of beings that are aligned against us. In our culture, we call this an army, complete with ranking officers, assignments and strategies. Furthermore, it is a trained army in many respects because their commander-in-chief, Satan has been studying and engaged in warfare for centuries. He is not a rookie in his first season of combat.

The second item on our list of background issues is:

**B. Possession:** A key question regarding demonic activity and the Christian has been:

Can a born-again Christian be possessed by a demon?

The Christian belongs to Christ, the King of Kings and Lord of all Lords. He has already completely defeated our enemy. Nothing can steal us away or separate us from this belonging.

(Rom. 8:37-39) says: “Yet, in all these things, we are more than conquerors through Him who loved us. For I am persuaded that neither death nor life, nor angels nor

principalities, nor powers, nor any other created thing shall be able to separate us from the love of God which is in Christ Jesus our Lord.”

Here Paul is providing assurances to the Christians whose sufferings involved spiritual wrestlings. They likely had many questions and concerns much like ours.

**C. Control or Influence:**

Since a Christian cannot be possessed by a demon, the next question might be:

Can a demon exert any control or influence over me?

The word in the NT often (but erroneously) translated possession is “*daimonizomai*.”

This word means to be demonized which means to be controlled, exercised, influenced or vexed by a demon from within. (Note different degrees of influence.)

More severe cases:

Mark 5:1-20	Legion - no one could bind him with chains
Matt. 17:14-21	The young boy who was thrown into the fire was certainly controlled by a demon.

But, since I am born again and have the Holy Spirit within, how can a demon have a place within my being?

Let’s consider a few passages of scripture regarding the flesh and spirit:

James 3:10 *“Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be.”*

James is writing to the 12 tribes...to brothers in the faith.

He says “these things ought not to be...cursing and blessing coming from the same mouth.

What he is saying is: “This is what your behavior is.”

The clear implication from this scripture is that two springs do exist within these people:

- from one flows blessing for good;
- from the other flows cursing which is for evil.

One stream is pure and is beneficial  
The other stream is impure and pollutes.

We already have two opposing sources within us, one evil, the other good.

We, who are born again, have two natures within us:

- a. **the body of flesh** that is absolutely opposed to the Spirit – where the old nature dwells. (Rom. 7:18 *“for I know that in me (that is- in my flesh) no good thing dwells.”*)

Rom. 6:12 *“Therefore, do not let sin (sinful nature, old nature) reign in your mortal bodies that you should obey its lusts.”*

Where does the cursing come from? From our mortal bodies, the body of flesh.

- b. In addition to the body of flesh, we also have:

**the new heart**, that within us that is birthed from above, the new nature, where the Holy Spirit dwells.

The Holy Spirit dwells within our heart, our spirit, in the new nature.

A demon may “find a place” in the old nature, in the body of flesh which is not submitted to God.

But he cannot, find a place where the Holy Spirit dwells. He may find a temporary dwelling in our old, corrupt nature where he will attempt to work his “wiles” against us,

wiles: – “methodeia” – method, procedure/strategies  
in the NT connected with evil intent,  
entice, lure, trickery (dictionary)

but he cannot possess us nor dwell in our new nature.

One additional thought on this subject:

When Israel entered the promised land, they were to drive out all of their enemies. However, the end result was such that some of the enemies remained in the land. Later expositions of this verse by New Testament biblical writers indicate that the reason for this was so the Israelites would learn how to fight, to do warfare.

God could, if He desired, instantly deliver us from every evil bondage at the point of our new birth and He sometimes does a mighty deliverance. I’ve heard a number of people talk about their new birth and how God instantly delivered them from a long-standing bondage. But, He might also, as with Israel, allow some of the enemy to remain “in our land” in order to teach us how to fight and do warfare.

I also believe that in this warring process, we grow stronger in the Lord and the development of godly character within us occurs.

#### D. Activity:

There are several ways that our enemies “wrestle” (fight) against us:

1. Harassment or hindrance from the outside –

Saul (I Sam. 16:14)

A “distressing (troubling) spirit”

*bayath* - to be frightened, to strike with fear (strong form of intimidation)

II Cor. 12:7 Paul – a messenger of Satan to buffet me

*kolaphizo* – to rap with the fist

I Thess. 2:18 - “We wanted to come to you...but Satan hindered us.”

*ekopto* – to cut into, impede, detain

Here Paul tells us that the prince of demons was hindering him from coming to visit the Thessalonians.

2. Influence – Peter Matt. 16:21-23 “*Get thee behind me Satan.*”

Peter certainly did not belong to the devil, (Jesus refers to his disciples as those God has given him) but the devil was able to influence his thoughts and therefore, his speech.

3. Control from within --

- a. Acts 5:24 Ananias and Sapphira

Peter, speaking to them said: “*Why has Satan filled your heart...*”

Ananias and Sapphira were a part of the Christian fellowship and participating in the things of the body of Christ. Peter, himself, called them by name indicating that he knew them. I believe it is appropriate to conclude that they were born again Christians.

- b. Eph. 4:27 “*do not give place to the devil*”

*topos* location, position, as in a beachhead when doing warfare

A strategy of warfare: seek a beachhead inside enemy lines, an area of control within enemy territory. And, from there, other attacks are launched.

It would seem inconsistent with the use of language for Paul to warn the Ephesians about giving the devil a place if this indeed were not a possibility. (He wouldn't have mentioned it.)

- c. See also discussion above on the meaning of “*demonizomai*.”

**E. Reasons for demonic control:** (How does our enemy gain a place, a beach head?)

Here we will see some of the ways that bondage can occur.

1. Inheritance - from 3<sup>rd</sup> and 4<sup>th</sup> generations due to the iniquity of the ancestor (Ex. 34:7; Num. 14:18)
2. Experimentation – experimenting with occult activities  
Experimentation, even out of an apparently innocent motive, “I just want to see if it is real or works.” e.g. Ouija board, astrology; or “It’s just a game of cards. (Tarot) can provide the enemy with a beachhead.
3. Voluntary decision – e.g. decide to become a Satanist. By the choice of your will, you are giving the devil a place.
4. Transference by contact - being present when demonic activity is practiced. This is most common when adult practices such as false religions and the occult occur in the home and affect the children.
5. Continued/habitual sin (Eph. 4:27)

In this passage, which discusses giving the devil a place, the context is habitual sin, which indicates that one gives place to the devil by continued sin, by refusing the corrections of conscience and of the Holy Spirit.

In essence, there is a place within that is not under the control of the Holy Spirit. This reinforces to me the necessity of being whole-hearted in our devotion to Christ. (He is Lord.)

**F. Some Evidences of demonic control:**

This is, by no means, a complete listing but these are provided to illustrate the kinds of behavior and physical evidences one might observe that can be connected to demonic control.

1. physical or mental illness (Matt. 9:32-33 - dumbness; Mk. 9:25 – deafness; Lk. 13:11,16 infirmity...bowed down, could not stand straight)

Note that Jesus encountered many illnesses when ministering to the people. Some he healed, some He cast out demons to resolve the physical illness.

We will need to pray for discernment to determine the actual cause of an illness, whether physical or mental.

2. deep depression, heaviness (a dark cloud of depression) e.g. Saul
3. immorality (unclean spirits) – will try to move you to immoral actions
4. tendencies toward suicide
5. drug abuse
6. psychic abilities, e.g. knowing things which could not otherwise have been known.
7. multiple personalities – a divided person

8. restlessness when the Spirit of God is present (e.g. in a church service, during Bible reading – demons hate the Bible and its truths)
9. cult/occult activities (which have a demon behind them)
10. controlling personalities - e.g. Cults usually have a very controlling leader demanding total obedience to their every command. They often have the perverted notion that being “in charge” somehow sanctifies their actions even when contrary to scripture.
11. false religions (Paul said that there was a demon behind every idol.)

Note: The presence of any of these symptoms is not an assurance that demonic control is involved. An example: Physical illness can occur apart from demonic activity. Every sickness is not the result of demonic activity.

## **G. Areas of Warfare**

There are 3 areas of warfare that we encounter:

### **A. the flesh**

After the new birth, the Christian now has a new nature created in the likeness and essence of God. This new, spiritual nature dwells and lives within our heart/spirit. Our spirit that was once dead is now made alive and is now a fit place for the dwelling of the Holy Spirit.

However, the old nature/sin nature (old man of sin) has not left us. He dwells in the physical body (body of this death) and tries to get us to commit acts of sin.

So, there is a war going on in our members, the flesh against the spirit. (see Romans 7 for Paul’s description of the battle.) I think it is significant that Paul had been a Christian for about 25 years when he wrote these words about himself.

The new nature within us has the desire and capacity to serve God. The new nature loves God and righteousness and empowers us with the help of the Holy Spirit to overcome the old nature which hates God and loves sin and the world. The Holy Spirit helps us to put to death the old nature.

Paul, talking to believers, makes the point in Romans 8:1-13 that the mind of the believer can be controlled by either the flesh or the Spirit. If the mind is controlled by the flesh (by giving in and committing acts of sin) it cannot please God. (He would not have had this discussion if it were not a possibility.)

If it is controlled by the reborn, human spirit with the enabling of the Holy Spirit, it will overcome the sin nature and sinful acts.

Therefore, the heart of the matter in warring against the flesh is choice.

We must choose to put off (stop doing) the old ways of behaving and choose to walk the way of righteousness, choosing the behaviors that will please God.

This is our responsibility before God. We must do it. No one can do it for us. Casting out a demon is not going to give us control over the flesh.

Paul also tells us in Romans 8:13, “If, by the Spirit, you put to death the deeds of the flesh, you will live. Here we see the help of the Holy Spirit in overcoming sin. (But we have actions to take.)

To summarize our actions regarding the flesh, we make a right choice to obey the teaching of God’s Word and we call on the Spirit of God to be our strength and help. We also ask the Holy Spirit to work within us to bring changes that will conform us to the likeness of Christ.

It is also important that we identify this area of our flesh and ask the Holy Spirit to help us put it to death.

Some evidences of a “flesh” issue are provided by Paul in Galatians 5:19-21:

*“Now the works of the flesh are evident which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outburst of wrath, selfish ambition, dissensions, heresies, envy, murder, drunkenness, revelries and the like...”*

If you see these things at work in your life, they are works of the flesh, the old nature.

Another point of counsel is to instruct the person requesting prayer to:

- stop going to the old places or
- doing the things, or
- spending time with persons  
that cause you to sin.
- “stop doing wrong, learn to do right”
- engage in spiritual disciplines (for the purpose of godliness)

The 2<sup>nd</sup> area of our warfare is the world.

## **B. the world**

The term “world” indicates this world system in which we live and everything that is under the control of the devil.

Born-again Christians are in the world but not of the world, i.e. we don’t belong to it. We are only here temporarily with an assignment from our Father to live for Him while we’re here.

### **Our Obligation to the World**

- I Cor. 7:31 tells us not to misuse the things of the world.
- Eph. 5:11 instructs us to have no fellowship with the unfruitful works of darkness.
- James 1:27 advises us to keep ourselves unspotted (blameless, unindictable) from the world
- I John 2:15-17 tells us not to love the world.

The warfare we do in this area finds its main battleground in the mind.

The world is constantly trying to impose its thoughts and ideals on us.

I find it difficult to watch much TV today because I am constantly being bombarded with commercials trying to convince me to try their product because it will improve my life. The primary improvement I want in life is to walk closer with God every day and I have yet to see a commercial that can help me do this.

If you browse a bookstore you will see hundreds of books that are designed to persuade us to accept a world view of moral issues.

The believer's responsibility in this area is to say no to the allurements of the world and to be transformed by the renewing of their mind.

Rom. 12:2 "And do not be conformed to this world but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

Three actions can be taken by the believer (I'm sure there are more, but let's start with these):

1. Spend time daily in the Word of God. Ps 119:11 "I have hidden your Word in my heart that I might not sin against you (God)."

John 17:17 "Sanctify them by the truth; Your Word is truth."

John 15:7-8 "If you abide in me and my words abide in you, you will ask what you desire and it shall be done for you. By this my Father is glorified that you bear much fruit, so you will be my disciples."

This can be by such activities as reading, studying and memorizing.

2. II Cor. 10:3-5 speaks of taking every thought captive to the obedience of Christ.

Keeping the door of your heart and mind closed to unclean thoughts is a vital life skill to be learned by all who are "twice-born" and is essential to inner peace.

3. Meditation – Ps. 1:1ff "Blessed is the man...whose delight is in the Law of the Lord and in His Law he meditates day and night."

Again, as with the battle of the flesh, these are things the believer does for themselves. They cannot be done by someone else for the believer.

We cannot emphasize enough the importance of daily intake (reading, studying, memorizing, meditating) of the Word of God.

### **C. the devil/demonic**

The issues of demonic control are related to **confession, renunciation and command**.

Demonic control – why and how

If the issue is demonic control, then determine why and how the bondage has come about? (e.g. joined a wicka cult, practiced black magic, astrology, Ouija board, cult practices taught in the home, etc.)

Spend enough time in inquiry to identify every area of bondage or control. If a person has been involved in the occult, there may be several areas of prayer needed.

The next section of this report will address this area in more detail.

## Session #2

### II. A recommended procedure for inquiry and prayer:

Remember, this ministry opportunity has presented itself at the end of a service and there are many persons in the congregation. Our services usually end shortly after the time of invitation and prayer. So, it is likely that there will be people “milling about” in the sanctuary.

A person has come forward and requested prayer for deliverance.

What should the ministry team do?

#### **Step 1: Pray**

Ask for the guidance of the Holy Spirit. Ask for spiritual gifts – discernment, word of knowledge, word of wisdom.)

Be led by the Spirit. There may be a time to pray (if this is how the Spirit leads) but most often, and our recommendation if you don't sense a leading otherwise, is to conduct a time of private inquiry before any praying begins.

Therefore, suggest that the applicant for prayer wait until after the service is completed and that you go to a private room for an initial discussion. Most likely, there will be some steps a person will need to take before they are ready for prayer.

The inquiry and subsequent prayer should be conducted by at least 2 persons.

If the applicant is female, at least one woman should be involved in the ministry to her.

#### **Step 2: 1<sup>st</sup> question: Is the person truly born again?**

Determine if the person has truly been born again.

Be thorough in your examination of their “faith experience.” People may tell you they were baptized as a child, believe in God or other such responses. These do not necessarily indicate a “born again” experience. Did they repent, believe, confess and invite Jesus into their life?

Have they seen the evidences of the new birth in their life? (see Rom. 5, I John)

These are the crucial issues of the rebirth experience. (I had a person once tell me that “he had tried Jesus” and it didn't work.)

If the evidence of a new birth is not there or even if people are unsure, then lead them through a prayer of repentance, faith, confession and receiving. Without Christ in their life, there is no hope of deliverance or of maintaining deliverance once it occurs.

Without the life of God truly within them, they will have no ability or staying power to walk the walk of faith.

Lead them through:

o Repentance (Rom. 3:23)

Repentance is turning away from false Gods (idols in their life) and towards the Savior. It can also be godly sorrow for sin in which one turns from their former practices.

Some of the first words Jesus spoke when beginning his public ministry were to “*repent and believe for the kingdom of heaven is at hand.*”

Note that the rich, young ruler of Matt. 19:16-22 and Lk. 18:18-23 was instructed to give up and leave (turn from) his riches which were a false god (idol) in order to enter the kingdom of God. Tragically, for him, he refused to do so.

- o Faith (belief) in Christ’s resurrection and Confession that He is Lord (God) and Savior. see Rom. 10:9-10; I Cor. 15:1-8
- o Receiving – inviting Christ to come into their heart and take the throne of their life. (John 1:12-13)

Note: If a person appears to have made a commitment to Christ, their problem will not be an issue of possession because the person belongs to Christ. It may, however, be an issue that a demon has a foothold or beachhead within the person, is causing trouble and needs to be removed.

**Step 3: What is the ministry needed?**

Determine which area/s of warfare (flesh, world, devil) need to be addressed.

Some questions you might ask are:

1. What are you asking us to do?
2. Why you think this is the problem?
3. What symptoms do you experience? e.g. physical, emotional
4. What other ways are you effected? (feelings, thoughts, etc.)
5. How long have you experienced these symptoms?
6. What has God shown you about this area of your life?
7. Have you had prayer against demonic control prior to our meeting today?
8. What actions have you taken to be free from this area in which you are troubled?
9. Have you participated in occult or false religion activities?

I recommend that one of the ministering persons keep a record of the things shared. Much will be uncovered in this time of discussion and it is difficult to recall all of the specific details of the information being shared once you begin the time of praying.

Especially where multiple sources are encountered, this will be important in the prayer of renunciation. (renounce each source individually)

This record will assist you in being more complete when preparing to identify the areas for prayer, renunciation, command, etc. During the time of prayer, it is important to be thorough with the issues identified. (Don’t leave an issue “undone.”)

If the area of ministry relates to the flesh or the world, then counsel the person in accordance with the recommendations provided during the first session material identified in this workbook.

The remainder of this section addresses the issues of demonic control and influence and the need for prayer for deliverance.

Some actions prior to prayer are needed to prepare for the actual time of praying to remove a demonic influence or control.

#### **Step 4: Preparation for the prayer of deliverance**

If you have determined that prayer for deliverance is needed, a time of preparation should be taken.

1. Set a time and identify a quiet, safe, secluded place for prayer. Identify people to participate in the prayer. Usually, 2-3 people are sufficient, but if the bondage is particularly strong, you may need more.
2. If a person has openly entered into witchcraft or similar occultic or cult behavior, then these practices must be confessed and renounced. Any books, manuals or physical objects in the home must be removed and destroyed. Any associations with false religions (Mormons, Jews, etc.) must be confessed and renounced. Teaching manuals, objects facilitating false worship (amulets, beads, etc.) must be destroyed.
3. A time of prayer and fasting before the time of praying is recommended and can be very helpful. (Jesus to disciples, "This kind does not go out except by prayer and fasting." (Matt. 17:21))

Note, on this occasion, that epilepsy and other maladies - suffers severely, falls into the fire and into water - were attributed to demonic control.

#### **Step 5: Ministry prayer**

By now, you have a listing of each area for prayer.

Prayer can proceed as the prayer team is guided by the Holy Spirit.

You will also discern other areas of prayer as you proceed. (discerning of spirits)

What is the Holy Spirit leading you to do?

Pray for the protection of the Holy Spirit and ask God to set his angels around you as you pray.

Put on your spiritual armor.

Paul, in writing to the Ephesians in Eph. 6:11 is writing to the "brethren." These are born-again believers who are walking in faith. The fact that he instructs them to put on the armor indicates that "**having your armor on**" is not automatic. It is an action we must do.

So...how do we put on our spiritual armor?

Some illustrations from scripture help us to answer this question.

1. Matt. 4:1-11 Jesus' temptations by the devil

When Jesus was confronted with a temptation from Satan, He quoted scripture. Now the Word is identified in Eph. 6:14-18 as a part of the spiritual armor. So, when Jesus spoke to Satan, He was utilizing a part of the armor of God.

His confession, His speaking the Word, actuated His faith and the power of the Word.

Even though He knew the Word, there needed to be an actual speaking of the Word.

So, speaking (giving our confession) linked with the Word of God is the means of actuating our faith. Note that He prefaced His confession with "It is written" indicating His use of the Word of God.

2. Rom. 10:9-10 Paul tells us that "If you believe in your heart that God has raised Him from the dead and confess with your mouth 'Lord Jesus' you will be saved."

Again we see that the actions of faith and confession are involved in this spiritual process.

So, using truths from scripture, go through the spiritual armor listed (e.g. belt of truth, shield of faith, breastplate of righteousness, etc.) making a statement (confession) that affirms your position in Christ; e.g. Jesus is the way the truth and the life...He is my way, my truth, my life...He is my hope, my helmet of salvation.

Since Paul has listed armor individually, it is important that we do so also.

Again, it is our faith linked with the truth of scripture and our confession that enable us to put on the armor of God.

Elements of warfare:

When praying together as a team, several elements are employed:

- o Preparation
- o Unity
- o Authority in the Name of Jesus
- o Declaring the power of the blood by quoting scriptures
- o Use of the Word
- o Praise/Worship
- o Agreement
- o Assurance of victory

Go through the list of areas for prayer one by one and take authority over each one identified, commanding them to leave in the Name of Jesus. Repeat the command as often as is needed. There will, at times, be physical symptoms that indicate deliverance is being accomplished.

During this phase of the praying, you will need to be discerning regarding the movement of the spirit being addressed by your prayer.

Note: If the person receiving prayer has not yet prayed the prayer of confession and renunciation, they need to do that first before praying for a specific area.

Be sure to have the person being prayed for to be sensitive and communicate things they see, feel or hear.

During the time of prayer, it is useful to have someone not involved directly in the prayer to be reading scripture aloud or singing songs of praise in the background.

Watch and listen for physical evidences as you pray. (coughing, yawning, bodily tension, burping, feelings of anger or agitation, cursing, foul language, etc.)

Once the time of praying has been completed (you will need to be discerning here), ask Jesus to cleanse and renew each area set free.

The person being prayed for should be counseled to give Jesus the Lordship of the newly set free areas. (These were once enemy beachheads.)

Ask for a filling of the Holy Spirit.

Be led by the Spirit.

### **Step 6: Words of Counsel**

Counsel the person receiving prayer that their responsibility is (see Eph. 6:10ff):

- A. to be strong in the Lord (v.10) Gal. 5:1 “Stand fast in the liberty...”  
Don’t submit again to a yoke of bondage.

This has to do with our position in Christ. Because we are in Him, we have authority in heavenly places where Christ is seated. See Eph. 1:19-21.

We have been raised up with Him. (Col. 3:1)

“And hath raised us up together, and made us sit together in heavenly places in Christ Jesus.” Eph. 2:6

When we understand our authority in Christ, we will become confident in our warfare against our enemies. II Cor. 10:4-5

“The weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,...”

- B. to resist the devil

“Take up the whole armor of God in order that you may withstand (resist)...”

In Eph. 6:10-18, three times Paul tells the believer to resist the evil one.

The key word is “resist.”

The way we resist the evil one is by means of scripture.

Matt. 4:1-11 is the classic scriptural illustration of resisting. Each time the devil came at Jesus with a temptation, He countered with a specific Word of God.

Jesus resisted his deceitful trickery with words quoting specific passages from the Old Testament.

Therefore, we need to learn the Word of God.

C. Put off, put on

Stop doing wrong, learn to do right

Stop visiting old places, friendships, etc. of the life that led you or encouraged you in patterns of sinful behavior.

D. Be in the Word and prayer daily.

A time of praise and thanksgiving is appropriate at this point glorifying God for what He has done.

Final words:

Ours is a great and high calling, wrestling with the unseen powers of darkness.

We are in a battle zone. It is not a task for the weak of heart or faith.

Much of the warfare, we must do for ourselves (world and flesh).

This warfare calls for patience and endurance.

It will test you.

It will stretch you.

The primary weapon God has given us is His Word. Therefore, we need to be in His Word daily, studying to learn our weapons of warfare and how to wield them.

“Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it. (the cross)” Col. 2:15

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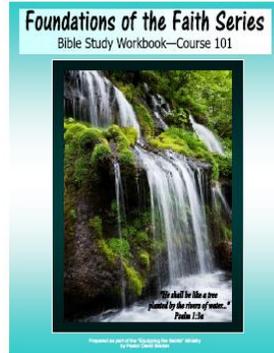
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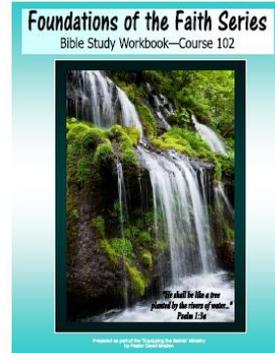
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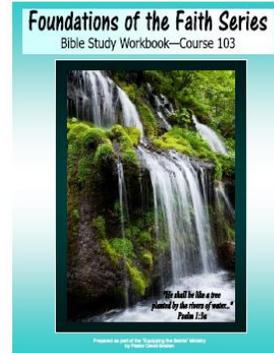
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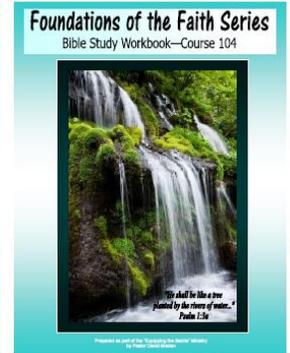
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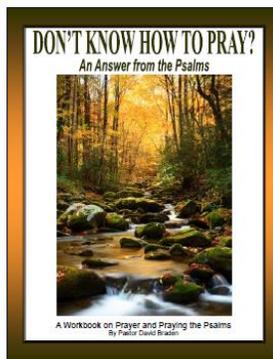


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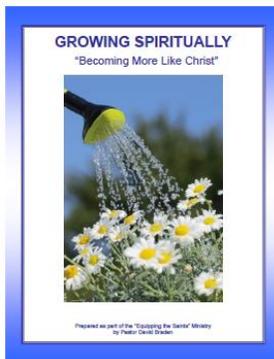


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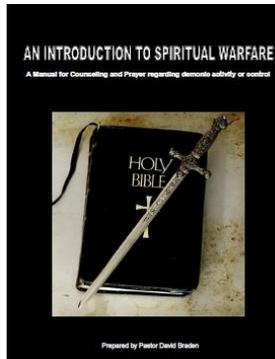
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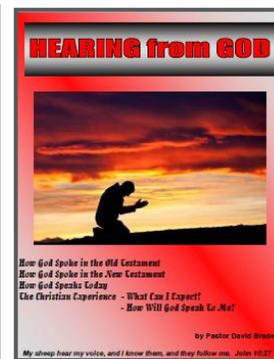
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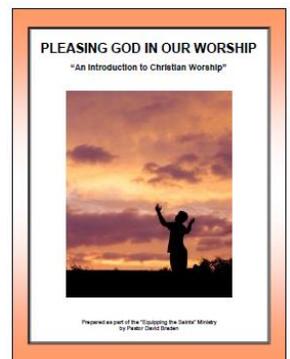
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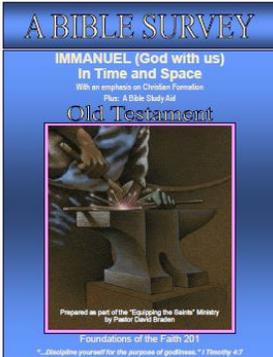


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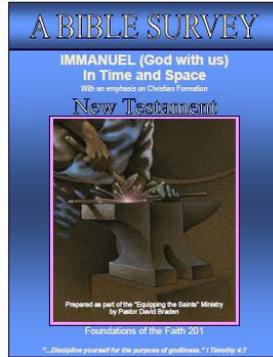
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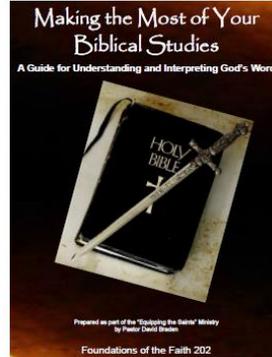
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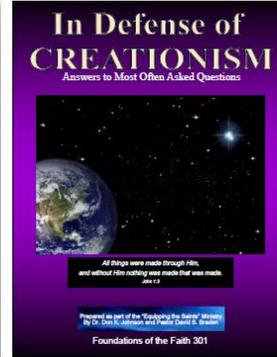
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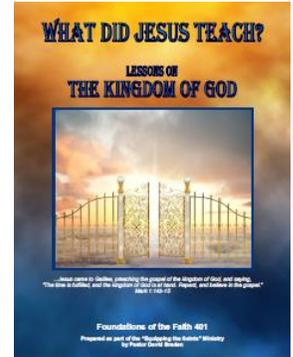
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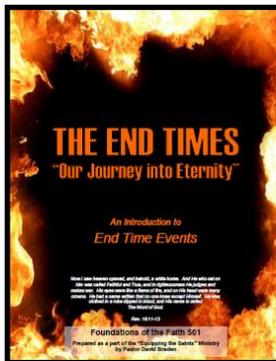


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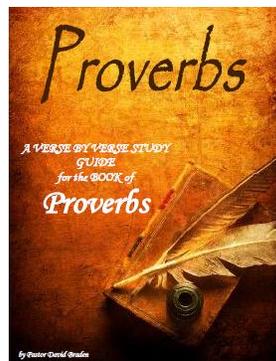


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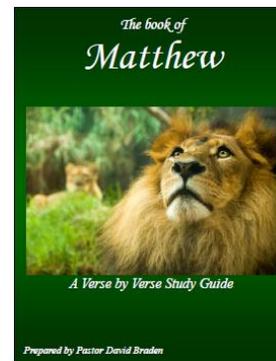
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