

Winning the Battle of the Mind – Part 2

Overcoming the Giants in Your Life - Week 5

Biblical principles for overcoming obstacles in our lives



Rev. 21:7 "He that overcometh shall inherit all things;"

1 Peter 5:8 Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:

James 4:7 Submit yourselves therefore to God. Resist the devil, and he will flee from you.

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Spiritual Warfare

Spiritual warfare comes in two ways: offensive and defensive. Offensive warfare is tearing down the strongholds the enemy has formed in your mind through deception and accusations, and defensive warfare is guarding yourself against the tactics or schemes of the devil.

Ephesians 6:10-18

¹⁰ Finally, my brethren, be strong in the Lord and in the power of His might. ¹¹ Put on the whole armor of God, that you may be able to stand against the wiles of the devil. ¹² **For we do not wrestle against flesh and blood**, but against principalities, against powers, against the rulers of the darkness of this age, ¹³ against spiritual hosts of wickedness in the heavenly places. ¹³ Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.

¹⁴ Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, ¹⁵ and having shod your feet with the preparation of the gospel of peace; ¹⁶ above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. ¹⁷ And take the helmet of salvation, and the sword of the Spirit, which is the word of God; ¹⁸ praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—

The Full Armor of God

<u>Piece of Armor</u>	<u>Use</u>	<u>How it Applies to your Life</u>
Strong Belt	Truth	Satan fights with lies, and sometimes his lies sound like truth; but only believers have God's truth which can defeat Satan's lies.
Breastplate	God's Approval	Satan often attacks our hearts -- the seat of our emotions, self-worth, and trust. God's approval is the breastplate that protects our hearts. He approves of us because he loves us and sent his Son to die for our sins.
Shoes	Readiness to Spread the Good News	Satan wants us to think that telling others the Good News is a worthless and hopeless task -- the size of the task is too big and the negative responses are too much to handle. But the "shoes" God gives us are the motivation to continue to proclaim the true peace which is available in God -- News everyone needs to hear.
Shield	Faith	What we see are Satan's attacks in the form of insults, setbacks, and temptations. But the shield of faith protects us from Satan's flaming arrows. With God's perspective we can see beyond our circumstances and know that ultimate victory is ours.
Helmet	Salvation	Satan wants to make us doubt God, Jesus and our salvation. The helmet protects our minds from doubting God's saving work for us.
Sword	The Spirit, the Word of God	The word is the only weapon of offense in this list of armor. There are times when we need to take the offensive against Satan. When we are tempted, we need to trust in the truth of God's Word.

-¹² And that about wraps it up. God is strong, and he wants you strong. So take everything the Master has set out for you, well-made weapons of the best materials. And put them to use so you will be able to stand up to everything the Devil throws your way. This is no afternoon athletic contest that we'll walk away from and forget about in a couple of hours. This is for keeps, a life-or-death fight to the finish against the Devil and all his angels.

¹³⁻¹⁸ Be prepared. You're up against far more than you can handle on your own. Take all the help you can get, every weapon God has issued, so that when it's all over but the shouting you'll still be on your feet. Truth, righteousness, peace, faith, and salvation are more than words. Learn how to apply them. You'll need them throughout your life. **God's Word is an *indispensable* weapon.** In the same way, prayer is essential in this ongoing warfare. Pray hard and long. Pray for your brothers and sisters. Keep your eyes open. Keep each other's spirits up so that no one falls behind or drops out.

#1 Deception: To deceive somebody means to make another person believe a lie or something that is not true. When the enemy sends deception your way, it is an attempt to deceive you into believing something that is not true, so you will fall into error. Strongholds are built through deception. A stronghold is formed when deception takes hold in a person's mind. A stronghold is an incorrect thinking pattern that stems from believing something that is not true. From the very beginning, Satan deceived Eve into believing that God's Word was not true. In Genesis 3:4, the devil told her that she will not surely die as God said she would in Genesis 2:17.

#2 Temptation: Temptation often follows deception. First the enemy tells us, "You won't surely die!", then he makes the fruit on the forbidden tree look good to us. Since Eve accepted Satan's deception (his lie), now the tree that she was not supposed to touch looked good to her. She was tempted (enticed) to sin, because she allowed herself to first be deceived. Temptation is when we are enticed or encouraged to sin in one way or another.

In Matthew 4, Jesus was led out in the desert to be tempted by the devil. The devil tried to convince Jesus that it would be harmless to jump off a building. Often people will be so drawn to sex with their boyfriend/girlfriend when the enemy tries to convince them that it is all harmless and fun, when it's not harmless at all, but an open door to the devil. Jesus saw through Satan's deception, and resisted the temptation by speaking God's Word. King David said in Psalms 119:11, "Thy word have I hid in mine heart, that I might not sin against thee." When the enemy tempts you, he's showing you the worm... but behind that worm is a hook. The Word of God helps you see the hook behind the worm.

#3 Accusations: The devil is known as the accuser of the brethren (Rev 12:10). He is known to take a believer who has done an embarrassing or gross sin in their past, and continue to rub it in their faces and beat them down with guilt and condemnation over their past.