



***The Spiritual Discipline of Spiritual Wrestling  
Free from: Fear, Shame, Self-Hatred, Anger, etc.  
October 8, 2023***





“Finally, be strong in the Lord and in his mighty power. <sup>11</sup> Put on the full armor of God, so that you can take your stand against the devil’s schemes. <sup>12</sup> For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.” Ephesians 6:10-12 (NIV)



**Step 1. Confess Sin:**



*“In your anger do not sin”: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.”*

**Ephesians 4:26,27 (NIV)**



*“I will no longer talk much with you, for the ruler of this world is coming, and he has nothing in Me.” John 14:30 (NKJV)*

## Step 2. Put on Jesus Christ:



*“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 firm <sup>14</sup> Stand  
therefore, having fastened on the belt of truth,  
and having put on the breastplate of  
righteousness,*





*15 and, as shoes for your feet, having put on the readiness given by the gospel of peace. 16 In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one;*



*17 and take the helmet of salvation, and the sword of the Spirit, which is the word of God, 18 praying at all times in the Spirit, with all prayer and supplication.”*  
Ephesians 6:13-17 (NIV)



## **Belt of Truth:**

*“Jesus said to him, “I am the way, the truth,  
and the life. No one comes to the Father  
except through Me.” John 14:6 (NKJV)  
(underline added for emphasis)*



## **Breastplate of Righteousness:**

*“Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. <sup>15</sup> For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.”*

Hebrews 4:14,15 (NKJV) (underline added for emphasis)



*“And you know that He was manifested to take away our sins, and in Him there is no sin.”*

1 John 3:5 (NKJV) (underline added for emphasis)



## Shoes of Peace:

*“For unto us a Child is born, unto us a Son is given;  
and the government will be upon His shoulder. And  
His name will be called Wonderful, Counselor,  
Mighty God, Everlasting Father, Prince of Peace.”*

Isaiah 9:6 (NKJV) (underline added for emphasis)



## Shield of Faith:

*“Now I saw heaven opened, and behold, a white horse. And He who sat on him was called Faithful and True, and in righteousness He judges ...”*

Revelation 19:11 (NKJV) (underline added for emphasis)



## Helmet of Salvation:

*“Him God has exalted to His right hand to be Prince and Savior, to give repentance to Israel and forgiveness of sins.” Acts 5:31  
(NKJV) (underline added for emphasis)*





*“But has now been revealed by the appearing of our Savior Jesus Christ, who has abolished death and brought life and immortality to light through the gospel Jesus Christ is the “Savior of the world”*  
2 Timothy 1:10 (NKJV) (underline added for emphasis)



## **Sword of the Word:**

*“In the beginning was the Word, and the Word was with God, and the Word was God.” ...*



*“<sup>14</sup>And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.”*

John 1:1,14 (ESV) (underling added for emphasis)






**Step 3.**  
**Assert Your Identity in Christ!**



**Jesus defeated Satan on  
the Cross.**

*“And having disarmed the  
powers and authorities, he  
made a public spectacle of  
them, triumphing over them  
by the cross.”*


**Colossians 2:15 (NIV)**

The image features three glowing red lanterns against a dark background filled with small, white, star-like specks. One large lantern is in the lower-left foreground, and two smaller ones are positioned higher and further back, creating a sense of depth. The lanterns are lit from within, casting a warm, orange-red glow.

**Jesus has all authority in  
Heaven and on Earth.**

*“Then Jesus came to them and said, “All authority in heaven and on earth has been given to me.”*


**Matthew 28:18 (NIV)**



**We have every spiritual  
blessings Jesus Christ has.**

*“Praise be to the God and Father  
of our Lord Jesus Christ, who  
has blessed us in the heavenly  
realms with every spiritual  
blessing in Christ.”*

**Ephesians 1:3 (NIV)**




**Jesus came to destroy the  
works of the devil.**

*“But when people keep on  
sinning, it shows they  
belong to the Devil, who has  
been sinning since the  
beginning. But the Son of  
God came to destroy these  
works of the Devil.”*

1 John 3:8 (NLT)



The image features three glowing red lanterns of varying sizes against a dark background speckled with small white stars, resembling a night sky. The largest lantern is in the lower-left quadrant, while two smaller ones are positioned higher and further to the left. The lanterns are lit from within, casting a warm orange and red glow.

**God, in you, is bigger  
than the devil.**

*“You, dear children, are from  
God and have overcome  
them, because the one who  
is in you is greater than the  
one who is in the world.”*

1 John 4:4 (NIV)

***You and God always makes a Majority.***









Shoot with Ivan Koloff  
Available at [www.rfvideo.com](http://www.rfvideo.com)

**A) Open Rebuke!**



## **B) Forced Praise:**

*“The seventy-two returned with joy, saying, “Lord, even the demons are subject to us in your name!”<sup>18</sup> And he said to them, “I saw Satan fall like lightning from heaven.<sup>19</sup> Behold, I have given you authority to tread on serpents and scorpions,*



*and over all the power of the enemy, and nothing shall hurt you. <sup>20</sup> Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven.” Luke 10:17-20 (ESV)*





**C) Team Power:**  
*Confess Sin & Rebuke!*



*“Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. <sup>19</sup> “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. <sup>20</sup> For where two or three  
are gathered together in My name,  
I am there in the midst of them.”*

**Matthew 18:18-20 (NKJV)**



*“And Jesus came and said to them,  
“All authority in heaven and on earth  
has been given to me. <sup>19</sup> Go therefore  
and make disciples of all nations, ...”*

*Matthew 28:18,19 (ESV)*



