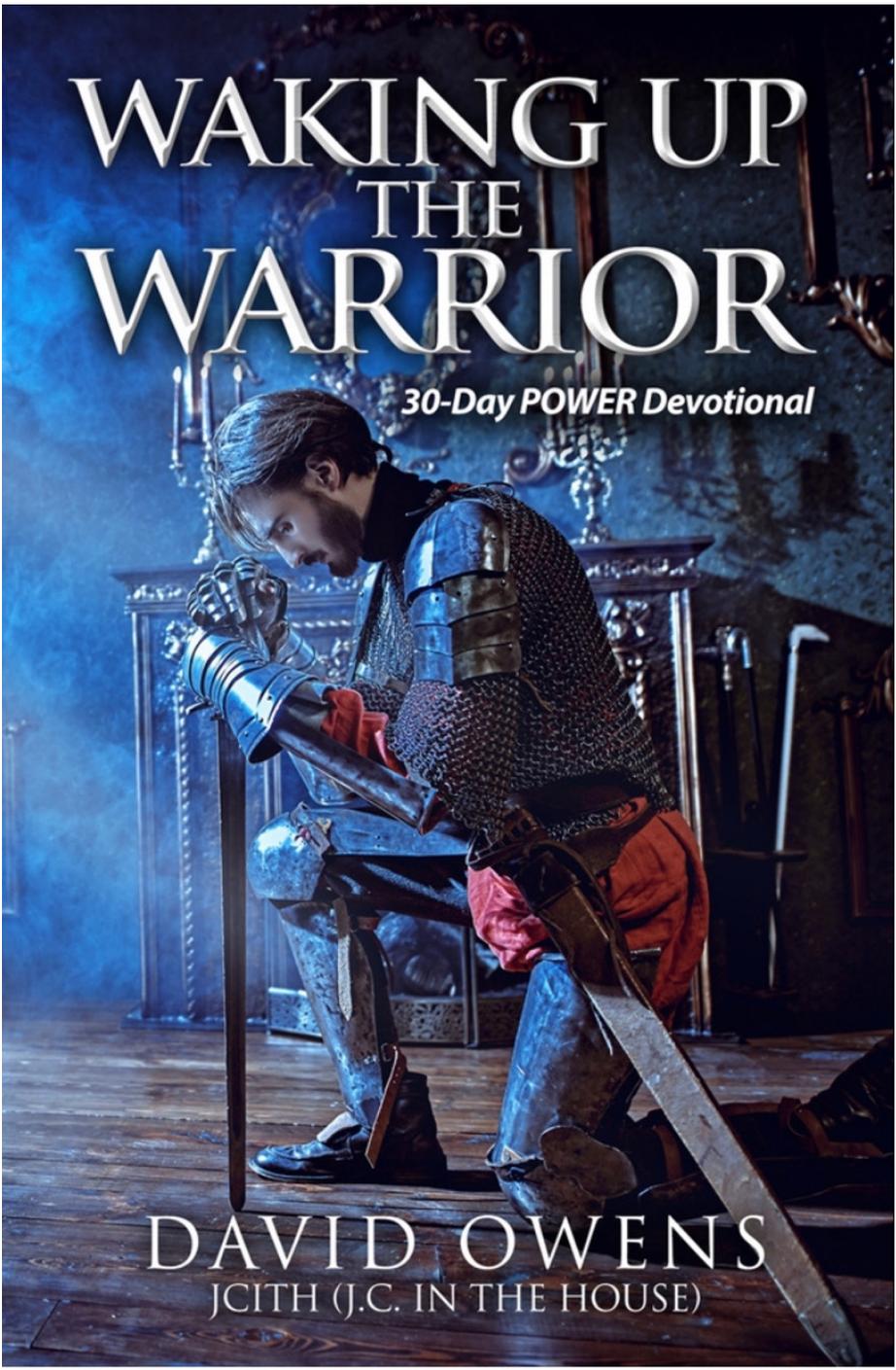


WAKING UP THE WARRIOR

30-Day POWER Devotional

A man in medieval armor is kneeling on a wooden floor in a dimly lit room. He is wearing chainmail and plate armor, with a red tunic underneath. He is leaning forward with his hands clasped in prayer, resting his head on his hands. A sword lies on the floor next to him. The background features ornate furniture and a blue-tinted atmosphere.

DAVID OWENS
JCITH (J.C. IN THE HOUSE)

WAKING UP
THE
WARRIOR

30-Day POWER Devotional

Unless otherwise indicated, Scripture quotations are taken from the Holy Bible, New Living Translation, copyright ©1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Carol Stream, Illinois 60188. All rights reserved.

Copyright © 2021 by David Owens

All Rights Reserved

WAKING UP THE WARRIOR

Keep in mind that our primary enemy is an unseen enemy, and the enemy of our souls. Although we don't see him, be assured that he's there nonstop, 24 hours a day, 7 days a week!



DAY 2



SPIRIT, SOUL, AND BODY

Today we will begin laying a foundation for understanding spirit, soul, and body. This is *absolutely critical* in identifying spiritual warfare and understanding the Bible.

“Mary responded, ‘Oh, how my soul praises the Lord. How my spirit rejoices in God my Savior’” (Luke 1:46-47).

In this passage, Mary is making a clear distinction between the spirit and the soul. Most people may assume they are one and the same, but they are not.

What are the differences between the spirit, soul, and body?

The **spirit** is our *innermost being*. It’s the part that *fellowships* with God. It’s not dependent on feelings and the natural; it’s supernatural.

The **soul** is our *character* and our *mind*. It does depend on feelings and it’s impacted by sickness, stress, and sin. It can also be impacted by peace and joy.

The **body** is the *house* we (our spirit and soul) live in. It is sinful and desires to sin 24 hours a day.

The question is, “Which one do we let impact our soul (mind)?” Is it the spirit or the body?

WAKING UP THE WARRIOR

“Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again” (1 Thess. 5:23).



WAKING UP THE WARRIOR

This man was filled with the Spirit and *still* talks about this warfare. It is a real force that impacts every one of us.



DAY 4



ANOTHER POWER?

You are going to need your seatbelt fastened securely! Today is going to have a profound effect on your mind.

Paul talks about another power within him that wages war with his mind.

“I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. I love God's law with all my heart. But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me” (Rom. 7:21-23).

This war is between the spirit and the body (sinful nature), and the mind (soul) takes on the fight. The warfare is like a tug-o-war. It's like someone, or something, pulling us in multiple directions all day and refuses to let go.

Again, if Paul struggled with this, just think how difficult it can be for us. He had the ability to recognize the war and fought the battle every day.

So, what is the solution? Do we go on fighting this battle that we seemingly cannot win?

There is a solution. Keep that seatbelt secured tightly for tomorrow!



WAKING UP THE WARRIOR

DAY 5



ONLY ONE ANSWER

While Paul struggled with the battle that raged war within him, he knew a clear-cut answer. He knew he could find comfort in this, just as we can also.

“Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God’s law, but because of my sinful nature I am a slave to sin” (Romans 7:25).

The answer is *Jesus!* He is the only One who can to fix this problem.

Now you may ask, “How does Jesus help us with this fight?” Now you are asking the right question. It’s through His Spirit (the Holy Spirit) that He calms the storm in our mind.

The Holy Spirit communicates and has fellowship with our spirit. He draws us away from our sinful nature (the body).

The key is to recognize which way we are pulled when it happens. It happens to all of us all the time.

- **Additional reading: All of Romans chapter 7**



WAKING UP THE WARRIOR

DAY 7



DARKNESS VERSUS LIGHT

Have you ever wondered why people love the darker side of this life? What's the big attraction?

If we are not led by God's Spirit, then what is the result?

Check out these words of Jesus:

"And the judgment is based on this fact: God's light came into the world, but people loved the darkness more than the light, for their actions were evil" (John 3:19).

How powerful is this? Keep in mind that Jesus spoke these words just after He said to Nicodemus, "You must be born again."

If we are NOT born again, then there is no war being waged against our soul and possibly no remorse for doing wrong. The only remorse we may have in this state is self-learned conscience.

The new birth occurs in man's spirit. Have you experienced this "new birth"? How do we get it?

We must first realize there is nothing we can do to earn this life-changing experience. Jesus paid the price in FULL through His crucifixion and resurrection. The new birth is a supernatural event that our finite minds can never comprehend.

WAKING UP THE WARRIOR

All we can do is come by simple childlike faith and put our trust in Jesus. We have to realize and admit that He is the only way to heaven and then fall in love with Him.



DAY 8



CRAVING THE THINGS OF THIS WORLD

So how do I keep from letting my sinful nature (my body) control me?

We all have cravings. I personally have this insatiable desire for barbeque. I am talking about ribs, brisket, pulled pork; the list goes on! It's probably not the healthiest thing for me, but I crave it nonetheless. We may also have more dominating desires and cravings that are in direct conflict with what God desires in our lives. We know they are wrong, but we still keep doing them.

Get your head around what Paul is saying in these verses. It is powerful.

“So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions” (Gal. 5:16-17).

Essentially, Paul is saying that we must let the Holy Spirit guide our lives.

WAKING UP THE WARRIOR

I'm not guaranteeing this will be easy because that's when the warfare kicks into high gear. But.... it is the ONLY solution!

What we need to help us in this battle are weapons. God will never leave us defenseless.

Tune in tomorrow as we begin our battle plan.



WAKING UP THE WARRIOR

DAY 10



WEAPONS OF WARFARE

What are the weapons of warfare?

Most people are spiritually blind. War? What war? Demons? What demons?

Unless we become sensitized to the NATURE OF THE BATTLEFIELD as the Bible portrays it, spiritual warfare won't have much meaning.

One weapon is God's Word.

“For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires” (Heb. 4:12).

Once we recognize the battle and the battlefield, we MUST read God's Word (the Bible) every day.

- There is no exception to this!
- There is no exception to this!
- There is no exception to this!

God's Word is a mighty weapon.

Keep in mind that this applies to everyone. No one is exempt from the battle. I personally fight it every single day.

- **Still more on the weapons tomorrow**



WAKING UP THE WARRIOR

DAY 11



KNOWING GOD AND HAVING FELLOWSHIP WITH HIM

Do you just not feel like praying sometime? What drives that?

Let's get back on the weapons of warfare. There are many weapons but the two most powerful are God's Word and prayer.

Look closely at this verse:

"Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak" (Mark 14:38).

In this passage, Jesus is telling His disciples to pray. He knew we would struggle, but that's where our power comes from.

Where does the warfare come into play? Just like Paul said, our natural man (the body) is in direct conflict with the spirit.

To get around this, our desire must be around having fellowship with God in our spirit. The longer we pray the closer we get to Him. This will put our bodies under submission and that's where we WIN the war!

Pray HARD men!



DAY 12



BRING IT ON

So how do we know we have the new birth and eternal life? Is it because we say some words, or someone tells us we have eternal life?

Our human nature (the body) cannot get there. Our soul (mind) cannot comprehend it.

Look at what Jesus told His disciples and followers:

“The Spirit alone gives eternal life. Human effort accomplishes nothing. And the very words I have spoken to you are spirit and life” (John 6:63).

It is spiritually discerned!

The real followers of Jesus will not be guessing about their salvation. That is because they have had communion with Him in their spirits.

Let me warn you that ***there will be war at this stage!*** But you won't care because you know the One who saved you.



WAKING UP THE WARRIOR

DAY 13



A DIFFERENT WAY OF THINKING

How do we know God's will?

How can we have the mind of Christ?

Observe what Paul says here:

“Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect” (Rom. 12:2).

Listen! We can't let the glow and glitter of this world capture our thinking.

Our nature (the body) is attracted to the things of this world.

Instead, we have to let God transform us by His Spirit through our spirit. Then our mind (soul) will be at peace by being in His will, which is pleasing and perfect.



DAY 14



IT'S NOT NATURAL

How do our spirits start to have communion and fellowship with God's Spirit?

Hear what Jesus says in the following verses.

“I assure you, no one can enter the Kingdom of God without being born of water and the Spirit. Humans can reproduce only human life, but the Holy Spirit gives birth to spiritual life. So don't be surprised when I say, ‘You must be born again’” (John 3:5-7).

Jesus was talking to Nicodemus, a Jewish Pharisee, and telling him that a person must be born again.

There is no real linear equation to solve this problem. But Jesus did say this:

“For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life” (John 3:16).

Once we believe—and don't take this word (believe) lightly—the new birth imparts life, and our spirit can have fellowship with the Holy Spirit.

This is when we are saved and made alive in Christ. It's not natural; it's supernatural!



WAKING UP THE WARRIOR

DAY 15



ARE YOU READY?

Why don't people have a desire for this "new birth"? What keeps people from receiving the greatest gift man has ever received?

While still talking to Nicodemus, Jesus breaks it down clearly.

"And the judgment is based on this fact: God's light came into the world, but people loved the darkness more than the light, for their actions were evil" (John 3:19).

Once you understand spirit, soul, and body, you then understand Jesus' statement here.

We live in a body. That body is sinful and will never see heaven. All it wants to do is sin (do evil). Its actions are contrary to the spirit.

When we do not have a hunger for Jesus, THEN it is time to take an inventory and recognize what's driving this. It is the natural man!

No one is exempt from this. I fight it every day. When I don't feel like praying, that tells me it is time to start praying. When I don't feel like reading the Bible or going to church, that tells me it is time to read or get in church.

DAY 16



THE TEMPTATION CONTINUUM

What drives us away from God and causes our nature (the body) to dominate?

The word is called TEMPTATION. It's very powerful.

We have a gap that only God can fill. The problem is that the gap is often filled with temptation and drives us from God.

Here is what I call the *Temptation Continuum*:

1. Temptation
2. Desires from temptation
3. Acting on desires
4. Separation from God

Every man faces temptation. As long as we are in this body we WILL face temptation. Jesus was tempted. Don't think you are exempt!

The first and easiest way to overcome temptation is to immediately ***think about something else.***

Consider Paul's words in the verse below.

“And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and

WAKING UP THE WARRIOR

pure, and lovely, and admirable. Think about things that are excellent and worthy of praise” (Phil. 4:8).

It is much easier when we think about the right things.



DAY 17



FIGHTING TEMPTATION

Back on the *Temptation Continuum* and how to fight temptation.

Temptation comes in phases; that's why I call it a *continuum*. You DO NOT want to get to Phase 4. It's better to never move beyond Phase 1.

Let's review the *Continuum*.

1. Temptation
2. Desires from temptation
3. Acting on desires
4. Separation from God

We will all face number 1. The key is that we do not want to reach phase 2 and move to desires.

Look at what Jesus said to His disciples.

“Pray that you will not give in to temptation” (Luke 22:40).

• ***The tool for today is prayer.***

**When we pray, things happen. Use this mighty tool
and grow to know Him better**



WAKING UP THE WARRIOR

DAY 18



WORKING OUT

Sometimes it takes building some spiritual muscle to be able to resist temptation.

Look at what Jesus did before he was tempted by the devil.

“Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. For forty days and forty nights he fasted and became very hungry” (Matt. 4:1-2).

Think about it. If Jesus needed to fast before being tempted, where does that leave us?

Fasting builds spiritual muscle. And you know what? I have never heard anyone say they sinned while fasting. Let me say that again... I have never heard anyone say they sinned while fasting!

There are a number of ways you can fast. You can just not eat anything after dinner and before bed. You can fast a meal some days.

Any way you decide to fast, make sure to pray along with a fast.

- **Today’s power tool for fighting temptation: *Fasting***



WAKING UP THE WARRIOR

DAY 19



MORE REPETITIONS

Like I mentioned yesterday, sometimes it takes building some spiritual muscle to be able to resist temptation.

Another way to build spiritual muscle is by reading the Bible.

Look at how Paul referred to the Word of God.

“Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God” (Eph. 6:17).

Why do you think he called God’s Word a sword? Because we will need it every day to fight the enemy. We will need it every day to fight temptation.

Men, it is essential that we read our Bible every single day!

It defends us against attacks from the enemy AND it builds our faith.

“Consequently, faith comes from hearing the message, and the message is heard through the word about Christ” (Rom. 10:17, NIV).

• **Today’s power tool for fighting temptation:**

Reading your Bible DAILY



WAKING UP THE WARRIOR

DAY 20



ACCOUNTABILITY

Here is another way to fight off temptation. This way is to have an accountability partner.

Hear these words of Solomon:

“There are ‘friends’ who destroy each other, but a real friend sticks closer than a brother” (Prov. 18:24).

We all have strongholds that tempt us, whether it’s pornography we struggle with or any other vice that pulls us away from God.

So how does the accountability partner work? You find a friend that is close to you and you ask him to hold you accountable for the things you struggle with. It’s not easy, but if he truly is a friend, then he will ask you the tough questions.

Keep in mind that this only works for people you give permission to hold you accountable. It does not work if you ask them to hold them accountable.

I personally have an accountability partner and that makes a huge difference in fighting temptation.

- **Today’s power tool for fighting temptation:**
Accountability Partner



WAKING UP THE WARRIOR

DAY 21



FINDING SHELTER

Another important way to fight temptation is to surround yourself with the things of the Lord.

Consider this verse:

“Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world” (James 4:8).

Why is this so important?

We have so many distractions in this world that can keep us from God. When we let these distractions consume us, that’s the time when we are most likely to yield to our temptations.

That’s not to say we should not enjoy this life, but we **MUST** be able to balance the influence it has on us. For me, I have to surround myself with the things of the Lord. The books I read, the things I watch, and the music I listen to must draw me to God and not away from Him.

- **Today’s power tool for fighting temptation:**
Surround yourselves with the things of the Lord



WAKING UP THE WARRIOR

DAY 22



IS SOMEONE REALLY WATCHING?

It's this simple: Live your life like there are hidden cameras everywhere.

If you walk into someone's house knowing there are cameras watching, how differently do you act?

No one ever really thinks like this. Are there actually hidden cameras watching everything we do?

Read what King David wrote and tell me what you think.

“Where can I go from your Spirit? Where can I flee from your presence” (Psa. 139:7, NIV)?

Also take a look at Job's words in Job 34:21:

“For God watches how people live; he sees everything they do.”

God sees everything we do. He knows our thoughts as well. But in our little human minds, we think that since we can't see God, then it's okay to yield to our temptation.

The next time you are tempted by your natural (the body) desires, give careful consideration to all those real-time cameras watching you.

WAKING UP THE WARRIOR

- **Today's power tool for fighting temptation:**
Act like there are cameras all around



DAY 23



LOOKING THE OTHER WAY

Carefully consider Jobs words:

“I made a covenant with my eyes not to look with lust at a young woman” (Job 31:1).

Job said he made a covenant with his eyes not to look lustfully at a young woman.

This could also mean he is making a commitment not to give in to his strongholds.

Our strongholds are those things in life that we cling to, but which draw us away from God.

ALL strongholds are driven by our sinful nature (the body). They may seem fully natural, but they are spiritually discerned.

Getting closer to God is what drives us away from these desires. What are your strongholds?

- **Today’s power tool for fighting temptation:**

Commitment



DAY 24



WALKING WITH GOD

Now that we have identified spiritual warfare and ways to mitigate the *Temptation Continuum*, we look next at how to find victory in this intense battle.

For the next several days, I am going to share some thoughts about “Walking with God.”

When a man walks with God, his steps are guided. He has peace, and he has surprising success. This man will not waiver from God. He will always stay faithful.

Consider this:

“The LORD was with Joseph, so he succeeded in everything he did as he served in the home of his Egyptian master. Potiphar noticed this and realized that the LORD was with Joseph, giving him success in everything he did” (Gen. 39:2-3).

Joseph encountered many trials. But always he stayed faithful to God and ultimately had success in everything he put his hand to.

I have experienced this same type of success, and you can too.



DAY 25



SEEING THE EFFECTS OF SIN

Observe how Joseph responded when Potiphar's unfaithful wife desired to have an affair with him.

“No one here has more authority than I do. He has held back nothing from me except you, because you are his wife. How could I do such a wicked thing? It would be a great sin against God” (Gen. 39:9).

Joseph may have said, “Part of me (spirit) says that’s a bad idea. On the other hand, another part of me (body) says that’s an awesome idea!”

Think about it. She may have been beautiful, and may never have said anything to anyone about it. This is how our sinful nature thinks. The devil never shows us the end of the sin. But Joseph saw it!

How did Joseph see it, and how did he determine giving in would be a sin against God? He walked with God. He knew Him in his spirit and that spirit won the war against his sinful nature.

If we are going to fight temptation and wage war in the spiritual realm, we have to walk WITH God!



WAKING UP THE WARRIOR

DAY 26



YOU LOOK DIFFERENT! WHAT IS IT?

What happens when we walk with God? We look different!

Have you ever met a person and just knew they were a Christian and walked with God?

You can just tell they have peace, joy, happiness, and contentment.

But there is also that supernatural aspect in that our countenance changes when we are in the presence of the Lord.

Take note of this:

“At this point everyone in the high council stared at Stephen, because his face became as bright as an angel’s” (Acts 6:15).

Stephen knew God and even died a martyr’s death for his faith.

Seek God and His presence. That’s what we hunger for when walking with Him.



DAY 27



MY SHEEP KNOW MY VOICE

When you walk with God, you know His voice.

With all the voices in this world, how do we know when God is talking to us?

Some people say God spoke to them. Do you believe that?

I'm telling you the truth. You can hear from God, and you can differentiate His voice from other voices.

Hear these words of Jesus:

“The gatekeeper opens the gate for him, and the sheep recognize his voice and come to him. He calls his own sheep by name and leads them out. After he has gathered his own flock, he walks ahead of them, and they follow him because they know his voice. They won't follow a stranger; they will run from him because they don't know his voice” (John 10:3-5).

Jesus used the example of the shepherd and the sheep. The sheep would only go to the shepherd, because they spent many hours, days, weeks, and months getting to know him and, subsequently, learning his voice.

We can do the exact same thing with Jesus. It just takes time walking with Him and knowing His voice.



WAKING UP THE WARRIOR

DAY 28



SETTING APART TIME EACH DAY

When we walk with God, we seek Him and have a burning desire to have a friendship with Him.

How do you have a friendship with someone you can't see?

That's easy. First of all, it's not a natural (body) friendship. It is spiritual.

Like I told you before, we can know Him and know His voice. But look what the Psalmist wrote here:

“You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever” (Psalm 16:11).

Knowing Him brings joy! NOTHING else will bring that joy.

Take time each day and be intentional about your friendship with Him.



WAKING UP THE WARRIOR

WAKING UP THE WARRIOR

David Owens is a genuine man of faith and warrior for the Kingdom of God. His passion is to lead and help other men in their walk with Christ.

Greg Isaacs
Pastor Lawrence Church of God

Waking Up the Warriors, a 30-Day Power Devotional exemplifies the passion of David Owens. David has a heart to reach men for Christ and empower them to be a godly father, husband, and victorious follower of Jesus Christ. I encourage men to take this 30-day journey that will be a launching point for a lifetime of walking with God in the Power of the Spirit.



Dr. David Gosnell
*Administrative Bishop,
Church of God in Indiana*



David Owens serves as State LifeBuilder's Coordinator for the Church of God in Indiana. He also serves as LifeBuilder's Leader for the Lawrence Church of God. David is a proven leader with a passion for helping hurting families. He has organized conferences and men's leadership training seminars. He is blessed to have his wife Anita and family supporting him on this project. David calls Florida and Indiana home. In his spare time, you might find him fishing, cycling, or in pursuit of good barbecue.

