

How to Identify and Overcome Spiritual Warfare

Spiritual warfare is a real and ongoing battle in the life of every believer.

As Christians, we are called to **stand strong** in our faith and recognize the schemes of the enemy.

Understanding the signs of spiritual warfare and knowing how to overcome it with God's help is vital for victorious living.

In this message we will explore:

- How to identify spiritual warfare
- The weapons God has given us to fight these battles
- How to walk in victory through His Word and promises

What Is Spiritual Warfare?

Spiritual warfare refers to the ongoing conflict between good and evil, where satan and his forces seek to hinder believers from fulfilling God's purpose in their lives.

The first principle to understand is that these battles are not physical but spiritual.

Ephesians 6:12 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. [KJV]

The enemy works in the unseen realm, using **deception, fear, temptation** and **intimidation** to disrupt our spiritual growth and relationship with God.

I. The Signs of Spiritual Warfare

Recognizing spiritual warfare is the first step toward overcoming it.

A. Unusual Temptation

When you experience an overwhelming desire to engage in sinful behavior, it may be a sign of spiritual attack.

- Satan often tempts us in our areas of weakness.
- Matthew 4:1-11, where Jesus was tempted in the wilderness.
- 1 Corinthians 10:13 ***No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it. [NKJV]***
- Ephesians 6:16 ***...taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. [NKJV]***
- **Darts** in Ephesians 6:16 is the Greek word **belē**, translated as arrows, darts, javelins, spears, or missiles.

Flaming arrows were sharp, piercing projectiles that were dipped in a flammable substance and set on fire before being launched at an enemy with the purpose of causing widespread destruction and death.

B. Feelings of Fear or Anxiety

The enemy uses fear and anxiety to keep us from trusting in God's promises.

2 Timothy 1:7 ***For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*** [KJV]

- Fear is a spirit sent from the enemy and must be dealt with by resistance or casting down.
- Proverbs 24:10 ***If you faint in the day of adversity, your strength is small.*** [NKJV]

C. Spiritual Apathy

A lack of desire to pray, read/study the Bible, or attend church could indicate spiritual warfare.

The enemy wants to separate us from the source of our strength—God.

Hebrews 10:25 ***not forsaking the assembling of ourselves together, as is the manner of some, but exhorting (warning or advice/admonition) one another, and so much the more as you see the Day approaching.*** [NKJV]

1. **Fellowship creates community and belonging:** Belonging matters because faith is relational.
2. **Fellowship brings accountability that promotes growth:** Faith grows when it is tested, examined, and lovingly corrected.
3. **Fellowship encourages perseverance and hope:** Fellowship with other believers reminds you that others have walked similar paths and that God is faithful across seasons.
4. **Fellowship sharpens you spiritually:** When you spend time with other believers, you are sharpened in your thinking, character, and witness. The proverb says, ***“As iron sharpens iron, so one person sharpens another.”*** Proverbs 27:17 [NIV]
5. **Fellowship fuels worship and prayer:** There is power in corporate worship and communal prayer that you can't fully replicate alone. Hearing the scriptures read aloud, receiving teaching, singing together, and partaking of fellowship are formative acts that deepen belief.
6. **Fellowship motivates service and sacrificial love:** When you belong to a community, you encounter unmet needs and opportunities to serve.
7. **Fellowship preserves doctrinal clarity and unity in Christ:** You don't have all the answers within yourself.

D. Persistent Doubts

Doubts about God’s goodness, love, or presence are often planted by the enemy to weaken our faith.

James 1:6 encourages us to have unwavering faith, saying, **“But let him ask in faith, nothing wavering...”** [KJV]

E. Physical and Emotional Exhaustion

While spiritual warfare primarily takes place in the unseen realm, it can manifest in physical and emotional fatigue.

Prolonged stress, unexplained sickness, or a sense of heaviness may be signs of an attack.

II. Biblical Weapons to Overcome Spiritual Warfare

The Lord provides us with powerful weapons to stand firm and overcome the enemy.

A. The Word of God

The Bible is our primary weapon against the enemy.

Hebrews 4:12 **For the word of God is living and powerful, and sharper than any two-edged sword...** [NKJV]

Ephesians 6:17 **And take the helmet of salvation, and the sword of the Spirit, which is the word of God;** [NKJV]

When Jesus was tempted by Satan, He responded with Scripture – Matthew 4:4-10. Memorizing and declaring God’s Word equips us to combat lies and deception.

B. Prayer

Prayer is a powerful tool in spiritual warfare.

Through prayer, we invite God’s presence into our battles and align ourselves with His will. Ephesians 6:18 instructs us to pray **“...on all occasions with all kinds of prayers and requests.”**

Kinds of Prayer:

Blessing and Adoration to the Lord acknowledging our dependence on Him.

Petition where we ask the Lord for our provision: spiritual and material.

Intercession where we pray on behalf of others for their needs.

Thanksgiving where we thank the Lord for His provision.

Praise where we express our love and appreciation to the Lord.

C. Faith

Faith is the shield that protects us from the fiery darts of the enemy.

Ephesians 6:16 **Above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one.** [NKJV]

- The word to the spiritually apathetic Ephesian church was, “**Consider how far you have fallen! Repent and do the things you did at first.**” Revelation 2:5
- The spiritually apathetic person needs to **remember, repent, and renew.**
- Faith allows us to trust in God’s promises, even when circumstances seem impossible.

D. The Armor of God

The full armor of God includes **the belt of truth, the breastplate of righteousness, the shoes of peace, the shield of faith, the helmet of salvation, and the sword of the Spirit.** (Ephesians 6:10-18)

Each piece is essential for standing strong against spiritual attacks.

E. Worship

Worship shifts our focus from our problems to God’s greatness.

When we praise God, we invite His presence into our situation.

Psalm 22:3 **But You are holy, You that inhabit the praises of Israel.**

Psalm 34:3 **Oh, magnify the Lord with me, and let us exalt His name together.** [KJV]

When you magnify the Lord through praise and worship, you are exalting Him as greater/bigger than your problem or need.

F. The Blood of Jesus

The blood of Jesus is a powerful weapon against the enemy.

Revelation 12:11 **And they overcame him by the blood of the Lamb, and by the word of their testimony...** [KJV]

The blood of Jesus reminds us that satan is already defeated and we have victory through Christ.

III. Steps to Overcome Spiritual Warfare

A. Recognize the Battle

The first step in overcoming spiritual warfare is acknowledging that you are in a battle. Denying the reality of spiritual attacks only leaves you vulnerable.

B. Stand Firm in God’s Strength

Ephesians 6:10 urges us to “**be strong in the Lord and in His mighty power**”. [NIV]

Our strength comes from God, not ourselves.

Trust in His power to sustain and protect you.

RUN TO THE LORD – NOT FROM THE LORD!

C. Use Your Spiritual Weapons

Actively use the weapons God has provided.

Declare Scripture over your life, pray without ceasing, and surround yourself with worship.

These actions strengthen your spirit and weaken the enemy's hold.

D. Resist the Devil

James 4:7 ***Submit yourselves therefore to God. Resist the devil, and he will flee from you.*** [KJV]

Submit to God's authority, and the enemy will have no choice but to flee.

E. Stay in Community

Isolation is one of the enemy's tactics. Surround yourself with a community of believers who can pray for you, encourage you, and hold you accountable.

Ecclesiastes 4:9-10 reminds us of the strength found in unity:

Two are better than one; because they have a good reward for their labor. For if they fall, the one will lift up his fellow... [KJV]

F. Trust God's Promises

Meditate on God's promises and trust that He is fighting for you.

Exodus 14:14 ***The Lord shall fight for you, and you shall hold your peace.*** [NKJV]

G. Confess and Repent

Sin gives the enemy a foothold in our lives. Confess your sins and ask for God's forgiveness.

1 John 1:9 ***If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.*** [KJV]

Encouragement for the Battle

Spiritual warfare can be challenging, but we have the assurance that victory is already ours through Christ.

Romans 8:37 declares: ***Yet in all these things we are more than conquerors through Him who loved us.*** [NKJV]

We do not fight alone; God is with us every step of the way. As we equip ourselves with His Word, prayer, and the full armor of God, we can stand firm against any attack.

Spiritual warfare is a reality for every believer, but with God's help, we can overcome it. By recognizing the signs, using the spiritual weapons He has given us, and trusting in His promises, we can walk in victory.

**The battle belongs to the Lord,
and He has already secured the ultimate victory through Jesus Christ.**