



Biblically Sound Spiritual Warfare Study Guide



1. Understanding Spiritual Warfare

- **Definition:** Spiritual warfare is the ongoing battle between the kingdom of God and the forces of darkness (Ephesians 6:12).
- **Key Scriptures:**
 - *Ephesians 6:10–12* – Our struggle is not against flesh and blood.
 - *2 Corinthians 10:3–5* – Our weapons are not carnal but mighty through God.
 - *1 Peter 5:8–9* – Be alert; your enemy the devil prowls like a roaring lion.



2. The Armor of God (Ephesians 6:13–18)

Break down each piece of the armor:

Armor Piece	Symbolism & Application
Belt of Truth	Grounded in God's Word and honesty
Breastplate of Righteousness	Living in integrity and obedience
Shoes of the Gospel	Readiness to share peace and hope
Shield of Faith	Trusting God to extinguish doubt and fear
Helmet of Salvation	Confidence in your identity in Christ
Sword of the Spirit	Using Scripture to counter lies and temptation
Prayer	Constant communication with God



3. The Nature of the Battle

- **Invisible but Real:** Though unseen, spiritual warfare affects our thoughts, relationships, and decisions.
- **Three Battlefronts:**
 - The world (1 John 2:15–17)
 - The flesh (Galatians 5:16–17)
 - The devil (John 10:10)

4. Strategies for Victory

- **Submit to God, Resist the Devil** – James 4:7
- **Renew Your Mind** – Romans 12:2
- **Take Every Thought Captive** – 2 Corinthians 10:5
- **Stay in Community** – Ecclesiastes 4:9–12; spiritual battles are not meant to be fought alone.

5. Prayer and Fasting

- Jesus modeled this in Matthew 4 and Mark 9:29.
- Fasting sharpens spiritual focus and dependence on God.