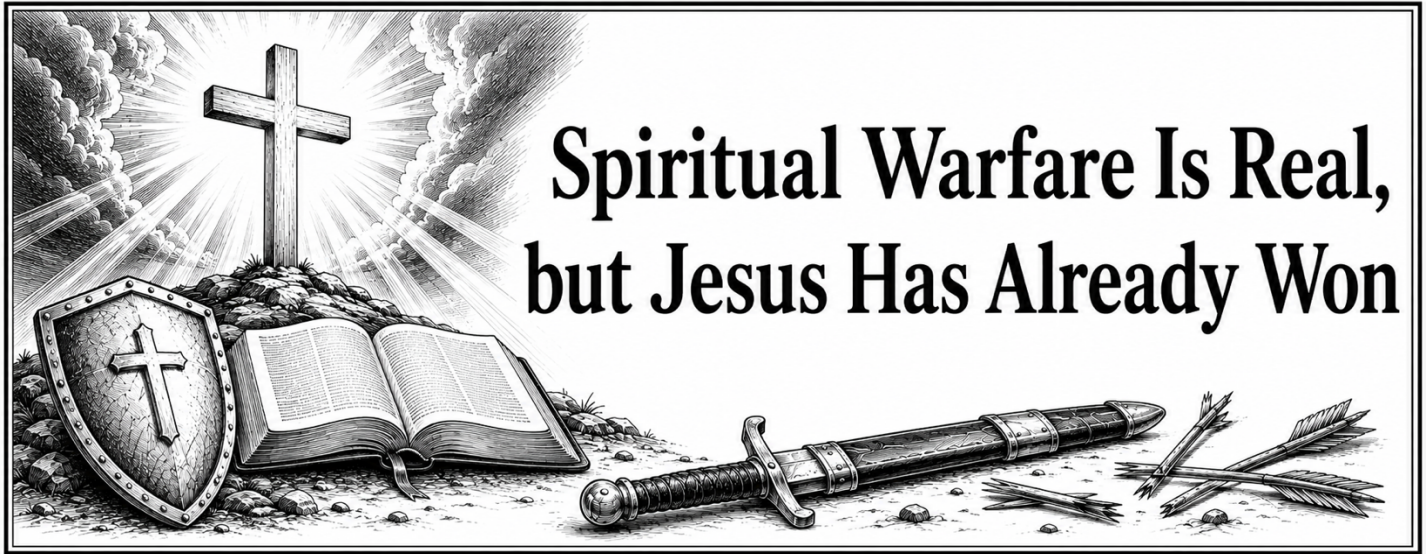


SPIRITUAL WARFARE IS REAL, BUT JESUS HAS ALREADY WON

WRITTEN BY STEPHANIE SMITH





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Written & Researched by Stephanie Smith for Stephanie Smith Ministries and The Bible Classroom.

Bible Besties, spiritual warfare is real. The enemy fights against the truth of God, the purposes of God, and the people of God. Satan wants to weaken our faith, disturb our peace, tempt us into sin, divide our relationships, and distract us from our calling.

But we must never become more conscious of the enemy than we are confident in Jesus!

The devil is not equal to God. Satan is a created being, but Jesus Christ is the eternal Son of God. At the cross, Jesus defeated the powers of darkness. Through His resurrection, He conquered sin, death, and the grave.

What does the Bible Say?

Key Scripture: Ephesians 6:10–11 (NKJV)

“Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God.”

Spiritual warfare is real, but so is the authority of Jesus.

Spiritual attacks are real, but so is the armor of God. The enemy may attack, but he does not get the final word. Jesus does!

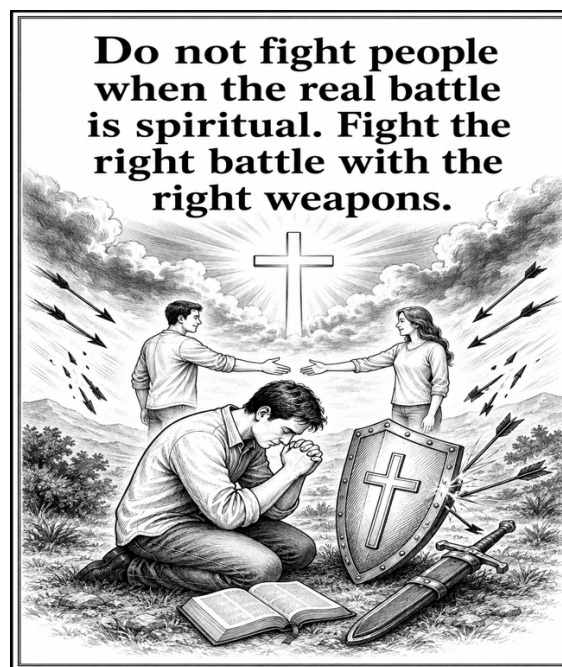
What Is Spiritual Warfare?

Spiritual warfare is the conflict between the kingdom of God and the forces of darkness. It includes the enemy's attempts to oppose God's truth, tempt believers, spread deception, create division, and hinder faithful obedience.

Ephesians 6:12 explains that our ultimate battle is not merely against human beings. There are spiritual forces of wickedness at work in this fallen world.

This means we must be careful not to treat people as our enemies. The person who hurt us is not the true target of our warfare. We are called to forgive people, pray for people, and refuse to allow bitterness to take root.

The enemy would love for us to fight one another because divided believers become distracted believers.





Spiritual Warfare Often Begins in the Mind

Second Corinthians 10:4-5 teaches that the weapons of our warfare are not physical or worldly. Through God, they are powerful for pulling down strongholds and bringing thoughts into obedience to Christ.

The enemy often attacks through:

- Lies that contradict God's Word
- Fear about what might happen
- Temptations to disobey God
- Confusion about our identity
- Discouragement about our progress
- Offense, anger, jealousy, and unforgiveness
- Isolation from Godly people
- Distraction from prayer and Scripture
- Accusations that make us feel hopeless

Satan asked Eve, “Has God indeed said?” in Genesis 3:1. His strategy was to create doubt about God’s Word and God’s character.

The enemy continues to whisper:

“You are alone.”

“You will never change.”

“God has forgotten you.”

“You might as well give up.”

“Your prayers are not working.”

“Your past still defines you.”

But God’s Word declares:

- God will never leave or forsake His people - Hebrews 13:5.
- Those in Christ are new creations - 2 Corinthians 5:17.
- There is no condemnation for those who are in Christ Jesus - Romans 8:1.
- God hears prayers offered according to His will - 1 John 5:14.
- Nothing can separate believers from God’s love in Christ - Romans 8:38-39.

You do not defeat a lie by repeatedly thinking about it. You defeat a lie by replacing it with the truth.

Not Every Difficulty Is a Demonic Attack

We need biblical discernment. Not every inconvenience, sickness, disagreement, emotional struggle, or difficult circumstance is caused directly by the devil.

Some problems are the consequences of our choices. Some are natural hardships of living in a fallen world. Some are trials God allows to strengthen our faith. Some situations may involve spiritual opposition.

We should neither ignore spiritual warfare nor blame the enemy for everything.

Ask God: “Lord, is there something I need to rebuke, something I need to resist, something I need to repent of, something I need to walk away from, or something I need to endure with You?”

Discernment helps us respond correctly.

First, submit to God- James 4:7 (read) gives us the proper order: submit to God, resist the devil, and he will flee.

We sometimes want to rebuke the enemy without first submitting ourselves to God. But spiritual authority does not come from volume, emotion, or impressive words. Our confidence rests in Jesus Christ, His finished work, His truth, and our surrendered relationship with Him.

Before resisting the devil, ask:

- Am I obeying God’s Word?
- Am I holding onto unrepented sin?
- Am I entertaining something God told me to leave?
- Am I feeding my spirit with Scripture?
- Am I walking in forgiveness?
- Am I seeking God’s will or demanding my own?

Submission means placing ourselves under God’s authority. It means saying, “Lord, not my will, but Yours.”

- A surrendered believer is not a powerless believer.
- A surrendered believer stands beneath the authority of the victorious King.

Rebuke the Lie With God’s Truth

Jesus demonstrated this during His temptation in the wilderness. Each time Satan tempted Him, Jesus answered with Scripture: “It is written.”

Jesus did not enter into a long debate with the devil. He declared the truth of God’s Word.

When the enemy says, “God has abandoned you,” declare Hebrews 13:5. (read)

When condemnation says, “You can never be forgiven,” remember 1 John 1:9. (read)

When fear says, “You cannot make it,” declare Philippians 4:13 and depend upon Christ’s strength. (read)

When the enemy says, “You are defeated,” remember Romans 8:37: through Christ, believers are more than conquerors. (read)

We do not need to make reckless speeches toward spiritual powers. Jude 9 warns against arrogant and presumptuous speech. Our confidence is in the Lord’s authority. We can firmly reject temptation, renounce lies and call upon the name of Jesus.

You can pray: In the name of Jesus Christ, I reject this lie. I belong to Jesus. My mind will come into agreement with God’s Word. Lord, rebuke every work of darkness and help me stand firmly in Your truth, In Jesus Name! Amen!

Walk Away From Temptation

Some battles are not won by standing close to temptation and trying to prove how strong we are. Some battles are won by running away.

Second Timothy 2:22 says to flee youthful lusts and pursue righteousness. First Corinthians 10:13 promises that God provides a way of escape from temptation.

Joseph did not remain in Potiphar’s house arguing with temptation. He ran away, even leaving his garment behind.

If something continually pulls you toward sin, create distance from it.

- End the ungodly conversation.
- Close the website or application.

- Leave the compromising environment.
- Establish Godly boundaries.
- Stop entertaining the tempting thought.
- Call a mature believer for prayer.
- Replace the temptation with a righteous action.

Walking away is not weakness. Sometimes walking away is spiritual warfare.

Do not ask God to deliver you from something you continue choosing to entertain. Take the way of escape He provides.

Sometimes You Must Stand and Get Through It

There are battles we cannot simply walk away from. Some seasons must be endured through prayer, truth, patience, and faith.

Ephesians 6 repeatedly tells believers to stand. After we have done everything God commands, we are to keep standing.

Standing does not mean doing nothing. It means refusing to abandon our position in Christ.

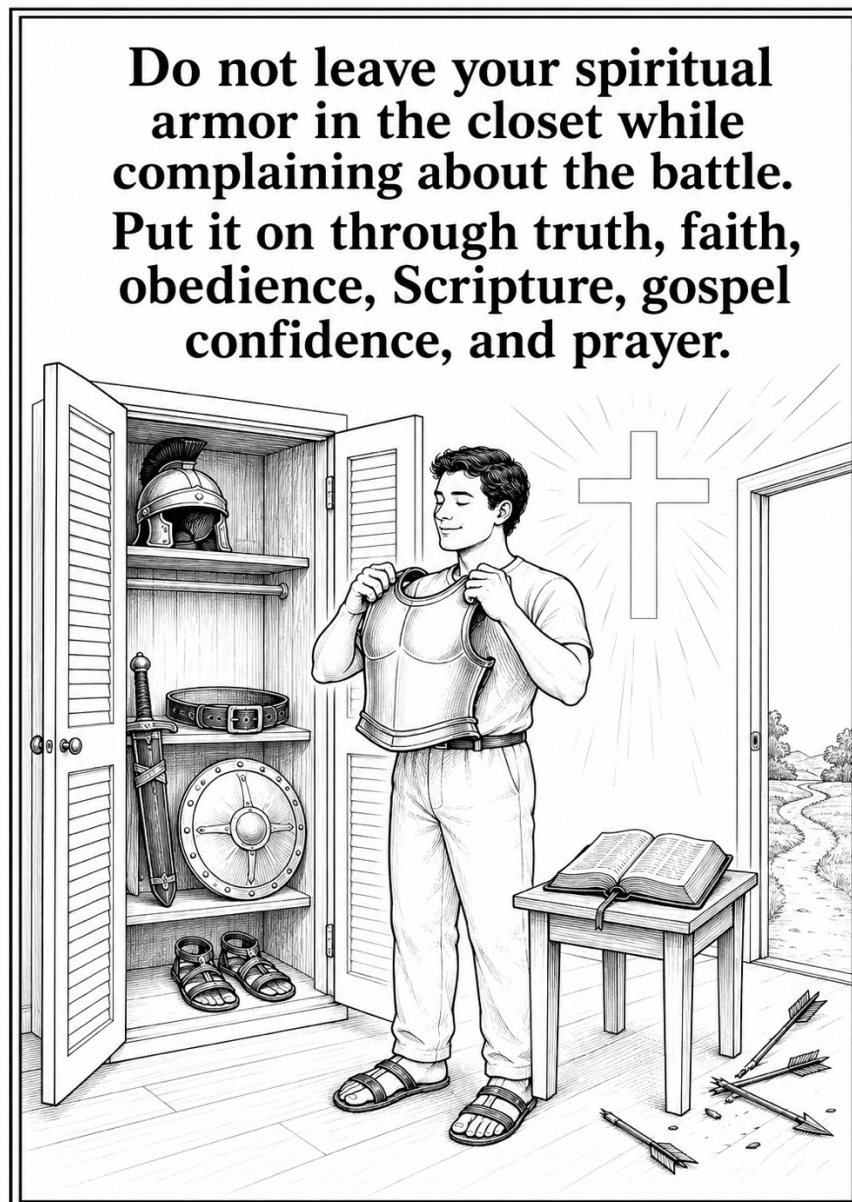
You may be standing while:

- Waiting for an answer to prayer
- Walking through grief
- Facing opposition because of your faith
- Caring for someone who is suffering
- Enduring a difficult season
- Fighting discouragement
- Continuing to serve when you feel weary

Do not mistake a long battle for a lost battle.

Daniel prayed, and the answer involved spiritual resistance before it arrived. Job endured severe suffering without understanding everything happening around him. Paul faced a messenger of Satan, yet Christ's grace remained sufficient for him.

Sometimes God removes the battle. Sometimes He leads us away from the temptation. Sometimes He gives us strength to walk directly through the fire without allowing the fire to destroy our faith.



PUT ON THE WHOLE ARMOR OF GOD

(Read It Out of Ephesians 6)

Ephesians 6:13-18 describes the armor God provides.

Truth • Righteousness • Peace
Faith • Salvation • God's Word
Prayer

STAND FIRM IN THE LORD

Clothed in the armor He provides.



THE BELT OF TRUTH

Truth holds everything together. Know what Scripture says so you can recognize deception.

THE BREASTPLATE OF RIGHTEOUSNESS

We stand in the righteousness Christ gives us, and we pursue righteous living. Obedience protects our hearts from many wounds caused by sin.

THE SHOES OF THE GOSPEL OF PEACE

The gospel gives us firm footing. We are reconciled to God through Jesus, and we carry His message of peace wherever we go.

THE SHIELD OF FAITH

Faith extinguishes the enemy's flaming arrows. Faith says, "I may not understand what is happening, but I still trust the character of God."

THE HELMET OF SALVATION

Guard your mind with the assurance of salvation. Remember who you are and to whom you belong.

THE SWORD OF THE SPIRIT

The sword is the Word of God. We must know it, believe it, speak it appropriately, and obey it.

PRAYER

Prayer is woven throughout the entire passage. We are to pray continually, remain watchful, and persevere.

HOLY HIGHLIGHT

God has not left His people defenseless. Every piece of armor points us back to His truth, His salvation, His gospel, His Word, and dependence upon Him in prayer.

PUT YOUR SPIRITUAL ARMOR ON

Do not leave your spiritual armor in the closet while complaining about the battle. Put it on through truth, faith, obedience, Scripture, gospel confidence, and prayer.

"Finally, my brethren, be strong in the Lord and in the power of His might."

EPHESIANS 6:10

Do Not Fight Alone

The armor passage was written to the church, not merely to isolated individuals. Spiritual warfare is also faced in Christian community.

The enemy wants to isolate you because isolation makes lies sound louder. God gives us the body of Christ so we can encourage, correct, strengthen, and pray for one another.

Tell a mature believer when you are struggling. Ask for prayer. Seek Godly counsel. Remain connected to a faithful church. Confess sin appropriately and receive support.

There is no shame in asking for help. Sometimes victory begins when secrecy ends.

How Spiritual Attacks Can Affect Us

Spiritual opposition may tempt us toward:

- Fear instead of faith
- Confusion instead of truth
- Isolation instead of fellowship
- Bitterness instead of forgiveness
- Compromise instead of holiness
- Exhaustion instead of godly rest
- Distraction instead of purpose
- Condemnation instead of repentance
- Division instead of unity
- Hopelessness instead of confidence in Christ

Notice the enemy's pattern: he tries to move us away from God's truth and into spiritual instability.

But Jesus leads us back to truth, holiness, peace, wisdom, fellowship, and hope.

We Are Victorious Through Jesus

Colossians 2:15 (read) teaches that Christ disarmed spiritual rulers and authorities and triumphed over them through the cross.

Our victory is not found in pretending battles do not exist. Our victory is found in belonging to the One who defeated darkness.

1 John 4:4 declares that He who is in us is greater than he who is in the world. (read 1 John 4:4)

Jesus is greater than the temptation.

Jesus is greater than the fear.

Jesus is greater than the accusation.

Jesus is greater than the stronghold.

Jesus is greater than the attack.

Jesus is greater than the entire kingdom of darkness!

The enemy may roar, but Jesus reigns. The enemy may accuse, but Jesus intercedes. The enemy may tempt, but Jesus provides a way of escape. The enemy may attack your mind, but Jesus renews it with truth.

#TRUTH

WHAT SHOULD I DO DURING SPIRITUAL WARFARE?

Submit to God. Reject the lies.
Pray, forgive, stand firm, and
keep your eyes on Jesus.



1 Submit yourself completely to God.

2 Examine your heart and repent of known sin.

3 Reject every lie that contradicts Scripture.

4 Use God's Word in its proper context.

5 Walk away from temptation and compromise.

6 Pray in the name and authority of Jesus.

7 Put on the whole armor of God daily.

8 Forgive others and reject bitterness.

9 Ask mature believers to pray with you.

10 Keep standing when the battle continues.

11 Seek appropriate medical or professional help when needed; doing so does not deny spiritual truth.

12 Keep your eyes on Jesus, not on the enemy.

JESUS IS YOUR VICTORY

Submit • Repent • Reject Lies • Use Scripture • Pray • Forgive • Stand

Keep your eyes fixed on Jesus.

You are not fighting alone.

Wisdom Nuggets from Stephanie Smith with The Bible Classroom

- Spiritual warfare is real, but Satan is not equal to God.
- Do not become more impressed by the attack than you are confident in Jesus.
- Some things must be rebuked, some must be resisted, some must be fled from, and some must be endured with God.
- We cannot live carelessly and expect to stand strongly.
- The enemy attacks our agreement with God's truth.
- Victory does not mean we never face a battle; it means the battle cannot separate us from Christ.
- We do not fight for victory as though Jesus might win. **We stand in the victory Jesus has already secured.**

Conclusion

Bible Besties, you may be in a battle today, but you are not abandoned. God has given you His Word, His Spirit, His armor, His people, and access to His presence through prayer.

Do not surrender your peace to fear. Do not surrender your mind to lies. Do not surrender your calling to discouragement. Do not surrender your holiness to temptation.

Submit to God. Resist the devil. Flee temptation. Speak the truth. Put on your armor. Ask for prayer. Keep standing.

The cross is still powerful.

The tomb is still empty.

Jesus is still Lord.

The enemy is still defeated.

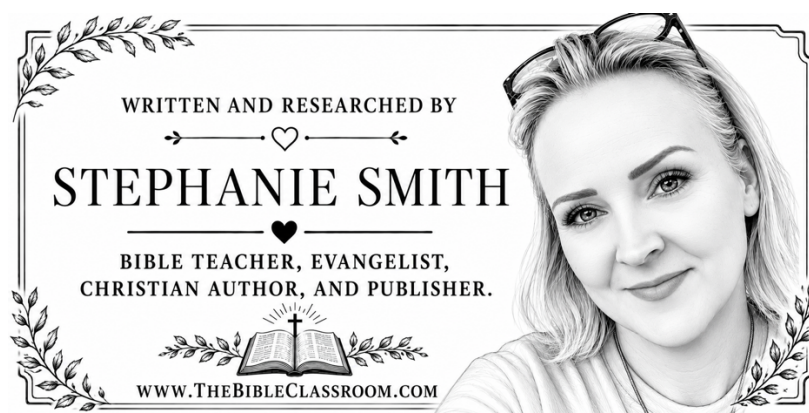
And those who belong to Jesus are never fighting alone!

Guided Prayer

Heavenly Father, thank You for the victory we have through Jesus Christ. Help us recognize the enemy's lies without becoming fearful or consumed by them. Teach us to submit to You, resist temptation, flee from sin, and stand firmly upon Your Word.

Guard our minds with truth and protect our hearts from fear, bitterness, condemnation, and discouragement. Help us put on the whole armor of God and remain faithful in every battle. Give us discernment to know when to rebuke a lie, when to walk away from temptation, and when to endure a difficult season with courage.

Lord Jesus, remind us that You defeated the powers of darkness through the cross. Strengthen every weary believer and restore hope to every discouraged heart. We belong to You, our confidence is in You, and our victory comes through You. In the mighty name of Jesus, amen.



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THE FRUIT OF THE SPIRIT

LOVE

JOY

PEACE

LONGSUFFERING

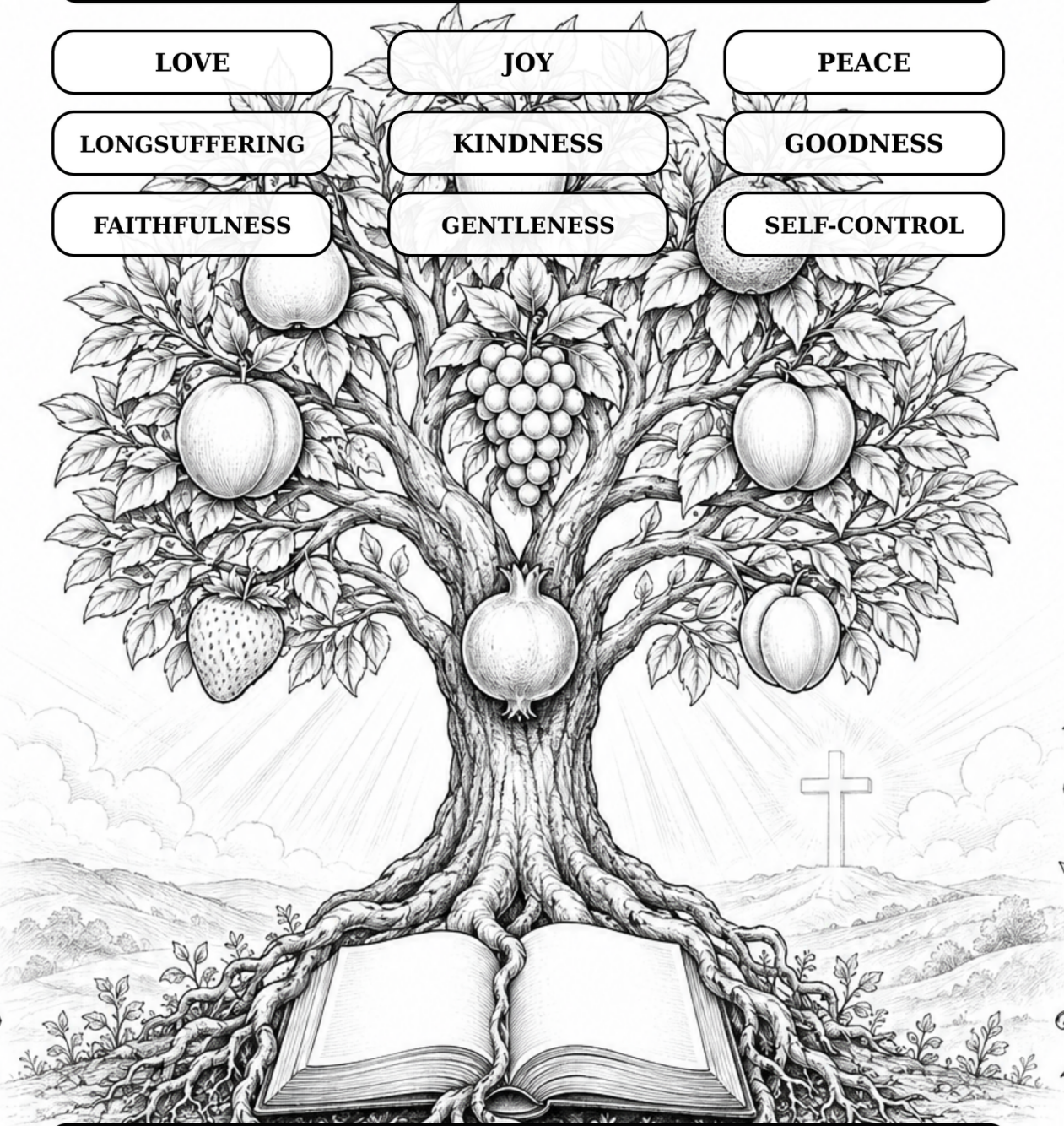
KINDNESS

GOODNESS

FAITHFULNESS

GENTLENESS

SELF-CONTROL



"But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law."

GALATIANS 5:22-23 (NKJV)

IT'S GOD'S BATTLE

When trouble comes and shadows fall,
I will not fear, I'll trust God's call.
The fight is His, I will not flee,
For Jesus won the victory.

I lay my worries at His feet,
His grace will make my heart complete.
No fiery dart, no whispered lie,
Can steal the hope of Christ nearby.

With faith my shield and truth my guide,
The Word of God stays by my side.
Through every dark and stormy night,
My faithful Lord will be my light.

When Satan says, "Give up today,"
I speak of Jesus, darkness gives way.
No power can break what grace has sealed,
For by His wounds my heart is healed.

I'll wear God's armor, watch and pray,
And trust His wisdom every day.
Though winds may roar and troubles rattle,
I will remember, it's God's battle.

So I release what I cannot bear,
And place it all in Jesus' care.
I'll stand in peace, my heart made free,
For God will fight and strengthen me.

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About the Author

By God's grace, I am a Bible teacher, evangelist, Bible researcher, and author with a deep passion to help people grow in their faith and understand God's Word.

I created Stephanie Smith Ministries and The Bible Classroom to encourage believers to build their lives on Scripture and walk daily with Jesus.

My prayer is that this guidebook will inspire you to trust God more deeply, love His Word more fully, and walk in His light every day.



*"Your word is a lamp
to my feet and
a light to my path."*

Psalms 119:105 (NKJV)

