<u>Salvation</u> – We start by being saved and working on your salvation daily. *Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence - continue to work out your salvation with fear and trembling.* Philippians 2:12

**Stand upon the Believer's Foundation** – Because of Jesus, there is hope and we can ask for the blessing we need Jesus is our hope, our Savior Jesus saves us from sin and from Satan's plan for our lives Jesus reveals to us our hearts so that we can repent. Jesus forgives us, gives us power to renounce the enemy in the areas he had influence.

Keeping it 0 – 0 with God – Confession is good for the soul. It removes landing places and or any opportunities or agreements made with Satan previously, of any type - through petitions, invocations, promises, and the like. We can renounce those commitments if we want to experience joy and victory in this world. If one doesn't renounce or break those agreements, they will remain because they have a signature in the supernatural world. The one with whom the person has made the agreement - Satan - who claimed the performance of the agreement. The consequences of sin are bondage, a broken heart, oppression and captivity. These things need to be dealt with through deliverance. The enemy cannot harm these people's spirit, but he can hurt their bodies, emotions and thoughts. The Lord takes a person's spirit to change the mind and sanctify the body. Satan takes the body to ruin the mind and quench the spirit. His action is the exact opposite of Jesus action. Bottari p 66

**Engage with the Sacred** – You can surround yourself with other Christians, be an active part of church, worship, pray, study.

Know God's Word - and his plans for us and his promises to us.

**Prayer**, prayer, and more prayer. Know and use all the various types of prayer.

<u>Passion for God and his will, kingdom, people</u> – You can learn more about what others have successfully done in this arena. We do not need to keep reinventing the wheel. Learn from those who have gone before you on this path.

<u>Perseverance</u> – You can let the enemy know you are not going to cave into his plans.

<u>Use your Spiritual Gift(s).</u> Ask God for all of them, that in any situation you would be supernaturally given what is needed. 1 Corinthians 12:8-11 reads, For to one is given by the Spirit the word of wisdom; to another the word of knowledge by the same Spirit; To another faith by the same Spirit; to another the gifts of healing by the same Spirit; To another the

working of miracles; to another prophecy; to another discerning of spirits; to another diverse kinds of tongues; to another the interpretation of tongues: But all these worketh that one and the selfsame Spirit, dividing to every man severally as he will.

<u>Use the authority of Jesus name and his blood</u> – Our authority over Satan and demons is based on what Christ did 2,000 years ago on the cross. Colossians 2:15 states, *He took away the weapons of the powers and authorities. He made a public show of them. He won the battle over them by dying on the cross.* 

Satan no longer has the authority over you. unless you give it back to him through sin. If you are saved, then Jesus' triumph over Satan and demons is your triumph, Jesus' victory is your victory. Because of this you now have authority over Satan and demons in his name and by his blood.

**Binding and Loosing** – Matthew 18:18 states, "Whatsoever you bind on earth is bound in heaven." While this passage is talking about forgiving and releasing someone from their sin and its effects, it can also be applied to whatever has caused or instigated the sin. This prayer will get to the root of the sin, what has caused it and remove it so those effects are no longer in place and can't be responded to again unless you want to. Because Satan and demons can be behind much, NOT ALL, sin, this prayer is a valuable weapon when dealing with the enemy and his schemes because Jesus won for us and gave to us his authority over Satan and demons. The Holy Spirit may quicken to us that we need to take authority and bind the enemy as he tries to come against us, our nation, other believers or our families.

Daily putting on the full armor of God – Ephesians 6:10-17 (LTB) reads, Last of all I want to remind you that your strength must come from the Lord's mighty power within you. Put on all of God's armor so that you will be able to stand safe against all strategies and tricks of Satan. For we are not fighting against people made of flesh and blood, but against persons without bodies—the evil rulers of the unseen world, those mighty satanic beings and great evil princes of darkness who rule this world; and against huge numbers of wicked spirits in the spirit world. So use every piece of God's armor to resist the enemy whenever he attacks, and when it is all over, you will still be standing up. But to do this, you will need the strong belt of truth and the breastplate of God's approval. Wear shoes that are able to speed you on as you preach the Good News of peace with God. In every battle you will need faith as your shield to stop the fiery arrows aimed at you by Satan. And you will need the helmet of salvation and the sword of the Spirit—which is the Word of God. Pray all the time. Ask God for anything in line with the Holy Spirit's wishes. Plead with him, reminding him of your needs, and keep praying earnestly for all Christians everywhere.

We must put on the whole armor of God to withstand the attacks of the enemy. We cannot just wear the pieces of armor that we like. We must wear it all. Here are the items:

<u>Put on the Strong Belt of Truth</u> – The loin belt was the most vital part of armor a soldier wore. All the other parts of the armor were attached to this piece of equipment. Without the loin belt the soldier had no armor to speak of and therefore no confidence in being protected while fighting. The loin belt of truth is the "written word of God".

When you ignore the Word of God – both Logos the written word and Rhema the freshly revealed word, you begin to come apart at the seams. In David Chadwick's Moments of Hope: "The first piece of the armor is the belt of truth. Truth, by its very definition, is exclusive. It means something is true, and other things are lies. The evil one is the father of lies (John 8:44). Every lie finds its origin in him." IF you do not know the truth, how can you fight or protect yourself from the enemy and his lies?

The Breastplate of God's Approval/Righteousness – The breastplate was the most beautiful piece of weaponry that the soldier possessed. It was the first thing you noticed about him. The breastplate was the heaviest piece of weaponry that the soldier wore and it could weigh anywhere from 40-75 pounds. The breastplate was also an offensive weapon. The plate was so shiny that the glare of it on a sunny day would blind their enemies. We wear to cover our hearts because Satan wants to hurt you badly. He tells us that we are not righteous and of no value to God. God could never use you. Lies, all lies! If you believe the accusations of the enemy by not putting on the breastplate of righteousness, then you can be injured immensely and for a long time. Believing in the righteousness that was gained on the cross and given to you when you got saved, will protect your heart and mind with that truth. A very high percent of the body of Christ is still struggling with condemnation. This causes them to be weak in their stand against Satan. When you understand in your heart that Jesus made you righteousness you do not have to fear what the devil or man can do to you.

Walk in the Shoes of Peace – The shoes of a soldier were made of bronze or brass composed of two parts: 1) the greave, and 2) the shoe itself. The greave went from the top of the knee to the lower leg and rested on the upper portion of the foot. This made the whole thing look like a boot. The shoe itself was made of two pieces of metal with the top and bottom covered over with brass. The sides of the shoe were held together by durable leather. On the very bottom of the shoes were very dangerous spikes, ranging from one to three inches in length. Peace will not only protect you but it will keep the enemy under your

feet. Peace with God is something you received at salvation having been transformed from the kingdom of darkness into the kingdom of light as his own son or daughter. This is the good news or gospel we preach to others. We know where and whose they currently are and are charged by Christ to advise them of this new remedy and life they can have; how they can turn from their sin, be at peace with a God who loves them and is calling them to become part of his family.

<u>Use the Shield of Faith</u> – The fourth piece of weaponry was the shield. When the shield of a soldier was not in use, it was fastened to the loin belt. Your faith is attached to the Word of God. Faith and the Word of God are inseparable. Because the protective shield was made of leather, without proper care it would become hard, stiff and brittle. If not correctly oiled it would harden and crack when under pressure and fall to pieces. Our lives need a fresh touch of the Holy Spirit or our faith becomes hard, stiff and brittle.

The shield was held out in front of the soldier for protection and covered all the other parts of the armor. Our faith needs to do the same. When you are walking in faith you can confidently say, "Here comes another arrow from the evil one" and then lift your shield of faith and watch as that arrow bounces right off you. When you walk in faith, you are not affected mentally, emotionally, or physically, by the fiery darts of the enemy. Remember too that corporately as the body of Christ we have power and must stick together and fight for each other especially at times when we are under attack.

<u>Wear the Helmet of Salvation</u> – The helmet of the soldier was a flamboyant yet highly important piece of weaponry. One blow to the head by any of the enemies' weapons and the soldier could easily die. If your salvation, like a helmet is worn tightly around your mind, protects our minds when the enemy attacks, he cannot succeed. Healing, deliverance, preservation of mind and soundness are all part of your salvation. When you walk in your helmet of salvation, you think like God thinks, you reason like God reasons, you believe like God believes, and you act like God acts! God intends for every cell in your body to be transformed and dominated by your new birth.

<u>Use the Sword of the Spirit</u> – Which is the Word of God. There were many different types of weapons that soldiers used in battle. And while we have listed here several weapons that we have, nothing is more important than the Sword we have been given. It is the most effective weapon that God has given to us to fight against the enemy. It is the Word of God. It is so important and effective, that it is the only weapon Jesus used during his temptation in the wilderness by Satan. When the devil tried temptation after temptation against Him, Jesus used the sword of the Spirit / the Word of God to counter each time. (Luke 4:1-13). A quickened word from scripture or a word from the Lord, that the Holy Spirit drops into one's

mind, speaks truth to the situation and attack you are under. It confronts the lie, the sin, the temptation with truth and settles the issue.

<u>Prayer</u> – The Ephesians passage says to pray all the time, asking God for your needs, obviously help in whatever battle you are involved in, but not only for yourself, but for all Christians who are in their own battlefields at the same time you are. He does not say how to pray or which kind of prayer to use, but besides a heartfelt "HELP!" there are many other types of prayer that can be used not only in the heat of battle but in all situations and to grow your relationship with God. Here is a list of types of prayer from portions of Dr. Rick Renner's book, entitled "Dressed To Kill."

Thanksgiving	Adoration/Worship	Supplication	Intercession
Meditation	Transformation	Blessings	Confession
Repentance	Vows	Tongues	Deliverance
Dedication	Agreement	Corporate	Prayer of Command
D : W			

Praying the Word back

The Spiritual Disciplines – The spiritual disciplines help you develop habits, actions, attitudes, and a lifestyle of maturing in your faith. Since we are called to become more like Christ, the spiritual disciplines can help us toward that end of being conformed to the image of Christ. We put in the efforts but only God can give us the growth. It seems that anything can be a spiritual discipline if its purpose is to help you become more like Jesus.

1 Timothy 4:7-8 (TLB) reads, Don't waste time arguing over foolish ideas and silly myths and legends. Spend your time and energy in the exercise of keeping spiritually fit. Bodily exercise is all right, but spiritual exercise is much more important and is a tonic for all you do.

So exercise yourself spiritually, and practice being a better Christian because that will help you not only now in this life, but in the next life too. While the Bible does not come out and give us a list of activities that will help you grow in your Christian faith and strengthen your walk with God, there are some obvious activities that will help you grow closer to God, help you take better control of your flesh, and become a reliable member of the Body of Christ. I will list a few here but the Internet has lists, charts, and explanations that if checked out with the guidance of the Holy Spirit, may give you some options that suit your needs.

The spiritual disciplines can be divided into three categories: Inward spiritual disciplines; Outward spiritual disciplines; and Corporate spiritual disciplines. Let's look at the activities in each category and what it is used for to produce in your life.

## **Inward Spiritual Disciplines**

Study: Both bible and other topics God presents you. Valuable for renewing your mind with truths.

Bible memorization: Have at the ready, scriptures that speak to your heart, help fight the enemy.

Bible reading: As you read, you'll learn more about God, the more you know, the more you grow.

Prayer: Personal dialogue with God. A time to ask, release, receive directly from God. All day activity.

Rest: God did, so should we. Refresh/renew your spirit and body. Activity can overwhelm and exhaust.

Sacrifice: Give up a desire, trust God to provide, put yourself 2nd, other's needs over your own.

Secrecy: Seeking only God's approval, doing things anonymously, putting no stock in other opinions.

Stewardship: Be a wise manager of ALL God has given you, use them in ways that please God.

Meditation: Ponder the mysteries of faith, life, God and let the truths sink into your soul.

Patience: Learn to put aside your timetable, frustration with other's actions, speed, wait for God to act.

Fasting: Deny food, other needs/wants for time seeking God. Develops self-denial and self-control.

Delayed gratification: Helps you control your wants. Prioritize your actions: God first, you second.

Chastity: Helps you learn to control and put in proper place sexual desires – whether single or married.

Journaling: Keep a record of your life, growth, insights from God. A written account of your progress.

## **Outward Spiritual Disciplines**

Service: Concentrate on the needs of others, find ways to help, serve, honor others out of love for them.

Solitude/Silence: Refocus our life, time, activities in the presence of God, away from other influences.

Submission: To God/those over you. Honor other's choice/decisions. You don't have to control all.

Simplicity: Helps you focus, not be after resources for yourself, keeps you from the hold of things.

Generosity: God has command that we give cheerfully and in full measure. As we give, he will supply.

Witness: Go beyond your friends to tell the good news, develop new believers, biblical mandate for us.

## **Corporate Spiritual Disciplines**

Worship: God is due all thanks, praise, adoration, awe. Worshipping alone enhances corporate worship.

Fellowship: For us and others, it enhances our joys, divides our sadness, creates a sense of family for us.

Celebration: Gratitude and joy expressed for all God has done, enhanced when done with the Body.

Confession: To admit sin = forgiveness from God, free from that sin, trust in those we shared it with.

Guidance: Spiritual direction from a wise counselor can be a life saver, changer, and grower.