

## Spiritual Warfare Lesson 2

You may have heard the term spiritual warfare and not known what it means. It does not have anything to do with wars that people fight for land or their country, but it refers to the battle for our Spirit. In lesson one we defined spiritual warfare in-depth and looked at Ephesians chapter four. In this lesson we will summarize that and look at another portion of scripture that will help us love God, have victory over temptation and have healthier relationships well with others.

“What is a Spirit? To get past the nebulous feeling and defining what and/or who a spirit is helps us to see that they are real entities and it is helpful to understand more about them.

In the Hebrew language there are two words ruah which is wind and/or a natural force, also used for the Holy Spirit. Pneuma means wind, air in motion or breath, and the creative force in someone. The creative force of God. A person or the Holy Spirit and the breath of God. It can also imply tendencies, attitudes or disposition which can stem from beliefs that control us and determine our actions and reactions.

So, a spirit is a force that gives us life and breath, creates and makes decisions, influences our thoughts, actions, attitudes and beliefs, and affects us. We all have our own spirit and the Holy Spirit and evil or negative spirits are around us and can influence us from the outside or be taken in to us.

Spiritual warfare is the battle between two forces that affect us. The Good or Godly force which gives us life and the evil, satanic or negative force. John 10:10 says “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it abundantly / to the full. This battle takes place in us and outside of us. If we recognize the forces and participate in the battle by learning to understand God’s love for us and for others this is a life lesson will help us have a life full of grace and truth.

Paul who most likely wrote this letter to the Ephesians from prison where he was just because he was a Christian. They would have taken it to heart and shared it with other new believers in other cities. Chapter four talks about finding unity in relationships and in the Body of Christ.

God tells us that foremost we should love Him with all of our heart, soul and mind and that secondly, we should love our neighbor as ourselves. (Matthew 22, Mark 12, Luke 10, Duet, 6,19 & 13, 1 John 4). The contrast or battle that evil forces would influence us to do or be is to not love. John 4:24 says God is Spirit, and those who worship Him must worship in spirit and truth.” Satan is a liar/deceiver so he would tell us that God is not there or He not worthy of our love and that there are reasons that we should not love others. Relationships with God our neighbor and ourselves are the area where we see work out this conflict. In lesson one we studied Ephesians 4. Here we will look at the last part of Ephesians chapter six.

**Ephesians 6:10-24** Finally, my brethren, be strong in the Lord, and in the power of his might.

<sup>11</sup> Put on the whole armour of God, that you might be able to stand against the wiles or the schemes of the devil.

<sup>12</sup> For we do not struggle or wrestle against flesh and blood, but we struggle against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness or forces of evil in high places (in the heavenly realms/the unseen places).

<sup>13</sup> Therefore put on - take unto you the whole -every piece of- amour of God, so that when the day of evil comes, you may be able to withstand it and stand your ground – And after you have done everything, to stand firm.

<sup>14</sup> Stand therefore, having your loins gird/bound with truth, and having on the breastplate/body armor of righteousness;

<sup>15</sup> And your feet shod (made fit) with the preparation of the gospel of peace; - that is the peace that comes from the good news of Christ (His entire life and what that means – salvation and a full life)

<sup>16</sup> Above all, take and hold up the shield of faith, by which you will be able to quench all the fiery darts and arrows of the wicked devil.

<sup>17</sup> And take and put on the helmet of salvation, and the sword of the Spirit, which is the word of God:

<sup>18</sup> Pray always, at all times and on every occasion, with and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel, For which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak.

But that ye also may know my affairs, and how I do, Tychicus, a beloved brother and faithful minister in the Lord, shall make known to you all things: Whom I have sent unto you for the same purpose, that ye might know our affairs, and that he might comfort your hearts.

<sup>23</sup> Peace be to the brethren, and love with faith, from God the Father and the Lord Jesus Christ.

<sup>24</sup> Grace be with all them that love our Lord Jesus Christ in sincerity. Amen.

## Questions

1. The beginning of this lesson talks about satan being the deceiver and accuser that will bring you down and death verses Christ being truth that brings abundant life. Psalms 92:1 says If it were not for your law (that is God's law, precepts, word, commandments, wisdom) I would have perished. Some of the lies that satan would have us believe are that we are not loved, that life is not good enough – either we are not good enough or nothing good happens to us. The truth is that God loves us (John 3:16) and He has good plans for us and we will find Him when we seek Him. (Jeremiah 29) What are some of the other lies that bring you down and the truths that will help you? Are you willing to seek out what are the lies that bring you down and what is the truth of God's love that will help you grow?
2. And the Word (Christ) became flesh (human, incarnate) and dwelt among us; and we saw His glory (His honor, His majesty), such glory as an only begotten son receives from his father, full of grace and truth. What was Jesus full of? What are you/we full of?
3. How is your Spirit doing?
4. What have you believed about the Holy Spirit? Have you ignored or avoided or have you sought the truth and His goodness? Will you talk to God and let Him know you would like to know Him?
5. Knowing there are good forces and bad forces that influence, will you look for the good ones?
6. These pieces of armor that the men in battle wore to protect themselves and to help them advance correlate with what we need to protect our Spirit and to advance in our attitudes, relationships and faith. Will you look for the wisdom and principles here to help you have more understanding?
7. Are you willing to be bound (certain, sure, guaranteed, destined, assured) with truth?
8. The breastplate goes over your heart. Righteousness (virtues, morals, Justice, decency, uprightness) protects your heart. How does this help us to prevent hard hearts or if our hearts are hard, to soften them?
9. Yes, indeed, I count everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have suffered loss and discarded everything else, counting it all as rubbish, so that I could gain Christ, and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness and God's acceptance from God that depends on faith. Do you have this? If not are you willing to pursue it?
10. What is the good news? How does the good news bring us peace?
11. The shield was a large leather device that was soaked in a chemical which would be held up to protect the person using it. The chemical would extinguish the flaming arrows that were shot at the person. How does faith extinguish flaming arrows of lies such as unbelief, or accusations such as we are not good enough, that are directed at us?
12. Salvation means being rescued from impending danger. Salvation God provides is from sin here on earth and from eternal evil and separation from God to eternal life with Him. A helmet protects our heads. How does salvation protect our thoughts and mind?
13. The Bible talks about renewing our minds and this is done with scripture. These are just a few of many but look at these and pick out how each one says that scripture helps us. Some of them are grouped together. An added bonus to learning scripture is that it memorizing it can actually help bring good blood flow and healing to damaged parts of our brain. If this is done with music it increases the beneficial results.

[Hebrews 4:12](#) For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

[2 Timothy 3:16](#) 7 17 All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be competent, equipped for every good work.

[Isaiah 59:17](#) He put on righteousness as a breastplate, and a helmet of salvation on his head; he put on garments of vengeance for clothing, and wrapped himself in zeal as a cloak., [Acts 4:12](#) And there is salvation in no one else, for there is no other name under heaven given among men by which we must be saved.”, [Romans 1:16](#) For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. [1 Thessalonians 5:8](#) But since we belong to the day, let us be sober, having put on the breastplate of faith and love, and for a helmet the hope of salvation. [Titus 2:11](#) For the grace of God has appeared, bringing salvation for all people, [Acts 16:31](#) And they said, “Believe in the Lord Jesus, and you will be saved, you and your household.”

[Psalm 119:11](#) I have stored up your word in my heart, that I might not sin against you. [105](#) Your word is a lamp to my feet and a light to my path. [Isaiah 40:8](#) The grass withers, the flower fades, but the word of our God will stand forever.

[John 3:16](#) “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. [John 20:31](#) But these are written so that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name. [1 Peter 1:23](#) Since you have been born again, not of perishable seed but of imperishable, through the living and abiding word of God; [John 5:39](#) search ... the scripture ... they that bear witness about me, [1 John 5:13](#) I write these things to you who believe in the name of the Son of God that you may know that you have eternal life [1 Timothy 6:12](#) Fight the good fight of the faith. Take hold of the eternal life to which you were called and about which you made the good confession in the presence of many witnesses. [1 John 5:1](#) Everyone who believes that Jesus is the Christ has been born of God, and everyone who loves the Father loves whoever has been born of him.

[1 John 2:1](#) My little children, I am writing these things to you so that you may not sin. But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous. [1 John 2:24](#) Let what you heard from the beginning abide in you. If what you heard from the beginning abides in you, then you too will abide in the Son and in the Father. [1 John 4:13](#) By this we know that we abide in him and he in us, because he has given us of his Spirit. [1 John 5:12](#) Whoever has the Son has life; whoever does not have the Son of God does not have life. [2 John 1:9](#) Everyone who goes on ahead and does not abide in the teaching of Christ, does not have God. Whoever abides in the teaching has both the Father and the Son.

[John 17:17](#) Sanctify them in the truth; your word is truth.

[Matthew 4:4](#) But he answered, “It is written, ““Man shall not live by bread alone, but by every word that comes from the mouth of God.””

[John 14:6](#) Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me.

[1 Peter 3:18](#) For Christ also suffered once for sins, the righteous for the unrighteous, that he might bring us to God, being put to death in the flesh but made alive in the spirit,

[James 1:18](#) Of his own will he brought us forth by the word of truth, ... a kind of firstfruits of his creatures.

[Philippians 2:10](#) So that at the name of Jesus every knee should bow, in heaven and on earth

[Romans 10:17](#) So faith comes from hearing, and hearing through the word of Christ.

[Acts 17:11](#) Now these Jews were more noble than those in Thessalonica; they received the word with all eagerness, examining the Scriptures daily to see if these things were so.

[John 1:12](#) But to all who did receive him, who believed in his name, he gave the right to become children of God, *(believe + receive = become) do you want to become His child?*

[Matthew 25:41](#) “Then he will say to those on his left, ‘Depart from me, you cursed, into the eternal fire prepared for the devil and his angels.

[Isaiah 53:12](#) Therefore I will divide him a portion with the many, and he shall divide the spoil with the strong, because he poured out his soul to death and was numbered with the transgressors; yet he bore the sin of many, and makes intercession for the transgressors. [Hebrews 7:25](#) Consequently, he is able to save to the uttermost those who draw near to God through him, since he always lives to make intercession for them.

[Psalm 119:9](#) How can a young man keep his way pure? By guarding it according to your word.

[Job 23:12](#) I have not departed from the commandment of his lips; I have treasured the words of his mouth more than my portion of food.

[Joshua 1:8](#) This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

[Deuteronomy 29:29](#) “The secret things belong to the Lord our God, but the things that are revealed belong to us and to our children forever, that we may do all the words of this law.

[Revelation 21:1-27](#) Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, “Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.” And he who was seated on the throne said, “Behold, I am making all things new.” Also he said, “Write this down, for these words are trustworthy and true.” ... [Revelation verses are about judgement and heaven and hell](#)

[Revelation 2:? -29](#) “... “I know your works, your toil and your patient endurance, and how you cannot bear with those who are evil, but have tested those who call themselves apostles and are not, and found them to be false. I know you are enduring patiently and bearing up for my name's sake, and you have not grown weary. But I have this against you, that you have abandoned the love you had at first. Remember therefore from where you have fallen; repent, and do the works you did at first. If not, I will come to you and remove your lampstand from its place, unless you repent. ...

[1 John 4:1](#) Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world.

[1 John 2:3](#) And by this we know that we have come to know him, if we keep his commandments.

[1 John 1:9](#) If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. [Phil. 2:11](#) And every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

[1 Peter 2:25](#) For you were straying like sheep, but have now returned to the Shepherd and Overseer of your souls. [1 Peter 5:8](#) Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. [1 Peter 2:24](#) He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.

[Hebrews 12:14](#) Strive for peace with everyone, and for the holiness without which no one will see the Lord.

[Hebrews 2:14](#) Since therefore the children share in flesh and blood, he himself likewise partook of the same things, that through death he might destroy the one who has the power of death, that is, the devil, [Hebrews 4:15](#) For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin [Hebrews 10:14](#) For by a single offering he has perfected for all time those who are being sanctified. [Hebrews 10:10](#) And by that will we have been sanctified through the offering of the body of Jesus Christ once for all.

[2 Timothy 2:15](#) Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth. [2 Timothy 3:1-17](#) But understand this, that in the last days there will come times of difficulty. For people will be lovers of self, lovers of money, proud, arrogant, abusive,

disobedient to their parents, ungrateful, unholy, heartless, unappeasable, slanderous, without self-control, brutal, not loving good, treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, having the appearance of godliness, but denying its power. Avoid such people. ... [2 Timothy 1:9](#) Who saved us and called us to a holy calling, not because of our works but because of his own purpose and grace, which he gave us in Christ Jesus before the ages began,

[1 Thessalonians 5:21](#) But test everything; hold fast what is good. [Philippians 4:8](#) Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. [Colossians 3:1](#) If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God.

[2 Thessalonians 1:7-9](#) And to grant relief to you who are afflicted as well as to us, when the Lord Jesus is revealed from heaven with his mighty angels in flaming fire, inflicting vengeance on those who do not know God and on those who do not obey the gospel of our Lord Jesus. They will suffer the punishment of eternal destruction, away from the presence of the Lord and from the glory of his might,

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