

“Fighting Back”

1) A Jewel of Many Facets – Faith & the Power of the Will

- o Hebrews =
- o James =
- o Paul =
- o Jesus =

2) Battle for the Mind & Heart

- o Attitudes
 - Eph. 4:22-24 – put on new self – we are responsible for our daily attitudes
 - Prov. 4:23 – watch your heart
- o What we feed grows
 - Primary crippling attitudes:
 - * Fear/Anxiety
 - * Depression
 - * Victim mentality
 - * Focusing on the past
 - Alternative = Faith!
 - * Hebrews 11:6

3) Physical Prayers

- Physically touch and give to God each area of your body

- Inhaling the Holy Spirit and exhaling anything from the enemy

- Hands pushing away = releasing sinful attitudes; hands drawing in = receiving it’s opposite
 - * E.g., *“I release arrogance and pride, and receive a humble, serving spirit.”*

- Wiping off shame – hands and face
 - * Spirit as river of life, flowing over and through us and washing away all the uncleanness, shame, filth

- Putting on the Spiritual Armor

4) Reactionary Sin

- Often far worse than the initial offense – and we justify it!
 - * Someone hurts us once and we live with bitterness, feeling justified

→David with Nabal

“To triumph fully, evil needs two victories, not one. The first victory happens when an evil deed is perpetrated; the second victory, when evil is returned. After the first victory, evil would die if the second victory did not infuse it with new life.”

5) Nighttime Attacks

- Types of attacks
 - * Swirling darkness
 - * Someone watching you
 - * Night terrors
 - * Physical attacks
 - * Fear/anxiety →insomnia

“Victory Over Life’s Everyday Battles”

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- Protecting and comforting your children
 - * **“Nightmare Prayer”**

 - * You set the tone for their reaction
 - (a) Talk about spiritual warfare in calm and easy to grasp terms

 - * Telling stories before they go to sleep

 - * Psalm 4:8

“Dear Lord Jesus, thank you for your love and your power. Thank you for defeating Satan on the cross and by your resurrection. Please guard my heart and mind tonight and may my dreams be only from you. Amen.”

6) Don't confuse temptation with falling into temptation

- 1 Corinthians 10:13

“You can’t keep a bird from flying over your head, but you can keep it from building a nest in your hair.”

The intensity of the battle is no indication of whether you’re winning or losing!