

Week #:	208	Series:	Hebrew Roots	Title:	7 Basic Tips For Spiritual Warfare
Scriptures:					
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7 BASIC TIPS FOR SPIRITUAL WARFARE

Through the years the Lord has instructed me in the Art of War and how to best combat the enemy and his forces. Spiritual Warfare is War! Anytime you are going into war with the enemy, you are on his turf and taking it back for the Kingdom of God. Sometimes you are even in the enemy's camp and taking back captives with you. It is serious business.

1) Put on your armor. Read or recite the following out loud:

Ephesians 6:10-18 says,

¹⁰ "Finally, my brethren, be strong in the Lord, and in the power of his might. ¹¹ Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. ¹² For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. ¹³ Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

*¹⁴ **Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;** ¹⁵ **And your feet shod with the preparation of the gospel of peace;** ¹⁶ **Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.** ¹⁷ **And take the helmet of salvation, and the sword of the Spirit, which is the word of God:** ¹⁸ **Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;**"*

If you do not know this scripture, I recommend you put it on a card or paper and read it out loud every morning. I taped it to our dining room table, and we put the armor on each morning. I still do this each morning and again when I am entering into battle.

In Luke 11:21 Jesus said, "**When a strong man who is fully equipped for battle guards his own house, his possessions are secure.**" This is a promise for you and your household (family).

Your loins girt about with Truth – This is the Belt of Truth. Jesus said that He is "*the Way — and the Truth and the Life.*" This *belt* protects your loins (or generations). This is how you protect your children, grandchildren, and so on. Physically it also protects all of the organs in the lower abdomen.

The Breastplate of Righteousness – One of the names of God is Jehovah Tsidkenu – The Lord our Righteousness. Isaiah 64:6 says, "*...all our righteousnesses are as filthy rags.*" This Breastplate protects your physical heart, lungs, and other organs in the upper torso. It also protects your Spiritual heart.

Your feet shod with the preparation of the gospel of Peace – One of the names of God is Jehovah Shalom – God our Peace. This piece of armor protects our physical feet and legs as well as our walk with the Lord. Psalms 23:3 says, "*...He guides me in right paths for the sake of his own name.*" As you put on these shoes, ask God to lead you where He wants you to go that day.

Take the shield of faith – This piece of armor comes with the reason why we need it, "**ye shall be able to quench all the fiery darts of the wicked.**" This piece of armor quenches **ALL** the fiery darts of the wicked; not just some of the fiery darts.

Isaiah 54:17 says, "**No weapon formed against you shall prosper, And every tongue which rises against you in judgment You shall condemn. This is the heritage of the servants of the Lord, And their righteousness is from**

Me," Says the Lord." This piece of armor is very important when we are going into battle because we are going into a world that is full of wickedness. Verse 12 says, *"For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places."*

Take the Helmet of Salvation – This piece of armor protects your physical brain, eyes, ears, and other organs in the head as well as your spiritual eyes, ears, and thought processes. Ask God to open your spiritual eyes and ears to see and hear what He wants you to see and hear.

The Sword of the Spirit, which is the Word of God –

Isaiah 55:11 says, *"So shall My word be that goes forth from My mouth; It shall not return to Me void, But it shall accomplish what I please, And it shall prosper in the thing for which I sent it."*

God sends forth His Word through us. You must talk OUT-LOUD (he cannot read your mind).

Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints – This last part is not really part of the armor, but is it why we put the armor on. Anytime we are going into prayer, we need the armor on to protect us because we are at war.

2) Join with other Christians – Never go into battle alone. The illustration above says, *"Soldiers had to help each other to put on and lace up their armor."*

In Matthew 18:19-20 Jesus says, *"Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven. ²⁰For where two or three are gathered together in My name, I am there in the midst of them."*

I personally recommend that the more Spirit-filled Christians present, the better. However, there are times that physically being with another Spirit-filled Christian is not possible. In that case, call or text someone you know will stand with you and ask them to intercede for you as you go into the battle.

3) Start with praise – Praise is a weapon. Praise confuses the enemy. Praise was used in the Bible to help secure victories. I love the story of Jehoshaphat in the Bible.

2 Chronicles 20:20-24 says,

²⁰ *"The next morning, they rose early and went out into the T'koa Desert. As they left, Y'hoshafat (Jehoshaphat) stood and said, "Listen to me, Y'hudah (Judah) and you inhabitants of Yerushalayim (Jerusalem)!"*

"Trust in Adonai your God, and you will be safe. Trust in his prophets, and you will succeed."

²¹ *After consulting with the people, he appointed those who would sing to Adonai and praise the splendor of his holiness as they went out ahead of the army, saying, "Give thanks to Adonai, for his grace continues forever."* ²² *Then, during the time when they were singing and praising, Adonai brought a surprise attack against the people of 'Amon, Mo'av (Moab) and Mount Se'ir who had come to fight Y'hudah (Judah); and they were defeated. ²³ What happened was that the people of 'Amon and Mo'av (Moab) began attacking those people who lived by Mount Se'ir, to kill and destroy them completely; and when they had finished off the people from Se'ir, they set to work slaughtering one another. ²⁴ So when Y'hudah (Judah) reached the watchtower overlooking the desert, they looked toward the horde; and there in front of them were corpses fallen to the ground; none had escaped."*

Worship and praise break the oppression of the enemy. Psalms 22:3 says, *"But thou art holy, O thou that inhabitest the praises of Israel."* (KJV) In other words, **God lives in your praises.**

4) Forgive everyone – Loose any bonds that may be binding you up by forgiving anyone and everyone that may come to mind.

In Matthew 16:19 Jesus says, *“And I will give you the keys of the kingdom of heaven, and **whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.**”*

Forgiveness Loses You; Unforgiveness Binds You Up –

In Matthew 18:18 Jesus says,

Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you lose on earth will be loosed in heaven.

You bind yourself up by refusing to forgive. When you refuse to forgive, it hurts you, not the one you are not forgiving. They may not even know they have hurt you.

Losing (forgiveness) is a choice. Sometimes losing someone from the bondage of unforgiveness is the hardest thing you will ever have to do. There have been times when I have had to pray, “Lord, I forgive them! Please help me forgive them. I cannot do it in my strength. Please help me.” Sometimes the hurt is so deep that you must pray this repeatedly, every time you think about them.

If it still hurts when you think of that person, you have not entirely forgiven them yet. This process may take weeks, months, or even years.

Galatians 5:24 says, *“And those who are Christ’s have crucified the flesh with its passions and desires.”*

If the flesh is crucified, it is dead, and you cannot hurt anything dead. Do not give up until you have perfect peace when you say their name or even think of them.

I have also heard it said that harboring unforgiveness can lead to all kinds of physical ailments (including cancer) in YOUR body. One minister I know stated that he believes that 100% of all backaches are due to unforgiveness and the back problems cease as soon as forgiveness is given.

You can also hold unforgiveness toward yourself or even God. Sometimes forgiving yourself is harder than forgiving others but realizing that Jesus paid a high price when He shed His precious blood for that very forgiveness may help.

Holding unforgiveness toward God is almost always a perceived wrong for which you blame Him (i.e. someone died, God not healing someone you love, or unanswered prayer). All of these are not God’s fault. Everything good comes from God, not bad things.

James 1:16-17 says,

Do not be deceived, my beloved brethren. ¹⁷ **Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning.**

It just stands to reason that if you “reverse” this verse it is telling us that every bad and flawed gift is from below, coming down from the father of lies (Satan).

I know that we tend to blame God for things like tornadoes, floods, and earthquakes (or “acts of God”); however, these are not His doing. Just remember, you have an enemy (Satan).

In John 10:10 Jesus says, *“The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.”*

5) Stand on Ramah Word – Pray for God to give you Ramah Word to stand on for whatever battle you are fighting. **Quote these scriptures out loud** as you remind God of any promises, He has given you.

2 Corinthians 10:3-6 says,

For though we walk in the flesh, we do not war according to the flesh. ⁴ For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, ⁵ casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, ⁶ and being ready to punish all disobedience when your obedience is fulfilled.

Keep a Journal where you write down any Ramah Words God gives you to stand on. This Journal will also be an account of answered prayer.

6) End in Praise – You started in Praise; end in praise and thanksgiving to God for everything He is doing.

Philippians 4:8 says,

*Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and **if there is anything praiseworthy—meditate on these things.***

You will notice that the prayer that Jesus taught His disciples, The Lord's Prayer, starts and ends in praise.

Matthew 6:9 and 13b says

Our Father in heaven! Hallowed be Your name... May your Name be kept holy...For kingship, power and glory are yours forever. Amen.

7) Stand –

Ephesians 6:13 says,

Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.

Do not let Satan regain any ground! Stay alert! If the enemy tries to put something back on you that God has delivered you from or healed, put the enemy in his place.

Many years ago, my husband had an eye disease called Retinitis Pigmentosa and he went totally blind. One Sunday night at church he went down for prayer and God gave him brand new eyes. The next morning when he woke up, he was blind again. He sat there on the side of the bed and told the enemy, "Satan, you can't have my eyesight! God healed my eyes! Let go of them, in the Name of Jesus!" Immediately his eyesight was restored. This same scenario happened several times a day, throughout the day and then after a few weeks, it only happened once a week and then went down to once a month and then it finally stopped. You, too, may have to stand your ground.

Command, out loud, that he leaves and returns to his commanding officer to report his failure. **Stand your ground** and do not let go! Watch your words. Do not talk defeat! Talk victory! Talk faith! ("I am healed!" "I am delivered!").

Quote from *Torah Club, The Beginning of Wisdom*:

"Since God made the world with words, its fabric is vulnerable to the power of speech.

A plate of armor made of metal strips tied together with leather straps protected the upper body. Although this metal jacket was heavy, the metal strips allowed the soldier some free movement. Soldiers had to help each other put on and lace up their armor.

Under his metal jacket, the soldier wore a tunic of wool.

Soldiers carried metal-tipped throwing spears, short, double-edged swords, and daggers.

This belt, or apron, of leather strips protected the lower body. Heavy weights on the bottom of each strip kept the strips in place.

To improve the grip of his heavy sandals, nails were driven into the underside of the soles and broken into studs.

The soldier's rectangular shield was made of many layers of thick wood wrapped in leather with an iron rim at the top and bottom. The soldier's heavy pack held his personal gear, enough grain for about 15 days, a pick, axe, or saw, cooking utensils, and the stakes needed to build a camp.