



# *SPIRITUAL WARFARE*

A STUDY IN BEING RELENTLESS





## A NOTE FROM NATHANAEL STEEL

---

On behalf of my wife Lacey and me, it is an honor to share these studies with you. They are the result of our combined heartache, healing, education, and transformation.

The goal of the *Christian Living Study Series* is to encourage and equip Christians to live free, joy-filled lives. Our desire is that Christians truly live as disciples of Jesus. Today, the word 'disciple' is generally unfamiliar—especially outside the Christian community. It is often insufficiently defined as an apprentice or student. A disciple of Jesus is so much more. They devote their life to learning about Him—living their life fully submitted to, trusting in, and empowered by Him. Being a true disciple of Jesus will transform your life. To this end, we recommend that you participate in each study in two ways:

**First, choose a partner.** Due to the nature of the questions, we recommend, if married, your partner be your spouse. If you're not married, choose a partner of the same gender. You and your partner will begin each study with prayer. Then, work through the study—reading the main Scriptures (indicated by ) and text, prayerfully discussing the *Response Questions* (indicated by ) and implementing the *Next Steps*.

**Second, journal.** Personal journaling through the lessons will help solidify what the Holy Spirit is doing in your heart and mind. Write out your answers and conversations to the *Response Questions*; your experience with the *Next Steps*; and your own thoughts, objections, and struggles with the studies. This journal will be a record of God's grace, and transformation in your heart, mind, and life.

While each study booklet may be stand-alone, the *Christian Living* series is a process; a linear progression of theology and application. With this in mind, we recommend going through the booklets in order. A full list is available at the end of this booklet.

Our prayer is that you would be vulnerable; challenging yourself to openly discussing and answering the questions with your partner. Also, that you would allow Jesus to transform you. Finally, that the Holy Spirit would empower you to accomplish Jesus' mission for God's glory, for other's good, and for your joy.

Your friend,



Nathanael P. Steel



# *SPIRITUAL WARFARE*

A STUDY IN BEING RELENTLESS

## *KEY VERSE*

---

Ephesians 6:10-12

## *KEY THEME*

---

As Christians, we are equipped with spiritual weapons. These weapons are designed to defeat our spiritual enemy, the Devil, and his servants. Our enemy wages a war for our heart on the battlefield of our mind. Although already disarmed and defeated by Christ, we may empower the enemy through our thoughts, actions, and beliefs. This booklet will explore four key truths regarding our spiritual warfare: Battleground, Armies, Weapons, and Cost.

## *KEY TEACHINGS*

---

Battleground • Armies • Weapons • Cost

## Study 1:

# BATTLEGROUND



Ephesians 6:10-12

---

**BIG IDEA:** We have an enemy. His plan is to capture our heart. This fight for our heart takes place on the battlefield of our mind. Therefore, his attacks are often attacks against our identity in our thoughts and beliefs. To conquer our enemy, we must be aware of these tactics and choose to fight against them.



*What implications do you see your actions, thoughts, motives, circumstances, and relationships having on your heart?*

---

## THE BATTLE LOCATION



Romans 7:23

---

We live in a perpetual state of war fought on the battlefield of our mind.<sup>1</sup> Our heart, the culminating outflow of who we are, is likened to a precious stream that is being fought over.<sup>2</sup> Our mind—thoughts, motives, and intellect—is where the battle for our heart is being fought. If the battlefield is captured or controlled by the enemy then our hearts are surrendered to him. Jesus uses the analogy of a tree. Whatever we choose to feed a tree determines its health. Whatever we allow into our minds will determine the health of our heart, which affects our actions and words.<sup>3</sup> We capture and kill (“destroy” and “punish”) any thought (justification, excuse, motivation, or belief) about God, others, and ourselves that does not agree with God. This means that any thought that does not take into consideration God’s character, who Jesus is, or what

---

<sup>1</sup> Ephesians 6:12; 2 Corinthians 10:3-6; James 4:1; 1 Peter 2:11

<sup>2</sup> Proverbs 4:23

<sup>3</sup> Matthew 6:15-20; 12:33-35; Luke 6:43-45

He has accomplished is killed.<sup>4</sup> We kill these thoughts by replacing them with truth.<sup>5</sup> Simply not believing a lie does not kill it. We must exchange the lie with the truth. This voids any possibility of the lie coming back to life.<sup>6</sup>

---

**“SPIRITUAL STRONGHOLDS BEGIN WITH A THOUGHT. ONE THOUGHT BECOMES A CONSIDERATION. A CONSIDERATION DEVELOPS INTO AN ATTITUDE, WHICH LEADS THEN TO ACTION. ACTION REPEATED BECOMES A HABIT, AND A HABIT ESTABLISHES A ‘POWER BASE FOR THE ENEMY,’ THAT IS, A STRONGHOLD.”**

~ELISABTEH ELLIOT

---

We kill rebellious lies by replacing them with the truth of the Gospel—what Jesus has accomplished on our behalf.<sup>7</sup>



*What implications do you see your actions, thoughts, motives, circumstances, and relationships having on your heart?*

---

## OUR ENEMY

---



1 Peter 5:8<sup>8</sup>

Our enemy is the devil and his servants. They are finite spiritual beings, with limitations. The enemy cannot be in all places at all times. While the enemy can speak into our minds, they cannot read or know our thoughts. They can, however, read and observe our body language, habits, emotions, and unresolved past—using them against us.<sup>9</sup> They are not all powerful as God is. Christ has fully defeated and disarmed the enemy. The only power they have is in their ability to lie, manipulate, and deceive. He gains ground in our minds through our unwillingness to trust the Holy Spirit.<sup>10</sup>

---

<sup>4</sup> 2 Corinthians 10:5-6

<sup>5</sup> Philippians 4:8

<sup>6</sup> Romans 1:18-25

<sup>7</sup> The Gospel can be summed up in 2 Corinthians 5:16-21 and Galatians 5:1. Christ has set us free from the penalty and power of sin. The Father extended His forgiveness to us through Jesus. We're reconciled when we repent.

<sup>8</sup> See also John 8:44; 10:10; Ephesians 6:12

<sup>9</sup> Ephesians 4:26-27; James 3:14-15; 4:1-4. See also C.S. Lewis. *The Screwtape Letters: How a Senior Devil Instructs a Junior Devil in the Art of Temptation*. (Time Inc, 1961), pp.?.

<sup>10</sup> Colossians 2:6-15; Ephesians 4:27; John 8:44; 1 John 4:1-6

---

**“...OUR APPROACH TO SPIRITUAL WARFARE USUALLY FALLS INTO ONE OF TWO EXTREMES—EITHER WE PLACE AN UNDUE EMPHASIS ON SATAN AND HIS POWERS OR WE COMPLETELY IGNORE THE EXISTENCE OF A PERSONAL ENEMY.”**

~CHIP INGRAM

---

The enemy is not always attacking. He waits for opportune times, allowing for circumstance or people to come against us. He may also allow us to self-destruct through our own destructive habits or rebellion and sin.<sup>11</sup>



*In what areas of your life (relationships, finances, negative circumstances, etc.) do you not acknowledge, thank, or seek God?*

---

## THE ENEMY'S ATTACK

---



Ephesians 6:12<sup>12</sup>

---

Because the enemy has been disarmed, his only offensive weapon is deception and manipulation. This, however, when given into, allows the enemy opportunity to attack. The following are examples of how the enemy attacks us once we've given into his deception.

**Culture** – One's **culture** is defined by the ideas, behaviors, attitudes, and traditions of one's family, local community, and country. The Government, education, media, and arts and entertainment of one's country greatly influence the values, customs, and traditions of their culture.<sup>13</sup>

**Idolatry** – An **idol** is anything we do or belong to that brings us security, comfort, or identity outside of trusting Jesus. In addition to these, an idol can be anything we use to escape life or our circumstances physically or mentally.<sup>14</sup>

---

<sup>11</sup> Luke 4:13; Matthew 26:16; Luke 17:1-2; Galatians 5:13; Ephesians 4:27; James 1:14-15

<sup>12</sup> See also 1 Corinthians 10:3; 1 Peter 5:8

<sup>13</sup> Ephesians 6:12 (1 John 2:14-17)

<sup>14</sup> 1 Corinthians 10:14-22. See also Dee Brestin. *Idol Lies: Facing the Truth about Our Deepest Desires*. (Worthy Publishing, 2012), pp.?.

**Relationships** – Family, spouses, co-workers, or people in general may be used to attack our minds through intentional or unintentional offenses.<sup>15</sup> (See *Identity and Forgiveness Booklets*)

**Partnerships** – Collaborating with an unbeliever toward a specific goal will bring attacks from the enemy. These partnerships include, but are not limited to, dating and marriage, business, and intimate friendships.<sup>16</sup>

**Abstinence Teachings** – The enemy desires to confuse and complicate the Gospel. He may do this through “Christian” teachings that require one to prove their righteousness by the denial of good things (e.g. food, marriage, etc.).<sup>17</sup>

**Anger & Bitterness** – Unresolved conflicts and offenses are always a prime opportunity the enemy will use to attack us.<sup>18</sup> (See *Conflict and Forgiveness Booklets*)

**Marital Celibacy** – Sex within the institution of marriage between a man and a woman serves multiple purposes: it’s enjoyable, it’s for procreation, it’s for relational intimacy, it’s for vulnerability and trust, it’s for protection against unfaithfulness, and it’s to comfort.<sup>19</sup> Sex, when not participated in for an extended period, breaks down those purposes. This creates opportunity for the enemy to distract and attack.<sup>20</sup>

**Heresy** – Any teaching or “divine revelation” that rejects, adds to, or changes who Jesus is or what He has accomplished is from the enemy. One primary example is works- or shame-based salvation.<sup>21</sup>

**Busybody** – Laziness, gossip, slander, division, bitterness, eavesdropping, or meddling are all ways the enemy can side-track us from our purpose. Participating in these will enable the enemy to fill your mind with deception and lies.<sup>22</sup>

**Judging & Condemning** – When we choose to accuse, lie, believe or assume the worst about others we allow the enemy to gain

---

<sup>15</sup> Luke 17:1; 2 Corinthians 10:3

<sup>16</sup> 2 Corinthians 6:14-7:1

<sup>17</sup> 1 Timothy 4:1-5 (Acts 10:1-11:18)

<sup>18</sup> Ephesians 4:25-32

<sup>19</sup> Mark Driscoll. *Religion Saves: And Nine Other Misconceptions*. (Crossway Books, 2009), pp.27.

<sup>20</sup> 1 Corinthians 7:5

<sup>21</sup> 1 Timothy 4:1-5; Galatians 5:1-12

<sup>22</sup> 1 Timothy 5:9-16

ground in our mind. Judging the thoughts, motives, and intentions of others rejects the hope that the Holy Spirit desires to bring. If we dwell on our own sin through regret, guilt or shame we are rejecting what Jesus has done on our behalf.<sup>23</sup>

**Torment** – The enemy loves to afflict and oppress us. He may use sickness, fatigue, or confusion to bring discouragement. While the enemy may use physical sickness as a weapon, not all physical sickness is a result of demonic involvement.<sup>24</sup>

**Physical Harm** – Self-injury, cutting, murder, suicide or any form of purposeful mutilation that defaces the image of God is an attack of the enemy. He desires to kill and destroy us because we reflect God.<sup>25</sup>

**False Miracles** – The enemy is always trying to distract, obscure, or sensationalize God's work. In doing this, the enemy is able to replace the worship of Jesus with the worship of whatever is happening. Along with this, the enemy will empower people with abilities to do supernatural work that distract and enslave those doing the works and those observing.<sup>26</sup>



---

*What is the predominant accusation, destructive belief, or negative thought that is continually repeated in your mind? How far back do you remember that thought being in your mind? What circumstance or person was involved in that earliest memory?*

---

## CONCLUSION

---

We have an enemy. However, he is not all-powerful. Jesus defeated the enemy when He died on the cross over two millennia ago. The power the enemy uses against us is only given to him when we choose not to acknowledge, thank, and seek God. Our enemy desires to steal our hope, joy, and peace. He seeks to kill us physically, emotionally, relationally, and spiritually. Ultimately, the enemy of our souls desires to destroy every good thing that God has planned and designed us for.<sup>27</sup>

---

<sup>23</sup> John 5:18-21; Exodus 20:16; Revelation 12:10; 2 Corinthians 7:10

<sup>24</sup> Acts 5:1; Matthew 9:32; 12:22; Mark 1:32; James 3:13-16 (1:6-8, 4:8)

<sup>25</sup> Genesis 1:26-27 (James 3:9); Matthew 17:14-18; 27:3-5 (Luke 22:3); Mark 5:1-6; John 8:44; Acts 19:11-16

<sup>26</sup> Acts 8:9-24; 16:16-18; 1 Thessalonians 2:9-10

<sup>27</sup> John 10:10

## STUDY RESPONSE

---

**DISCUSSION:** Pray through and discuss the above questions (🗣️) with your partner. Journal your response to this study. Include any questions or differing opinions and thoughts that were shared in your conversations.

**NEXT STEP:** Using the above ways the enemy attacks, how will you begin to identify areas in your mind that the enemy has influenced your mind? How might you apply the **Identity** and **Forgiveness Booklets** in identifying these areas?

## RECOMMENDED RESOURCES

---

**The Screwtape Letters: How A Senior Devil Instructs A Junior Devil In The Art Of Temptation**

*C.S. Lewis*

Time Inc, ©1961

**The Stronghold Of God: Finding God's Place Of Immunity From Attacks Of The Enemy**

*Francis Frangipane*

Charisma House, ©2008

**The Bait Of Satan: Living Free From The Deadly Trap Of Offense**

*John Bevere*

Charisma House, ©2004

## Study 2:

# ARMIES



Romans 12:3-8

**BIG IDEA:** Two armies wage war in our mind for our heart. Jesus with the Kingdom of Light and Satan with the kingdom of darkness control these armies. We conquer the enemy in our minds by acknowledging, thanking, and seeking God in every area of our life.



*With what circumstances or relationships is it difficult to acknowledge God's goodness and provision?*

---

## OUR COMMANDING OFFICER



Ephesians 6:10<sup>1</sup>

Jesus is our commanding officer. We begin life in relationship with and entrusted to Him. Early in our growing up years, however, we choose to rebel and reject Him. Reconciliation with the Father happens the moment we trust His life, death, and resurrection. His death frees us from the penalty of sin. His resurrection makes us victorious over the power of sin.<sup>2</sup> It is Jesus, through the power of the Holy Spirit that has defeated the enemy. The same spirit empowers us to overcome the enemy's plan for our life—fear, death, and destruction.<sup>3</sup>



*With what past sin is it difficult for you to be free from shame, guilt, or condemnation? With what habitual sin is it difficult for you to see yourself free?*

---

<sup>1</sup> John 14:1-15:1-17; Ephesians 1:3-14; Philippians 2:9-11

<sup>2</sup> 2 Corinthians 5:16-21; 1 Peter 1:18-19; Revelation 12:10-11

<sup>3</sup> Galatians 2:20-21; Colossians 1:15-23

## LIFESTYLES OF TRUST

---



John 15:1-11

---

We demonstrate our trust in Jesus by living out of what he has commanded us to do.

### 1. LOVE

**Love** is sacrificing our own will and desires for the sake of others. It prefers others needs and desires above our own.

---



Mark 12:29-31

---

The extent to which we trust in Jesus is tested and revealed by the extent to which we love others<sup>4</sup>, especially our enemies. Our enemies, in this context, are any people who have hurt, judged, manipulated, offended, or coerced us.<sup>5</sup> It is anyone who has negatively affected our bodies, emotions, or thoughts. Love is a choice based on our understanding of how the Father loves us. It cooperates with Jesus' desire to love others. Love is not an emotion led by positive circumstances or other's reciprocation (see *Forgiveness Booklet, study 1*). We love God by acknowledging, thanking, and seeking Him in all circumstances and with all of our relationships.

---



*With who is it difficult for you to sacrifice your will and desires for their sake? In what circumstance or relationship is it difficult for you to see God's desire and plan? Why do you think this is?*

---

### 2. FORGIVENESS

**Forgiveness** is cancelling any past or current desired responses, expectations, or requirements of someone. Along with these desired outcomes, forgiveness releases and entrusts any negative consequences we may experience from past offenses to God.

---



Mark 12:29-31<sup>6</sup>

---

---

<sup>4</sup> 1 John 3:11-24; 4:7-12

<sup>5</sup> Matthew 5:43-48

<sup>6</sup> Ephesians 4:32; Matthew 6:14-15; 18:21-35; Mark 18:25

It is an act of the will and a process of the heart to identify, acknowledge, and release offenses. Forgiveness acknowledges that future consequences of past offenses may present themselves. In light of this, we are choosing to cancel any future desired outcomes and entrusting any future negative consequences to God. The truest test of love is releasing an offender from both the offense and its affects. This test requires nothing from the offender (i.e. for them to do or stop doing something). When faced with the negative affects of other's sin on us we either choose to negate the need for forgiveness (out of loyalty or love) or wrongly define what forgiveness means (removing our need to sacrificially love). Refusing, negating, or wrongly defining forgiveness produces negative affects in addition to what we may already be suffering from because of the original offense or sin. Forgiveness is an act of the will and a process of the heart. See the *Forgiveness Booklet* for more.



---

*From who in your life have you begun the process of forgiveness but are still requiring or expecting something? Who in your life is it difficult for you to see the need for forgiveness?*

---

### 3. REPENTANCE

*Repentance is a conviction in one's heart that leads to a change in our lifestyle. This Holy Spirit-empowered lifestyle change is what renews, strengthens, and guards our minds over times. It is not simply a stopping of sinful thoughts, words, actions, and motives. It is a starting of new God-focused and Spirit-led thoughts, words, actions, and motives.*



1 Corinthians 7:10-11<sup>7</sup>

---

The idea that we must only repent when a rule is broken is erroneous. True repentance is more concerned with reconciled relationships than it is with moralistic living. We repent not only when we've broken a rule but, more importantly, when we've broken a relationship through willful sin or unintentional mistakes and failures. That is, when a hurt, offense, or sin is brought to our knowledge, through the Holy Spirit, it is our responsibility to repent. It is important to genuinely seek and trust the Holy Spirit to affirm revealed offenses and sin. Repentance willingly exposes and confesses sin with the foal of

---

<sup>7</sup> Luke 13:1-5; 1 Thessalonians 1:9

freedom and restoration. It is rooted in Godly sorrow that produces fruit in-line with the Holy Spirit. Repentance will always be life-giving, hope-filled, and results in our joy. See the *Repentance Booklet* for more.

---



*With whom do you have a broken relationship because of something you have done or said? With what willful thoughts, words, actions, or motives do you still feel shame, condemnation, guilt, hopelessness, or regret?*

---

## OUR ENEMY

---



1 Peter 5:6-11<sup>8</sup>

---

People and circumstances are not our enemy. However, they can be used, lied to, and manipulated by the enemy for our destruction. He then is able to speak lies, manipulate, and deceive us through these people and circumstances. This is why we must capture every thought we have and run it through the filter of who Jesus is and what He has done on our behalf.<sup>9</sup> If a thought is not true, respectable, right, pure, lovely, joy, good, or produces thankfulness in our hearts then it must be punished killed. We kill these negative Christ-less thoughts by repenting and purposefully meditating on true, respectable, right, pure, lovely, joyful, and good thoughts that produce thankfulness.<sup>10</sup> While specific circumstances or people may be the object of our desire, the enemy speaks lies, manipulation, and deceit into our mind to enticing us toward that object. We cannot separate out temptation and thought. All temptations are offered to us in our mind.

---



*What, in your mind, does not generate the qualities listed above in your heart? What specific truth can be applied to those thoughts that would produce those qualities?*

---

Our enemy purposes suffering for our destruction. Trusting the Father amidst suffering allows Him to use it for our good and His glory.<sup>11</sup>

---

<sup>8</sup> Ephesians 6:10-12; John 10:10

<sup>9</sup> 2 Corinthians 10:3-6

<sup>10</sup> Philippians 4:8

<sup>11</sup> Romans 8:28; 5:3-5; James 1:2-8

There are three primary ways that we may experience suffering:

**Tests** – *Tests are opportunities to reveal the capacity of our faith in the Father.* A test reveals what we know of who God is and what He has done. Failure in tests reveals a lack of our understanding of God's character. To pass a test, our knowledge of Him, through Scripture and the Holy Spirit, must be expanded.<sup>12</sup>

**Trials** – *Trials are opportunities to reveal the quality of our faith in the Father.* A trial reveals the motivation of our heart and the extent to which our actions truly reflect our faith in God. Failure in trials reveals a lack of genuine love and trust in the Father. To pass a trial, all of our action and intentions must be from a heart that acknowledges, seeks, and thanks God.<sup>13</sup>

**Temptations** – *Temptations are opportunities to reveal our commitment to our faith in the Father.* A temptation reveals areas in our mind and heart that we have given the enemy access by not trusting Jesus. Failure in temptations reveals a lack of trust in who the Father is, His character, or His design for us. To pass a temptation, our second thoughts (a response to the initial tempting thought) must reveal our reliance upon and agreement with God's character and plan for our life.<sup>14</sup>



*What person or circumstance has the enemy used as a weapon against you? How have you responded to these attacks from the enemy?*

---

## CONCLUSION

---

The enemy's plan is to steal, kill, and destroy our peace, joy, and relationships, especially with our Heavenly Father. The enemy will do everything in his power and employ whatever means necessary to capture the allegiance of your heart. He uses our circumstances—health, finances, education, occupation, etc.—to make us doubt the Father's goodness and provision. He uses people—family, friends, coworkers, strangers, etc.—to wound and offend us, leading us toward bitterness and anger rather than love and forgiveness. The enemy's desire is that we waste our suffering. He does this by drawing our attention to where it's coming from or why we're suffering rather than what the Holy Spirit is trying to produce in us through is.

---

<sup>12</sup> Romans 12:2; 2 Corinthians 13:5; Hebrews 3:8; 11:17; James 1:3-8

<sup>13</sup> 1 Corinthians 3:12-15; James 1:12-15; 1 Peter 1:6-7; 4:12-13

<sup>14</sup> Hebrews 2:14-18; 4:14-16; 1 Corinthians 10:6-14

## STUDY RESPONSE

---

**DISCUSSION:** Pray through and discuss the above questions (🗣️) with your partner. Journal your response to this study. Include any questions or differing opinions and thoughts that were shared in your conversations.

**NEXT STEP:** In light of this study, how will you purposefully acknowledge, seek, and thank God amidst future tests, trials, and temptations? What specific action steps will you take as part of this plan to purposefully acknowledge, seek, and thank God?

## RECOMMENDED RESOURCES

---

### **Doctrine: What Christians Should Believe**

*Mark Driscoll & Gerry Breshears*

Crossway Books, ©2010

### **The Screwtape Letters: How A Senior Devil Instructs A Junior Devil In The Art Of Temptation**

*C.S. Lewis*

Time Inc, ©1961

### **The Stronghold Of God: Finding God's Place Of Immunity From Attacks Of The Enemy**

*Francis Frangipane*

Charisma House, ©2008

### **The Bait Of Satan: Living Free From The Deadly Trap Of Offense**

*John Bevere*

Charisma House, ©2004

## Study 3:

# WEAPONS



Ephesians 6:10-20

---

**BIG IDEA:** Our Commanding Officer, Jesus, has given us weapons to defeat the enemy. Being empowered by the Holy Spirit will enable us to wield these weapons with grace, wisdom, and skill. These spiritual weapons defeat the enemy, his servants, and their works and affects in our life.



*When is it easy or natural for you to become overwhelmed, confused, or distracted in life? How do you generally get out of those times?*

---

## OUR WEAPONS



Galatians 5:19-24

---

While we fight a spiritual battle in our mind, our lives are practically lived out by our reactions or responses to circumstances and relationships.

**Reactions** are habitual, self-motivated, demonically-inspired thoughts and actions toward negative, uncomfortable, and uncontrollable people and circumstances. These self-focused reactions often perpetuate the cycle of our discomfort or irritation.

**Responses** are premeditated, life-giving, Holy Spirit-led thoughts and actions toward negative, uncomfortable, and uncontrollable people and circumstances. These Christ-focused responses focus on the characteristics God is producing in us through the Holy Spirit.



*What do you tend toward: reacting or responding?*

---

God has given us specific weapons and armor to defeat the enemy's schemes in our life. Paul, in Ephesians chapter 6, uses a Roman Soldier's armor as a reference for his audience. A soldier's armor served a two-fold purpose—protection and identification. Armor protects against attacks from the enemy. Identification reveals the rank within the army.



### BELT OF TRUTH

Ephesians 6:14; Isaiah 11:5

---

A soldier's thick belt protected both the lower organs along with the groin and reproductive organs. Our legacy is anything we pass on to the next generation. Living with a legacy mindset that is rooted in truth means that we are mindful and aware of what we are passing on to others. We can either leave behind a legacy of habitual sin and unfaithfulness or one of integrity and trustworthiness in Jesus.

---



*How are you building a legacy upon the truth of who Jesus is and what He has done in your life?*

---



### BREASTPLATE OF RIGHTEOUSNESS

Ephesians 6:14; Isaiah 59:17

---

The breastplate protected a soldier's vital organs especially his heart. A Biblical perspective on identity defines humans as made in the image of God. Our identity is intrinsic. Our heart, however, is affected by our habitual actions and responses. What we do or our response to what is done to us affects our heart. Therefore, to protect against the lies of the enemy, regardless of our actions, we must trust Jesus righteousness for our identity. The enemy's greatest and most effective strategy is to distort or devalue the character of God and the truth of who we are. He can not change God or our identity. However, he can try to get us to believe a lie about God's character therefore, invalidating our identity.

---



*When is it easiest for the enemy to attack your identity?*

---



## SHOES OF READINESS

Ephesians 6:15; Isaiah 52:7

---

The feet and leg protection of a soldier included both sandals and shin guards. This enabled the soldiers to travel nearly anywhere their commanding officer assigned them. With our foundation in the Gospel (Jesus freeing us from the penalty and power of sin), our purpose is to share our story of freedom and victory with others. Our story encourages and empowers them to experience this same freedom and victory. Evangelism is more than just talking about Jesus, it is telling our personal story of what Jesus has specifically freed us from and given us victory over.<sup>1</sup>

---



*Specifically what habitual sins has Jesus freed you from? What destructive thoughts and beliefs has Jesus made you victorious over?*

---



## SHIELD OF FAITH

Ephesians 6:16

---

The most common shield a soldier would carry, the Scutum, was about 3½ feet (1.06 meters) high by 2 feet (.06 meters) wide. It was semi-curved and was light enough to be held in one hand while large enough for a soldier to kneel behind. Not only was the shield used for individual protection but also in conjunction with other soldiers and their shields. Together it would protect a regimen of soldiers. Our faith—complete dependence and implicit trust in the Father—is the single greatest defensive tool we possess against the enemy's lies. When attacked by the enemy, we need to partner with other believers and their faith, strengthening our own faith. This guards our mind against the lies, deceit, and manipulation of the enemy. Living by faith in every moment makes the difference between a defeated soldier of Jesus or a victorious saint.

---



*When do you find it difficult to tell someone you trust when you're struggling with trusting God? What thoughts and beliefs are often present amidst this difficulty?*

---

---

<sup>1</sup> Revelation 12:11; John 4:39; Luke 8:39



## HELMET OF SALVATION

Ephesians 6:17; Isaiah 59:17

---

A soldier's helmet protected his head from a fatal attack. It was uniquely balanced for comfort, flexibility, and utility. Our salvation is not based upon our experience, knowledge, wisdom, abilities, or efforts. Nor is it contingent upon what we've willingly participated in or what has been done to us without our consent. We must protect and guard our mind against rationalizing, justifying, or believing our salvation is based on anything other than what Jesus has accomplished on our behalf. We are saved when we receive Him.

---



*What expectations do you have of how a Christians should act or conduct themselves?*

---



## SWORD OF THE SPIRIT

Ephesians 6:17; Hebrews 4:12; Isaiah 49:2

---

The sword was a Soldier's primary offensive weapon. Training nearly everyday of his enlistment, a soldier became well accustomed to his sword—its weight, movement—developing the quickest techniques to take down his enemy. While training consisted of individual practice, Roman soldiers fought almost exclusively with a regimen of soldiers. Using the shield for protection and momentum, the regimen would knock their enemy off balance then stab him with their swords. The army would continue advancing in this manner, defeating their enemy as one collective unit. Our sword, the Word of God (primarily the Bible), is the single most important offensive weapon we have to defeat the enemy in our life. It is capable of cutting to the core of our heart; killing the idols we have built up. We must be in the Word daily, relying on the Holy Spirit to encourage, convict, and empower us through it. Affectively wielding the Sword of the Spirit requires both our personal faith and the Church body. We defeat the lies of the enemy through the truth of Scripture.

---



*What expectations do you have of how a Christians should act or conduct themselves?*

---



## COMMUNICATION WITH OUR COMMANDER

Ephesians 6:18-19

---

Prayer is warfare. It is engaging the enemy with the power of the living God. Prayer acknowledges our reliance upon the Father while demonstrating our trust in Him.

---

***“I REALIZE THAT MANY CHRISTIANS HAVE NOT BEEN PRAYING BECAUSE THEY HAVE NOT ACCEPTED THE REALITY OF WAR IN WHICH WE FIND OURSELVES.”***

~FRANCIS FRANGIPANE

---

Three primary methods of prayer we be implemented in our spiritual battle:

**Personal Prayer** – This is simply communication with the Father. We acknowledge, seek, and thank Him for His goodness and provision in our personal lives.

**Corporate Prayer** – This is communication with the Father where one or more believers are in agreement.

**Intercessory Prayer** – This can be personal or corporate communication with the Father on behalf of others—both believers and unbelievers. All believers should, at the very least, pray specifically for the pastors and leaders God has placed over them.



*Who or what do you generally pray for?*

---

## ***CONCLUSION***

---

While seasons of peace and rest in our Christian walk may be present, we must always be on guard. In times of peace, we must be strengthening the weapons and skills we have been given so that when the enemy attacks—either us or another Christian—we are prepared. We will be able to use the weapons we’ve been given skillfully, accurately, aggressively, and wisely.<sup>2</sup>

---

<sup>2</sup> Luke 4:13; 2 Timothy 4:1-5; 1:6-7; 1 Corinthians 12:1-7

## STUDY RESPONSE

---

**DISCUSSION:** Pray through and discuss the above questions (🗣️) with your partner. Journal your response to this study. Include any questions or differing opinions and thoughts that were shared in your conversations.

**NEXT STEP:** How can you be intentional with your times in God's Word? What changes do you need to implement in your prayer life to make it more beneficial for you? For the pastors and leaders over you? For those with whom you're in relationship?

## RECOMMENDED RESOURCES

---

**Doctrine: What Christians Should Believe**

*Mark Driscoll & Gerry Breshears*

Crossway Books, ©2010

**The Screwtape Letters: How A Senior Devil Instructs A Junior Devil In The Art Of Temptation**

*C.S. Lewis*

Time Inc, ©1961

## Study 4:

# COST



Galatians 2:20

**BIG IDEA:** The cost of our freedom in Jesus and His victory over the enemy in our lives is the death of our habitually inclined sinful flesh. We must continually choose to resist and reject desires that are contrary to God's will and His purpose in our life. This requires us to acknowledge, seek, and thank Him regardless of the circumstance.



*What comfort, security, necessity, relationship, "right", or lifestyle are you unwilling to part with for the sake of your freedom and victory over sin?*

---

## OUR FLESH



Ephesians 4:17-19

Our **flesh**, in this context, is the habitual inclination toward unnatural passions and desires. This inclination is developed over time through trusting ourself rather than God.<sup>1</sup> When we choose to fulfill our natural passions in unnatural ways, we develop sinful habits of fulfilling these passions.<sup>2</sup>

---

***“ALL SIN PROMISES TO SERVE AND PLEASE BUT ONLY DESIRES TO ENSLAVE AND DOMINATE.”***

~ED COLE

---

We develop a proclivity toward dissatisfaction and sin thereby developing a sinful nature. Our nature is then the sum total of our habits. It is affected by our habitual actions and reactions. While our physical bodies are dying, our ability to choose is alive.

---

<sup>1</sup> Romans 1:18-32; Jude 7; 2 Peter 2:10

<sup>2</sup> Galatians 5:19-21; Ephesians 5:3-5; Colossians 5:5-9; James 3:15-16



*What negative and destructive habits (i.e., addictions to certain actions, emotions, relationships, substances, etc.) are you unable to stop?*

---

## ***KILLING OUR FLESH***

---



Luke 9:23-25

---

Jesus tells us that there is a process to killing our habitually inclined sinful passions and desires. Because of our dying bodies, this process will take a lifetime. However, our heart, mind, and will can be full aligned with and renewed—made perfect and holy—by the Holy Spirit.

1. **Deny Yourself** – Habitually choosing to reject any desire that is contrary to the will of God and His purpose for our life kills our sinful passions and desires. This includes trusting that God’s plan and design are the most fulfilling, life-giving, and joy-filled was to live.<sup>3</sup>
2. **Take Up Your Cross** – Our cross is the commitment to joyfully partner with others amidst their suffering. It is a purposeful self-sacrificing effort to bring God’s redemption and transformation into another person’s life.<sup>4</sup>
3. **Follow Jesus** – Living empowered by the Holy Spirit will enable us to follow Jesus whole-heartedly without regret. He will encourage, convict, and comfort us in our submission to the Father’s plan and design for our life.<sup>5</sup>



*For who is it difficult to sacrificially serve because of their negative and destructive choices?*

---

The process Jesus lays out for us is truly the full process of repentance. The repentance process is the only way to fully destroy our habitually inclined sinful passions and desires. Repentance regains the ground we’ve given over to the enemy in our minds. See the ***Repentance Booklet*** for more.

---

<sup>3</sup> Romans 13:14; Ephesians 4:22; Colossians 2:11; 3:9

<sup>4</sup> Galatians 6:2; Romans 15:1; 1 Thessalonians 5:14

<sup>5</sup> Galatians 5:16, 24-25; Romans 8:3-11;

The full process of repentance is as follows:

1. **The Father's Kindness** – God initiates the process of repentance by His patient kindness.<sup>6</sup>
2. **The Holy Spirit's Conviction** – God reveals anything in our life that is keeping us from living a free, joy-filled life.<sup>7</sup>
3. **Jesus Makes Restitution** – God, through Jesus, initiates the process of reconciliations by forgiving our sins.<sup>8</sup>

At this point, we must recognize the Father's earnest desire for us to be free and victorious. He initiates the process of repentance before we have even begun to acknowledge, seek, and thank Him.<sup>9</sup> His unending, unconditional passionate love and pursuit of us desires for all people to be saved.<sup>10</sup>

4. **We Acknowledge our Sin** – Confessing our specific mistakes, failures, and sins to God acknowledges that we have broken relationship with Him and others.<sup>11</sup>
5. **We Pay Restitution** – Through God's kindness, grace, and mercy we make amends, if possible, toward those we have sinned against.<sup>12</sup>
6. **We Trust Jesus' Restitution** – Trusting Jesus sacrifice for our sin frees us from the shame, guilt, condemnation, and punishment our sin deserves.<sup>13</sup>
7. **We Live Empowered by the Holy Spirit** – God, through the Holy Spirit, empowers us to live free of our past sin and victorious over temptation.<sup>14</sup>

---

**“CHEAP GRACE IS THE DEADLY ENEMY OF THE CHURCH...[IT] IS THE PREACHING OF FORGIVENESS WITHOUT REQUIRING REPENTANCE.”**

~DIETRICH BONHOEFFER

---

---

<sup>6</sup> Romans 2:4

<sup>7</sup> John 16:7-11; 3:19-21; Hebrews 4:11-13

<sup>8</sup> Romans 5:8-10; 2 Corinthians 5:16-21

<sup>9</sup> Ephesians 2:1-10; 5:2; 1 John 4:10

<sup>10</sup> John 12:30-32; Romans 5:18; 8:32; 2 Corinthians 5:15; 1 John 2:2

<sup>11</sup> Proverbs 28:13; Acts 19:18; Matthew 3:6; Mark 1:5; James 5:15

<sup>12</sup> 2 Corinthians 7:10-11; Exodus 22:1-15; Numbers 5:5-7

<sup>13</sup> Matthew 5:24; Romans 5:10; 12:18; Ephesians 2:13-22; Colossians 1:19-23

<sup>14</sup> Galatians 5:1, 16-26; Luke 22:31-32 (esp. 22:32b); Philippians 4:8

Repentance is a process of one's willingness to prove their change of heart, by the renewing of their mind, through the transformation of their lifestyle over time. This process is not instant or momentary.



*Over what thoughts, actions, and temptations is it difficult for you to trust the Holy Spirit make you victorious?*

---

Godly seeks both repentance (new habits) and reconciliation (with God and others). True repentance, therefore, has several qualities:



2 Cor 7:10-11; Gal 5:22; Lk 15:3-7

---

**Earnestness** - *A diligent, whole-hearted effort toward honest repentance.*

**Eagerness** - *A concern or deep desire to be restored.*

**Indignation** - *An anger toward the sin and its affects.*

**Fear** - *A keen awareness of our position before God.*

**Longing** - *A hope and desire for reconciliation.*

**Zeal** - *A commitment to make restitution and passion for right living.*

**Punishment** - *A confidence in God's punishment for sin through Jesus.*

The byproduct of our repentance is our innocence. This innocence is based upon our trust in the fact that Jesus exchanged His righteousness for our sin. This exchange leads us to be joy-filled in spite of our sin because of what Jesus has done on our behalf. Repentance that does not end in hope and joy is a Christ-less self-focused regret.



*With what past sin do you still fill shame, guilt, or condemnation? In what area are you not fully entrusting your sin and its consequences (on you or others) to Jesus?*

---

## **STRENGTHENING OUR SOUL**

---



Romans 5:1-5

---

Suffering produces positives for our soul and negatives for our habitually inclined sinful flesh.

---

**“ADVERSITY IS ALWAYS UNEXPECTED AND UNWELCOMED. IT IS AN INTRUDER AND A THIEF, AND YET IN THE HANDS OF GOD, ADVERSITY BECOMES THE MEANS THROUGH WHICH HIS SUPERNATURAL POWER IS DEMONSTRATED.”**

~CHARLES STANLEY

---

Our sinful habits (addictions) and lifestyles will be attacked when we pursue freedom and victory. Suffering occurs through trials, tests, and temptations. The enemy would like us to focus on the cause of suffering rather than what it is producing.<sup>15</sup>



*To who or what do you go (physically or mentally) to minimize, distract, or ease uncomfortable or uncontrollable circumstances?*

---

## CONCLUSION

---

God's goal for us is not for our happiness, comfort, circumstantial peace, or temporary gain. The Father's will for our life is to reflect Jesus. It is to live a life defined by joy, eternal peace, and hope. Jesus has won the victory. He has set us free. It is our choice to either join Him in conquering the world or live defeated with the enemy.

---

<sup>15</sup> James 1:2-4; John 10:10; 2 Corinthians 4:16; Romans 12:2; Ephesians 4:23; Colossians 3:10; Titus 3:5

## STUDY RESPONSE

---

**DISCUSSION:** Pray through and discuss the above questions (🗣️) with your partner. Journal your response to this study. Include any questions or differing opinions and thoughts that were shared in your conversations.

**NEXT STEP:** Looking at your life and your relationship with God, what possessions, hobbies, lifestyles, or relationships may be denying you ultimate fulfillment? After identifying these distractions or temporary enjoyments, what might the Holy Spirit ask you to do with them?

## RECOMMENDED RESOURCES

---

**The Screwtape Letters: How a Senior Devil Instructs a Junior Devil in the Art of Temptation**

*C.S. Lewis*

Time Inc, ©1961

**The Stronghold Of God: Finding God's Place Of Immunity From Attacks Of The Enemy**

*Francis Frangipane*

Charisma House, ©2008

**The Bait Of Satan: Living Free From The Deadly Trap Of Offense**

*John Bevere*

Charisma House, ©2004

**Praying God's Word: Breaking Free from Spiritual Strongholds**

*Beth Moore*

B&H Books, ©2009

## FINAL THOUGHTS TO JOURNAL

---

1. In **Spiritual Warfare** (*Battleground, Armies, Weapons, Casualties*), what passage of Scripture has been the most convicting or challenging for you? Explain. What passage of Scripture has been the most encouraging or empowering for you? Explain.
2. What content or discussions regarding **Spiritual Warfare** (*Battleground, Armies, Weapons, Casualties*) have you disagreed with? Or, have difficulty accepting or understanding? Or, find most difficult to apply? Explain.
3. What content or discussions regarding **Spiritual Warfare** (*Battleground, Armies, Weapons, Casualties*) have you agreed with? Or, find easy to accept and understand? Or, find easy to apply? Explain.
4. In study 3, *Weapons*, what weapon do you find most difficult to wield? Explain why. What weapon do you find easiest to wield? Explain why. In study 4, *Cost*, what is the most difficult lifestyle, belief, action, or relationship for you to give up? Explain why.
5. Since the unit on **Spiritual Warfare** began, what area in your life, mind, and heart have you noticed the most significant change (positive or negative)? Explain. Or, in light of this study, what do you desire to change? Explain.



## INFORMATION

---

**SCRIPTURE** All Scripture quotations, verbiage, terminology, and abbreviations come from The Holy Bible, English Standard Version®, copyright © 2001 by Crossway, a publishing company of Good News Publishers. All rights reserved.

**NONPROFIT STATUS NOTICE** Nathan & Lacey Steel receive funds through *World Outreach Ministries* (WOM), a nonprofit 501(c)(3) federal tax exempt organization. Any contributions given to the Steels through WOM are tax deductible.

**CONTRIBUTIONS** The Christian Living Booklets are provided free of charge. If you would like to contribute to the development and distribution of them or the general ministry of Nathan & Lacey Steel, please visit their website at [www.NathanLaceySteel.com](http://www.NathanLaceySteel.com).

**CONTACT INFO** P.O. Box 3020 • Homer, Alaska 99603  
[www.NathanLaceySteel.com](http://www.NathanLaceySteel.com) • [Hello@NathanLaceySteel.com](mailto:Hello@NathanLaceySteel.com)

---



**NATHAN & LACEY STEEL** were married in 2004. They met at Alaska Bible Institute, located in Homer, Alaska. Nathan graduated from ABI's Biblical Studies 2004 and Christian Ministry programs in 2006.

Nathan was born with a genetic disease called Cystic Fibrosis. This disease led the Steels to adopting their two girls, Lydia and Arianna. Through God's grace and provision, the Steels have shared Jesus' love, grace, mercy, and truth all over the world. They currently reside with their two girls in Homer, Alaska.

Nathan and Lacey's mission is to *Encourage & Equip Christians to Live Free, Joy-filled Lives*. They designed the *Christian Living Study Booklets* as a catalyst for one-on-one discipleship, a curriculum for church small groups, and a course for discipleship schools. They developed and teach the *Christian Living Course* at Alaska Bible Institute (ABI). ABI exists to *Train and Equip Christians for Life & Ministry*. You can find out more at [www.AlaskaBible.org](http://www.AlaskaBible.org). For more information about the Steels, visit their website at [www.NathanLaceySteel.com](http://www.NathanLaceySteel.com).



### 1. FAITH

The Father • The Son • The Holy Spirit • The Church



### 2. SALVATION

Origin • Rebellion • Freedom • Submission



### 3. IDENTITY

The Past • The Old • The New • The Rebuild



### 4. FORGIVENESS (WITH ACCOMPANYING *PROCESS BOOKLET*)

Love • Resolution • Opposition • Process



### 5. REPENTANCE

Pardoned • Conviction • Redemption • Victory



### 6. CONFLICT

Confrontation • Indignation • Expectation • Reconciliation



### 7. RELATIONSHIPS

Influence • Parents • Dating • Marriage



### 8. STEWARDSHIP

Time • Talent • Treasure • Intellect



### 9. EXPERIENCE

Suffering • Grieving • Fear • Doubt



### 10. PRAYER

Example • Conversation • Instruction • Friendship



### 11. SPIRITUAL WARFARE

Battleground • Armies • Weapons • Cost



### 12. SCRIPTURE

Library • History • Authority • Response

