

# 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. 11 Put on the full armor of God, so that you can take your stand against the devil's schemes. 12 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 14 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;



<sup>17</sup> and take the helmet of salvation, and the sword of the Spirit, which is the word of God, <sup>18</sup> 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, <u>yet without sin</u>."

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 <u>Faithful</u> 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 <u>Word</u>, and the <u>Word</u> was with God, and the <u>Word</u> was God." ...



"14 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)



## 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.

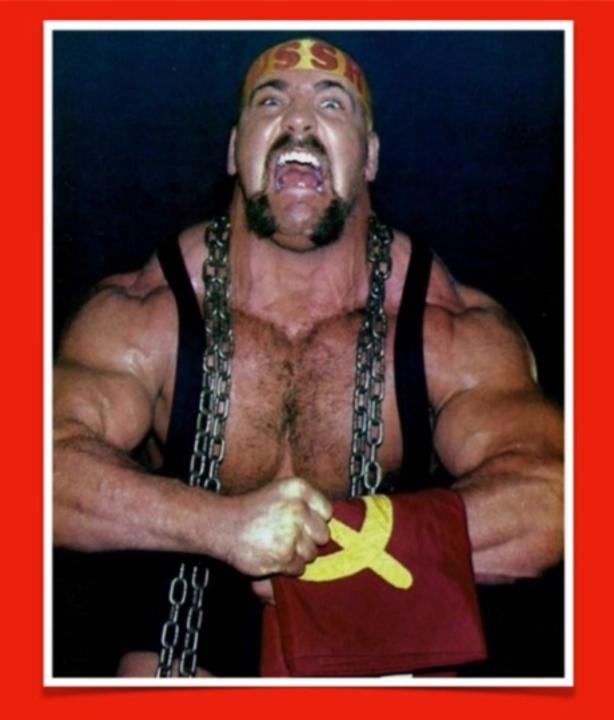
"But when people keep on sinning, it shows they belong to the Devil, who has been sinning since the beginning. But the Son of God came to destroy these works of the Devil." 1 John 3:8 (NLT)

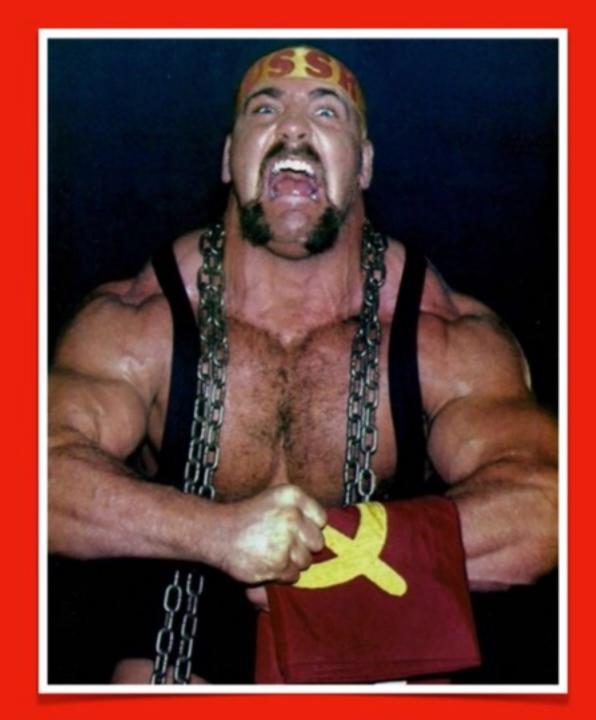


### God, in you, is bigger than the devil.

"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.











### A) Open Rebuke!



#### B) Forced Praise:

"The seventy-two returned with joy, saying, "Lord, even the demons are subject to us in your name!" 18 And he said to them, "I saw Satan fall like lightning from heaven. 19 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. 20 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. 19 "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)



