

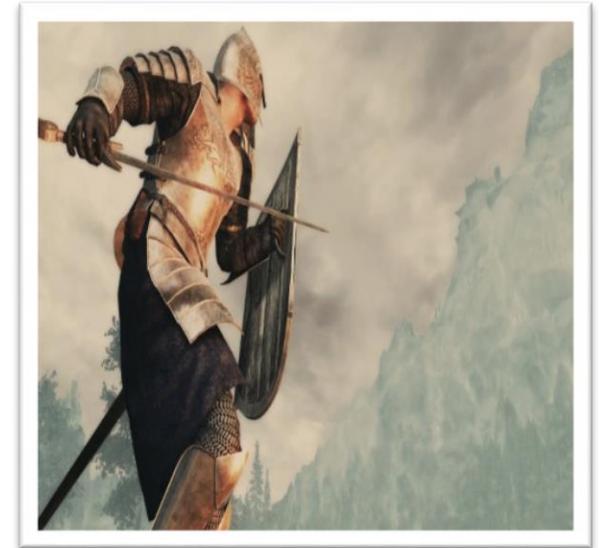
# He Trains My Hand For War

*Spiritual Warfare 101*

God trains  
us to fight  
and win!

There are battles in life that cannot be avoided. We have an active enemy who seeks to destroy us and who manipulates circumstances to accomplish this end.

But thankfully, we don't fight alone and we don't have to guess our way through the battle.



**Psalm 144:1** (ESV)

<sup>1</sup> Blessed be the Lord, my rock, who trains my hands for war, and my fingers for battle;

Put on the  
armor of  
God!

## Ephesians 6:11-13 (ESV)

<sup>11</sup> Put on the whole armor of God, that you may be able to stand against the schemes of the devil. <sup>12</sup> 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. <sup>13</sup> 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 firm.



# What is the armor of God?

## Armour of God

Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand (Ephesians 6:13 KJV).

### Belt of Truth

(Ephesians 6:14)

### Sword of the Spirit

(Ephesians 6:17)

### Feet of Peace

(Ephesians 6:15)

### Helmet of Salvation

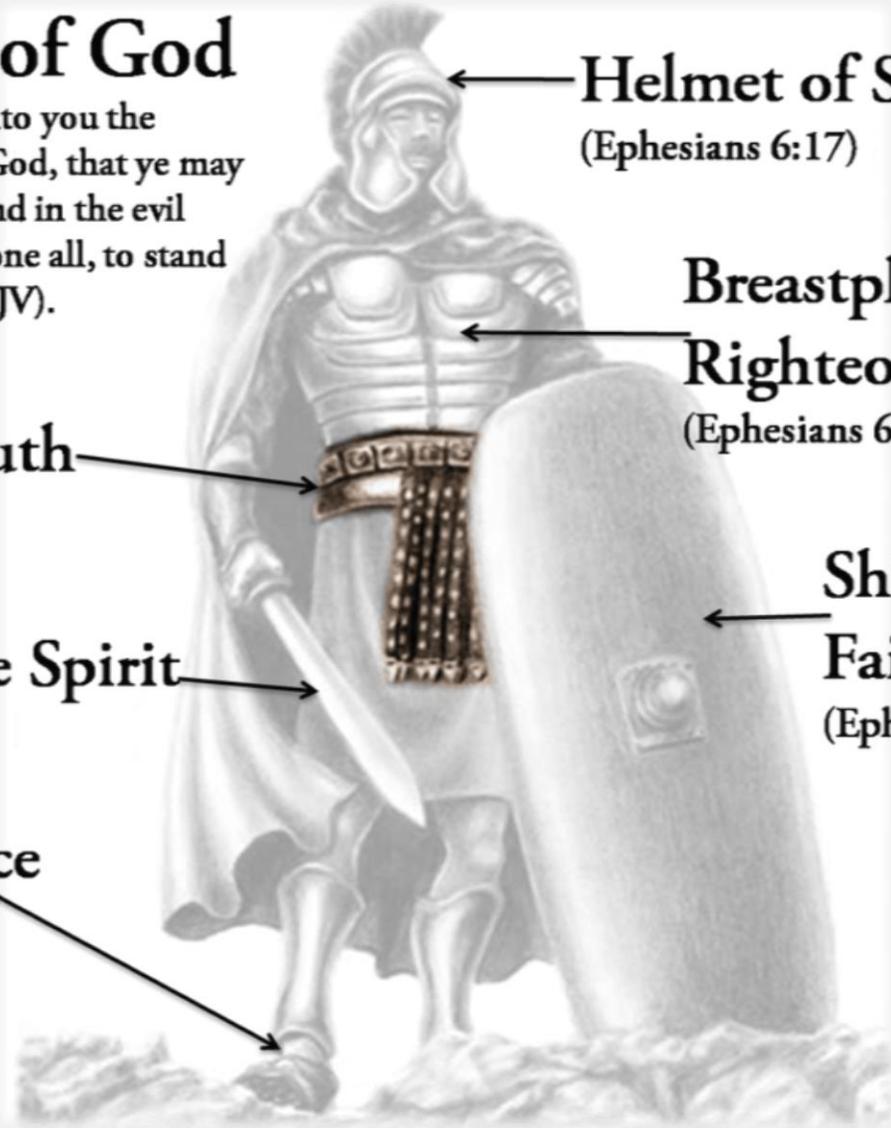
(Ephesians 6:17)

### Breastplate of Righteousness

(Ephesians 6:14)

### Shield of Faith

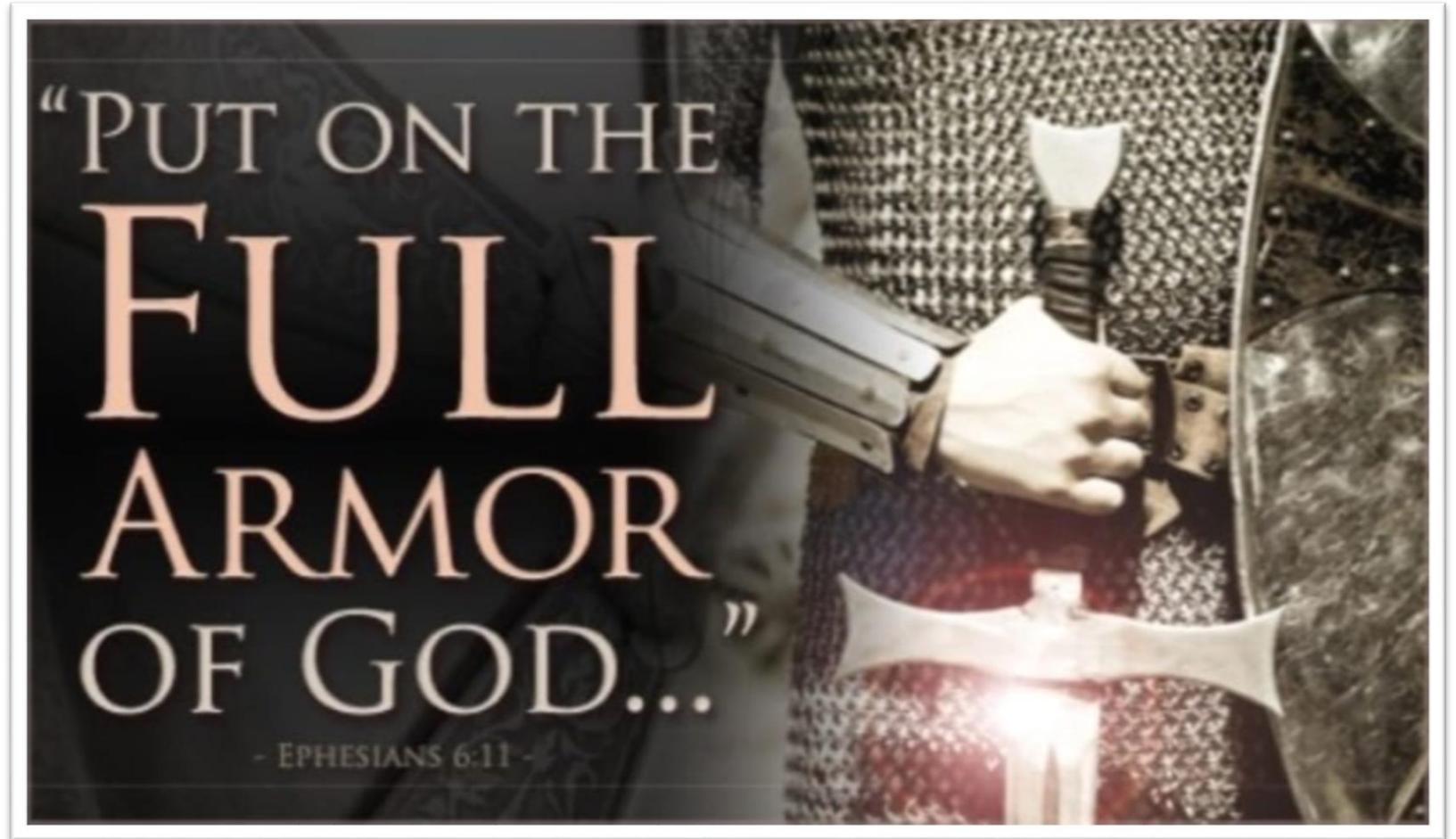
(Ephesians 6:16)



## What is the armor of God?

- **Helmet of salvation:** think saved and protect your mind!
- **Breastplate of Righteousness:** clothe yourself with the righteousness of Christ and grow into it!
- **Belt of Truth:** speak the truth and stick to it. It will hold the armor together!
- **Sword of the Spirit:** know and declare the word of God
- **Shoes of the Gospel:** spread good news!
- **Shield of Faith:** believe God to protect yourself from poisoned arrows from the enemy.

Don't be a  
spiritual  
streaker!



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# The schemes and designs of the enemy

The enemy plans, plots, and strategizes to catch and destroy us.

We need to know and regularly remind ourselves of this truth and then prepare accordingly.

**2 Corinthians 2:11** (CEV)

<sup>2</sup> so that we would not be outwitted by Satan;  
for **we are not ignorant of his designs.**



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## Spiritual Forces of Evil in the Heavenly Places

### **1 Corinthians 10:3-6 (CEV)**

<sup>3</sup> For though we walk in the flesh, we are not waging war according to the flesh. <sup>4</sup> For **the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.** <sup>5</sup> We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, <sup>6</sup> being ready to punish every disobedience, when your obedience is complete.

# The Three Heavens

The Bible speaks of three “heavens”.

**2 Corinthians 12:2** (ESV)

<sup>2</sup> I know a man in Christ who fourteen years ago was caught up to **the third heaven**—whether in the body or out of the body I do not know, God knows.



# The First Heaven

The first heaven is the visible sky and the universe in which we live.

**Genesis 1:1 (ESV)**

<sup>1</sup> In the beginning, God created the heavens and the earth.



## The Third Heaven

The third heaven is the abode of God.

**2 Corinthians 12:2 (ESV)**

<sup>2</sup> I know a man in Christ who fourteen years ago was caught up to the third heaven—whether in the body or out of the body I do not know, God knows. <sup>3</sup> And I know that **this man was caught up into paradise**—whether in the body or out of the body I do not know, God knows— <sup>4</sup> and **he heard things that cannot be told, which man may not utter.**

# The Second Heaven

The second heaven is the “heavenly places from which the enemy wars against us.

## **Ephesians 6:11-13 (ESV)**

<sup>12</sup> 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.**



Identify the  
battle you  
are fighting  
and fight  
accordingly!

An earthly issue can be met with an earthly solution.

- If someone is hungry, we feed them.
- If someone needs shelter, we shelter them.
- If someone needs skills, we train them.



Identify the battle you are fighting and fight accordingly!

A spiritual battle cannot be won with earthly solution.

- Spiritual issues demand spiritual answers.
- Sin must be addresses with spiritual resources.
- Attacks from the enemy must be fought with our spiritual weapons that are mighty in God!



# Fighting Correctly

- You can solve first heaven problems with first heaven solution.
- You cannot solve second heaven problems with first heaven solutions.
- You can solve any problem with third heaven solutions.



# We Are Seated in Heavenly Places

According to the Bible, “**but God**, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—and **raised us up with him and seated us with him in the heavenly places in Christ Jesus**”  
(Ephesians 2:5-6)



# We Are Seated in Heavenly Places



As children of God, we have access to the third heaven!

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.  
(Hebrews 4:16)

As a believer, we have access to third heaven resources and solutions for first and second heaven problems!