

Spiritual Warfare

A Study in How a Believer
Wrestles Against Spiritual Attacks,
and Wins!

*Nay, in all these things we are more than
conquerors through him that loved us.
Romans 8:37*



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- B. Full list of weaponry includes:
 1. **Personal Righteousness** – Spiritual Breastplate (Dan 10:11; Eph 6:14)
 2. **Prayer** – Spiritual Reinforcements (Dan 10:12; Cf Ps 66:18,19)
 3. **Fasting** – Spiritual Activation (Dan 10:3)
 4. **Chastening** – Spiritual Cleansing (Dan 10:12; 1Cor 11:30-32)
 5. **Humbleness** – Spiritual Openness (Dan 10:15-19; 1Pet 5:5)
 6. **Kindness** – Spiritual Attack (Rom 12:21, 17-20)
 7. **Commitment** – Patience – Faith – Spiritual Signal to God (2Tim 2:3,4)
 8. **The Word of God** - Spiritual Sword (Eph 6:17; Mt 4:4)
 9. **The Blood of Jesus Christ** - Spiritual Blanket (Heb 9:12-14)
 10. **The People of God** – Spiritual Army (Heb 11:24,25)

III. Using Our Spiritual Weapons – the How and When to Use Our Weaponry - How Spiritual Battles Are Fought and Won (James 4:7; Daniel 10:2-13,19)

- A. By **Submitting to God** (Dan 1:8; James 4:6-8) HE is Our Victory
- B. By **Having a Single Focus** (Dan 10:2,3). His mind was not scattered and unable to focus on the spiritual battle – Daniel was resting in the victory that God seems to be resting in 24/7!!!
- C. By **Being Steadfast** (Dan 10:4-12) - consistent
- D. By **Struggling, not only Resting** (Dan 10:12; 1 Tim 6:12) - Daniel wrestled in prayer to point of exhaustion
- E. By **Surviving** (Dan 10:18,19) - You Conquer by Faith (Rom 8:37)

Discerning Spiritual Attacks

Daniel 10:2-13,19

I. Introduction (Eph 6:12)

- A. Satan and his devils are very powerful - no doubt
 1. Satan was Lucifer at first (Isaiah 14:12; Cf 2Pet 1:19; Rev 22:16)
 2. He became proud and rebellious
 3. Was kicked out of heaven
 4. Retained at a source of temptation for mankind
 5. The angels that fell are in chains in darkness right now (Jude 1:6)
 6. Demons are created copies of Satan, made by Satan – called devils
- B. The unsaved are completely at his beckon call - like puppets (2Tim 2:24-26)
- C. Christians have a measure of protection (Luke 22:31,32)
- D. But the Christian must have ways to defeat our enemy when he attacks
- E. Daniel shows us that there are some ways of dealing with spiritual attacks

II. Study Lesson

A. Daniel's Secrets to Battling the Enemy (Daniel 10:2-13,19)

1. Even though he had few good friends, and no church, and was a slave in a far away country, Daniel kept his relationship with God as priority – always prayed, and was always studying his Old Testament Bible
2. Daniel was in a spiritual battle this day – struggling over a problem he found in the Scriptures
 - a. The Book of Jeremiah had declared that Israel would have to be in ruins for 70 years
 - b. But Daniel was trying to figure when that 70 years began, and when it would end
 - c. He wanted to go home, and waited on God to show him when he could go home
 - d. But the more he studied, the more confused he got, and so he began to pray, and then the praying turned to fasting
 - e. He went three full weeks without eating, because he was so desperate to know the mind of God and the will of God
 - f. It was during these twenty one days that Daniel learned some great truths about Spiritual Warfare

B. Physical Battles are reflections of Spiritual Battles

1. Right relationship with God makes for right relationships with people (Pr 16:7)
2. Sin in your life affects your health (Ps 32:1-5)
3. Sin in your life can affect people around you (Josh 7:1-12)
4. Your relationship with others can affect your relationship with God (1Pet 3:7; Pr 17:5)
5. God uses physical experiences to teach us about spiritual events (Jn 3:9-12)

C. Spiritual Battles Affect Us – They Cause Spiritual Oppression

1. Spiritual attacks affect everyone - no one is immune to its 'wake' or spillage into the physical world (Matt 16:23; Luke 9:55)
2. Thankfully, no spiritual attack can affect your destiny. NOTHING can change your course - so don't be deceived!
 - a. If unsaved, the battle is only to keep you from getting saved
 - b. If saved, then the battle is intended by Satan to do three things:
 - 1) Ruin your trip to heaven – keep you miserable like Israel was in the wilderness
 - 2) Make you so you bring no one with you
 - 3) Make you stronger
 - 4) Make you stand for the Lord by your own determination

3. What Satan Affects When He Attacks
 - a. Spiritual attacks affects our Attitude toward God - Our Heart!
 - 1) Brings on Depression
 - 2) Gets us to think about Quitting
 - 3) Brings up Anger and Bitterness about people and the past
 - 4) Makes us numb to the voice of the Holy Spirit
 - a) We want a warrior for a God
 - b) Yet many times, the Lord lets us go THROUGH the fire and floods and trials
 - c) And the Holy Spirit seeks to change us through WORDS, not WORKS (the still small voice)
 - b. Spiritual Attacks affect our Ability to Live (Job 3:20-22; 1Kg 19:1-4; Jonah 4:1-3, 8) – Our Resolve
 - c. Spiritual Attacks affect your ability to Think (1Cor 14:33; 2Cor 10:4,5) – Our Mind - clouds your minds.
 - d. Spiritual attacks affects others (Josh 7:20-26; Heb 12:14,15) – Our World
4. Christians don't HAVE to let this happen (Romans 6:14; 5:20; 2Cor 12:9)! We need to amass some stronger weapons against this attacks – props/walls that can hold us and our families up against this barrages. Talk about that more next week

III. Conclusion – most of our daily battles are really spiritual battles that we were either unaware of or ill-prepared to meet head on! This study aims to change that!

God's Secret Weapons Against Our Real Enemies

Daniel 10:2-13,19

I. Introduction (2 Cor 10:4,5)

- A. The weapons of our warfare are NOT physical – List some physical weapons: Fists, Yelling, Tears, Fingernails, Silence, Poison, And that is just over-the-counter stuff!
- B. A Christian's weapons are ONLY spiritual – just as real, but not made out of hands, metal, stone, wood, explosives, etc. But rather, spiritual in construction
- C. If you feel naked, and worthless in the battle's you face as a Christian, it may be only because you do not know just how powerful the spiritual weapons that God has given you really are!!!

II. Review – Discerning Spiritual Attacks – Last week we learned:

- A. Spiritual attacks affects our Attitude toward God - Our Heart!
 1. Brings on Depression
 2. Gets us to think about Quitting
 3. Brings up Anger and Bitterness about people and the past
 4. Makes us numb to the voice of the Holy Spirit
- B. Spiritual Attacks affect our Ability to Live (Job 3:20-22; 1Kg 19:1-4; Jonah 4:1-3, 8) – Our Resolve
- C. Spiritual Attacks affect your ability to Think (1Cor 14:33; 2Cor 10:4,5) – Our Mind - clouds your minds.
- D. Spiritual attacks affects others (Josh 7:20-26; Heb 12:14,15) – Our World
- E. Christians don't HAVE to let this happen (Romans 6:14; 5:20; 2Cor 12:9)! We need to amass some stronger weapons against this attacks – props/walls that can hold us and our families up against this barrages.

III. Discerning Spiritual Attacks

- A. How can I tell that I am experiencing a spiritual attack? The answer is... when any of the above is occurring in your mind and heart!
- B. How can I refrain from using physical efforts and weapons in responding to that attack?
 1. Train yourself to over-ride your instincts, and replace all the “normal” responses with God's ordained responses
 2. This is what happens in the military when they are training men who would instinctively RUN from gunfire, to instead face into it and defeat it!
 3. Christians MUST see themselves as in training for a much bigger and more important battle than world warfare!

IV. Brief Description of Our Spiritual Weapons - What Weapons are at a Christian's disposal?

- A. Ephesians 6:10-18 is a general collection of armour
 1. Your **loins girt about with truth** – your life covered FIRST with truth, like an undergarment, upon which all the other armour rests
 2. **Breastplate of Righteousness**
 3. **Your feet shod with the preparation of the gospel of peace** – prepared to go anywhere, and ready to preach the Gospel to anyone
 4. **The shield of faith**, wherewith ye shall be able to quench all the fiery darts of the wicked.
 5. **The helmet of salvation**
 6. **The sword of the Spirit**, which is the word of God:
 7. **Prayer** - Praying always
- B. What follows is a complete list from not only Ephesians 6, but also from other Scriptures. Hopefully you will understand that as Christians, we have a VERY large and effective arsenal of weaponry to use against our enemies!

C. Full list of weaponry includes:

1. **The Truth** – the source of our confidence in winning (Eph 6:14)
2. **Personal Righteousness** – Spiritual Breastplate (Dan 10:11; Eph 6:14)
3. **Prayer** – Spiritual Reinforcements (Dan 10:12; Cf Ps 66:18,19)
4. **Fasting** – Spiritual Activation (Dan 10:3)
5. **Chastening** – Spiritual Cleansing (Dan 10:12; 1Cor 11:30-32)
6. **Humbleness** – Spiritual Openness (Dan 10:15-19; 1Pet 5:5)
7. **Kindness** – Spiritual Attack (Rom 12:21, 17-20)
8. **Faith** – Spiritual Shield (Eph 6:16)
9. **Commitment** – Patience – Faith – Spiritual Signal to God (2Tim 2:3,4)
10. **The Word of God** - Spiritual Sword (Eph 6:17; Mt 4:4)
11. **The Blood of Jesus Christ** - Spiritual Blanket (Heb 9:12-14)
12. **The People of God** – Spiritual Army (Heb 11:24,25)

D. What follows is a description of each weapon and defence that God has given to His people

V. Study Lesson – A Christians Spiritual Weaponry

A. The Truth - the source of our confidence in winning each battle (Eph 6:14)

1. Every soldier has to wear an undergarment upon which all the other armour rests. If they didn't have this garment on, the rest of the armour would pinch and cut into the flesh of the soldier when they moved and attempted to fight.
2. God's Truth is the foundation of all we do. We have not followed "cunningly devised fables" (2Peter 1:16) but the very truth of God. We can confidently obey His instructions, fully trusting that the outcome is certain, and best!
3. Without this, all our weapons do is HURT US instead of our enemy!
4. When Jesus was attacked by the devil in the wilderness in Matthew 4, he used the TRUTH of the word of God to hurt the devil!



B. Righteousness – Spiritual Breastplate (Dan 10:11; Eph 6:14)

1. There are two kinds of righteousness:
 - a. Imputed Righteousness – Salvation – Christ's righteousness – saves me from the eternal punishment of my sin
 - b. Personal Righteousness – Sanctification – my own righteousness, own goodness – saves me from the present cost of my sin
2. A Spiritual Breastplate is strengthened as we obey the Lord, and do right
3. It is weakened when we disobey and turn away from God's commands
4. This is an area we MUST take seriously – a Christian's personal righteousness is always under attack
 - a. It is like a shield that can withstand darts
 - b. But, if Satan can punch holes in our shield, or actually take away our shield, or get us to give away our purity, He can march right over us!
 - c. YOU WOULDN'T ALLOW THAT IN A PHYSICAL BATTLE
 - d. Don't do it with secret sins then, and disobedience, and losing temper
5. Daniel's personal righteousness helped defeat the Prince of Persia here in chapter 10, and it helped defeat some lions previously (Dan 6:22)
6. Realise that you are given righteousness through forgiveness – use it to defeat the wickedness of our enemies (like an antibiotic kills germs)



C. Prayer – Spiritual Reinforcements (Dan 10:12; Heb 4:16; Cf Ps 66:18,19)

1. Make much of prayer – the hotline to heaven!
2. Calling into headquarters for spiritual reinforcements
3. God is looking in us for a **CONSISTENT** personal prayer life
 - a. Not spotty or haphazard
 - b. A regular, normal, part of your life that is spiritual
 - c. You have to **MAKE** yourself do it – a discipline!
 - d. God honours a life of walking with Him (Gen 5:22-24; Heb 11:5)
4. There is also the weapon of Public, Group Prayer (Acts 12:5) – never shy away from getting others to pray with you about a need!

**D. Fasting – Spiritual Activation (Dan 10:3)**

1. Fasting de-activates the flesh, and allows you to activate the spiritual part of you
 - a. That's why if you are yielding too easily to sin in your life, then you need to come away from things – Teen Camp, Men's Retreat
 - b. Fasting from food – but also, the TV, and from friends
2. Daniel fasted 21 days – he had fasted before as well (Dan 9:3)
3. Jesus fasted 40 days
4. Elijah fasted 40 days
5. Moses fasted 80 days
6. To overcome the demon possessed child in Matthew 17:21, he explained the battle is only won with prayer **AND** fasting
7. **DANGER** – the new bibles remove the need for fasting!!!
8. Decide what you can do without of for a while so that you can get the power of God, and the victory over some spiritual enemy in your life

E. Chastening – Spiritual Cleansing (Dan 10:12; 1Cor 11:30-32)

1. Chastening is different than fasting
2. Chastening means Examining yourself – doing a spiritual inventory
 - a. Am I regularly reading my Bible? Praying? Confessing my sins? Giving out Gospel leaflets and witnessing of God's saving grace?
 - b. Or, Am I hiding my sins? Secretly hating someone? Easily upset and oversensitive?
 - c. It is good to do a check on these things
3. And Chastening means Correcting yourself
 - a. Confessing your sins and the sins of your generation
 - b. Forsaking your sins – it costs you!
 - c. Following the Lord now – making a course correction, back on track

**Examine Yourself****F. Humbleness – Spiritual Openness (Dan 10:15-19; 1Pet 5:5)**

1. This is probably the second most powerful weapon in our arsenal!
2. God resists the proud – fights **AGAINST YOU** when you are proud
3. God helps the humble! That's the only kind that gets **HIS** help!
4. Humility is not thinking low of yourself, but not thinking of yourself at all! Just thinking of others, and of Christ!
5. Pride opens the door for the devil to take over
6. Humbleness opens the door for the Lord to come in and get all the glory in the battle!

G. Kindness – Spiritual Attack (Rom 12:14, 17-21; 2Kgs 6:14-23)

1. Go against your flesh and do good to someone that hurts you
2. That's heaping piles of hot coals on the head of your enemies – it hurts them the most, and when they reject your kindnesses, they are securing their own destiny
3. But thankfully, your kindness can also change them the best – defeats them from being your enemies, to being your friend, and hopefully, your brother or sister in Christ if they get saved!!!



H. Faith – Spiritual Shield (Eph 6:16)

1. Faith is your own personal confidence in God and the promises of His Word
2. Faith is trusting God enough to obey Him no matter the odds, knowing He will give the victory!
3. It acts as a shield against doubts (because you are trusting NOT your feelings anymore, nor even your experiences, but rather, you are fully trusting what God promises), and discouragement, and against EVERYTHING the devil throws against you!
4. A weak shield is because of weak faith. The only way to have strong faith is by studying, and learning the word of God (Romans 10:17).



I. Commitment – Patience (2Tim 2:3,4)

1. Our commitment to persevere send Spiritual Signals to God that we are serious about winning
2. We signed up at salvation for the battles of life as good SOLDIERS
3. Let's determine to win the war
 - a. No matter how rough may be the walk
 - b. No matter how long it may take
 - c. A good soldier fights till the battle is WON!
4. Let's take our Christian life, our prayer life, our Bible seriously!
5. Commitment, faithfulness means everything to God (1Cor 4:2)
6. There is a measure of contentment where He has me at the moment that we all need (Isaiah 30:15)



J. The Word of God - Spiritual Sword (Eph 6:17; Mt 4:4)

1. The word of God is what we study to know the truth, but is what we USE to defeat all lies!
2. The word of God cuts not only people (Acts 5:29-33; 7:54), but also, the word of God cuts the devil – hurts him BAD!
3. It can cut through demonic attacks like cutting down vines in a thick forest
4. Why? Because it is the truth, and can cut through all the fears and lies and deceptions that the devil uses to try to defeat a Christian
5. The sound mind (2Timothy 1:7) of a Christian is ONLY provided by means of the truths of Scripture – not by any other way!!!



K. The Blood of Jesus Christ – it is a Spiritual Blanket (to Atone, Cover)

1. When Satan attacks, bringing up the past, reminding you of all your sins and failures, and condemning your heart...
2. Plead, appeal to the power in Christ's blood-atonement, asking the Lord to apply it's power to that wound, and to that area of your life that Satan has broken through into!
 - a. Heb 9:12-14



- b. 1 Pet 3:18
- c. 1 Pet 1:18,19,22

L. The People of God – Spiritual Army (Ezra 4:3, “We ourselves together”)

- 1. Don't neglect to use this weapon
- 2. A Church is a mighty army – not because they are mighty, but because their confidences are in stronger spiritual weapons than our enemies
- 3. Other Christians caring enough about each other (Heb 13:3)
- 4. Get other Christians to pray with you, fast with you, go with you into battle – two are better than one!
- 5. There is a mighty army in this Church – and all over the world (Heb 11:24,25)



VI. Conclusion

- A. There is a lot of battles going on – no one is above spiritual attacks
- B. There are some pretty powerful enemies out there
 - 1. Not your mother-in-law, or your neighbour
 - 2. But devils (lots of them), darts, the world itself, and the flesh, and Satan himself
 - 3. Without defences, we are history!
- C. Start treating each battle as a SPIRITUAL Battle, and use only spiritual weapons!
- D. Let's start using our Spiritual Weaponry AS weapons against each and every dart that comes our way
 - 1. Not our anger and bitterness and fists, and verbal slams
 - 2. But us only spiritual weapons
 - 3. Our battles really are all spiritual battles anyway
 - 4. And we are supposed to be more than conquerors

Using Our Spiritual Weapons in Battle

Daniel 10:2-13,19

I. Introduction

- A. Now comes the application of all that we have learned
1. We have been called to FIGHT in a battle with an unseen enemy
 2. We have been shown how to identify the attacks of our unseen enemy
 3. We have been issued special weapons and defences against our unseen enemy
 4. Now we need to start using those weapons
- B. But HOW do we use our weapons against spiritual attacks?

II. Study Lesson – Spiritual Weaponry

- A. **Drawing On Our Spiritual Weapons – the How and When to Use Our Weaponry - How Spiritual Battles Are Fought and Won (James 4:7; Daniel 10:2-13,19)**
1. **By Submitting to God** (Dan 1:8; James 4:6-8) HE is Our Victory
 - a. FIRST OF ALL – Submit, lower yourself, humble yourself to God!
 - b. Began in chapter 1. Daniel *purposed* to honour and obey God. God honours and defends those who honour and defend Him!
 - c. This is where we strip ourselves down bare so that we can put on correctly the whole armour of God as listed in Eph 6
 - d. This is also where we get battle instructions from God through His word - find out sometimes to go forward, sometimes, to wait, sometimes to go around (Moses in wilderness had to go around their enemies, and would later come back and defeat them), etc
 2. **By Having a Single Focus** (Dan 10:2,3). His mind was not scattered and unable to focus on the spiritual battle – Daniel was resting in the victory that God seems to be resting in 24/7!!!
 - a. He focused his heart and mind in prayer - Laser-beam affect, targeting first our power source (Christ), and then directing God's attention at our need, and asking HIM to deal with it!
 - b. He focused his body on serving his task, instead of being served! He was serious enough about wrestling that he not only prayed, but fasted (EX of working late, and not even thinking about eating).
 - c. Stay Focused on:
 - 1) The real enemy – demonic force or power
 - 2) The real source of deliverance and victory: mighty name of Jesus
 - 3) The use of particular weapons at particular times
 - a) **The Truth** – store it up in your heart so that when doubts arise against you, you can repel them with reality and truth!
 - b) **Personal Righteousness** – Use it against new temptations
 - c) **Prayer** – Use it always; never fight alone! Fight in prayer
 - d) **Fasting** – When the battle goes on for long, and when the battle is bigger than you are ready for, fast!
 - e) **Chastening** – Do self-examination right along side with fasting so that lines of communication with heaven are clear
 - f) **Humbleness** – When pride is kicking up, take a step down
 - g) **Kindness** – When you are in the heat of a battle (1Tim 1:7; 2Kgs 6), be kind to your enemy
 - h) **Commitment** – Patience – Faith – Throughout an entire battle lift high your faith and confidence in the Lord and His power and promises
 - i) **The Word of God** – Get a Scripture and hold onto it from the start to the finish – use that Scripture as a sword against all attacks, with CONFIDENCE
 - j) **The Blood of Jesus Christ** – use it as a Spiritual Blanket to Atone, Cover over every area of your life that Satan tries to inhabit again!

- k) **The People of God** – Call on help from this Spiritual Army when the battles get to big for you alone!
3. **By Being Steadfast** (Dan 10:4-12) - consistent
- He prayed for three weeks without giving up (Luke 18:1). Stay in the battle no matter how long it takes. The answer will come
 - We approach God and prayer so flippantly (2 Chron 13:18,19).
 - We need to stay faithful to God – He surely has earned our commitment (Philp 1:20; 1:29)
 - Strike at your enemy UNTIL he is defeated (2Kgs 13:14-19).
 - Pray until you get your prayer answered (Lk 18)
4. **By Struggling, not only Resting** (Dan 10:12; 1 Tim 6:12) - Daniel wrestled in prayer to point of exhaustion
- Sometimes we struggle against our Saviour - as Jacob, and Saul of Tarsus did – we don't realise that we are fighting Him who loved us, and when we do, we surrender!
 - Instead we should rest in the Lord, and Struggle against the Devil
 - Struggle against Satan (James 4:7)
 - Struggle against sin itself – temptation – struggle against what WE want to do so that we are surrendered to what Christ wants
 - Struggling against sorrow – by wilfully replacing it with JOY
 - Struggle against bitterness and revenge
 - God calls for us as priests to offer SACRIFICES – things that are hard (Heb 13:15,16; Philp 4:6)
 - Of praise
 - Of giving
 - Of forcing ourselves to think right and controlled thoughts
5. **By Surviving** (Dan 10:18,19) - You Conquer by Faith (Rom 8:37)
- You win by outlasting your enemies
 - You win by just staying on course and not being diverted
 - You win by living as a winner, even though to everyone else, you look like a loser (Cf Jesus on the cross)!

III. Final Conclusion

- Satan and his devils are very powerful
 - The unsaved are completely at his beckon call - like puppets (2Tim 2:24-26)
 - Christians have a measure of protection (Luke 22:31,32)
 - But the Christian has ways to defeat our enemy the devil when he attacks
 - Physical Battles are reflections of Spiritual Battles**
 - Spiritual Battles Affect Us - Spiritual Oppression**
 - Spiritual attacks affect everyone - no one is immune to its 'wake' or spillage into the physical world (Matt 16:23; Luke 9:55)
 - Thankfully, no spiritual attack can affect your destiny. NOTHING can change your course - so don't be deceived!
 - Spiritual attacks affects our Attitude toward God - Our Heart!
- E. **How Spiritual Battles Are Fought and Won (Daniel 10:2-13,19)**
- By Submitting to God** (Dan 1:8; James 4:6-8) HE is Our Victory
 - By Having a Single Focus** (Dan 10:2,3). His mind was not scattered and unable to focus on the spiritual battle – Daniel was resting
 - By Being Steadfast** (Dan 10:4-12) - consistent - prayed for three weeks without giving up (Luke 18:1). We approach God and prayer so flippantly (2 Chron 13:18,19). We need to stay faithful to God – he surely has earned our commitment (Philp 1:20; 1:29)

4. **By Struggling, not only Resting** (Dan 10:12; 1 Tim 6:12) - Daniel wrestled in prayer to point of exhaustion – We should
 - a. Struggle against Satan
 - b. Struggle against sin itself – temptation –against what WE want to do
 - c. Struggling against sorrow – by wilfully replacing it with JOY. offer SACRIFICES – things that are hard (Heb 13:15,16; Philp 4:6)
5. **By Surviving** (Dan 10:18,19) - You win by outlasting your enemies, by just staying on course and not being diverted, by living as a winner, even though to everyone else, you look like a loser (Cf Jesus on the cross)!