

Foundations – Spiritual Warfare, Deliverance & Inner Healing

Identity - "I am more than a conqueror. I am untouchable. I am fearless."

I. Spiritual Warfare

- Ephesians 6:12 – “For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.” (ESV)
- Open your spiritual eyes. (2 Kings 6:15-17):
- Know your enemy. (John 8:44, John 10:10, 2 Corinthians 11:14):
- Satan’s favorite tactics:
 1. To make you think sin is _____ and to think _____
 2. To _____ you and smear you with _____
 3. To make you feel more like an _____ than a _____
- Know your identity in God. (1 John 4:4, Isaiah 54:17):
- Know your weapons. (Revelation 12:11):
- Know the end result. (Revelation 19:19-20:2):

II. Deliverance

- John 8:34 – “Truly, truly, I say to you, everyone who commits sin is a slave to sin.” (ESV)
- Mark 16:17 – “And these signs will accompany those who believe: in my name they will cast out demons [...]” (ESV)
- Satan’s grip (John 8:34):
- Steps to deliverance: (I did *this*. I’m sorry I did *it*. I won’t do *it* again. Please forgive me.)
 1. _____ (James 5:16):
 2. _____ (Acts 3:19):
 3. _____ (Proverbs 28:13):
 4. _____ (1 John 1:9):
 5. _____ (Matthew 10:1)
 6. Be filled with the _____ (Luke 11:24-26)

III. Inner Healing

- Matthew 28:20 – “[...] I am with you always, to the end of the age.” (ESV)
- John 10:10 – “[...] I came that they may have life and have it abundantly.” (ESV)
- Inner healing is letting _____ come into the areas of hurt inside us and allowing him to remove the _____ from every memory/scar and _____ the void with His love.
- Inner healing usually follows these steps:
 1. _____ in touch with the pain.
 2. _____ the behavioral cause of the pain.
 3. _____ the pain freely.
 4. _____ the one who hurt you.
 5. Asking Jesus to _____ His presence in the hurtful event and heal you.

IV. New Identities!

- I am more than a conqueror. (Romans 8:37):
- I am untouchable. (1 John 5:18):
- I am fearless. (Philippians 1:27-28):

V. Small Group Questions

- 1) Read Matthew 6:14-15. Unforgiveness is usually what hinders a person the most from receiving inner healing— unforgiveness towards a person who wronged them or who they felt wronged them. Why is unforgiveness so dangerous? What emotions grow in a person when they refuse to forgive? Is there anyone you have not forgiven (you do not have to verbally answer this last question)?
- 2) If someone wants to get strong physically, they will start a disciplined workout routine, will eat healthy food, and will keep focused on his goal. If someone wants to get strong spiritually, what should he do? How do you develop “spiritual muscles?”
- 3) How does knowing your identity in God help you in your battle against sin and evil? What areas do you struggle most with the Enemy? What identities can help you in your fight?
- 4) What are the 17 identities we have covered so far? What does each mean for us?

Memory Verse of the Week –

Foundations – Spiritual Warfare, Deliverance & Inner Healing (Master)

Identity - "I am more than a conqueror. I am untouchable. I am fearless."

I. Spiritual Warfare

- Ephesians 6:12 – “For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.” (ESV)

Every day of our lives, whether we know it or not, we are in a battle for God’s kingdom and glory. Most Christians are oblivious to this battle and they fall into the traps of Satan. They become prisoners to Satan because of sin, hurt, or wrong ways of thinking. Every Christian must have a revelation of spiritual warfare and learn how to fight in order to overcome.

- Open your spiritual eyes. (2 Kings 6:15-17):

Often times our anger, hate, and fear are all because of earthly circumstances. We blame people or circumstances for our problems and try to make things right in the natural. But our battle is not in the natural; our battle is in the spiritual. When our spiritual eyes are opened we see the angels and the demons at war all around us. We see the great power of God living inside us. We become aware that our lives are not temporary but eternal.

- Know your enemy. (John 8:44, John 10:10, 2 Corinthians 11:14):

Satan is the father of lies. He is a thief, a murderer, and a destroyer. The name, Satan, actually means “Accuser.” Satan also likes to pretend he is an angel of light.

- Satan’s favorite tactics:

1. To make you think sin is harmless and to think selfishly

Satan doesn’t appear to us as a red man with horns on his head and a trident in his hand. Instead, he likes to appear as an angel or a helper or a comforter. He wants us to slowly compromise in “gray areas” and gradually lead us into sin. He also doesn’t want us to love others, so he tries to make us think about ourselves and ignore the hurt around us. The more selfish we become, the more we will live to please ourselves and fall to sin.

2. To accuse you and smear you with guilt

Once we have fallen into sin, Satan tries to keep us in it by accusing us and telling us we can’t go back to how we once were. He tries to make us think that we can’t become pure again and that we might as well continue to get deeper into the sin. He tries to keep us from God or from Christians by giving us shame and pride.

3. To make you feel more like an animal than a child of God

Satan HATES the fact that we were made in God’s image and are made for God’s glory. He wants to steal as much of that glory as possible. Satan’s easiest way to destroy our identity in God is to lead us into sexual sin and make us feel like an animal. Animals do not have morals and this is the way he wants us to be.

- Know your identity in God. (1 John 4:4, Isaiah 54:17):

Knowing Satan's character and tactics will help you recognize his attacks and lies better, but it is knowing your identity in God that will deliver you. When you know who you are in God— a new creation, redeemed, a child of God, anointed and sealed with the Holy Spirit— then you will be more able to cast down the lies of the enemy.

- Know your weapons. (Revelation 12:11):

The blood of Jesus and the Word of God are powerful weapons against the enemy. The blood of Jesus redeems and protects. The Word of God is a sword that cuts through every lie and accusation of the enemy. Satan cannot fight the Word of God. When Jesus was tempted by Satan, Jesus would only respond with Scripture. He did not have to pray hard or yell or scream to fight Satan, He just needed to state the Word of God.

- Know the end result. (Revelation 19:19-20:2):

It is the truth of God (the sword from His mouth) that will destroy the enemies of God. It isn't Jesus or even an archangel that conquers Satan. It is simply a nameless angel that will grab him and lock him away. We have to understand that Satan is definitely not an equal to God. He is nothing compared to God. And in the end, God wins. End of story. While we need to be aware of Satan and his tactics, we do not need to fear him.

II. Deliverance

- John 8:34 – “Truly, truly, I say to you, everyone who commits sin is a slave to sin.” (ESV)
- Mark 16:17 – “And these signs will accompany those who believe: in my name they will cast out demons [...]” (ESV)
- Satan's grip (John 8:34):

Satan is also called, “The ruler of this world” or “The prince of this world.” This is because he claims ownership over all who sin. This is why we need a deliverer. For most of us, we received freedom from a lot of sins the moment we repented of them. For some sins, however, they still haunt us or we just can't seem to stop doing them. Because at one time or another we gave ourselves fully into the sin, Satan claims a grip over us. He calls us his slaves. And he doesn't want to let go.

Thankfully Jesus is our deliverer. Through his death on the Cross and resurrection from the dead, we have the keys to deliverance and victory against the enemy. Here are the steps to deliverance:

- Steps to deliverance: (I did *this*. I'm sorry I did *it*. I won't do *it* again. Please forgive me.)

1. Confess (James 5:16):

First and foremost we have to bring the darkness to light. We have to confess the sin. If we do not confess it, then we deny our need for deliverance. There is POWER in confessing our sins before other mature believers. We will see Christ in them as we confess, not seeing shame or condemnation from them, but instead seeing compassion and love. Their love is able to destroy most of the accusations and guilt Satan tries to throw on us.

2. Repent (Acts 3:19):

Repenting is the act of apology and turning away. Not only are we sorry for the sin, but we are turning from it. Our goal in repentance isn't just our freedom but also God's glory. Many people in the *Bible*, such as King Saul and Judas, apologized for their sin, but their apology and guilt was out of remorse rather than repentance. They were sorry for getting caught and cared only for themselves. True repentance isn't just apologizing but changing our lives to live for God's glory.

3. Renounce (Proverbs 28:13):

To renounce something is to disown or forsake, to completely give up. That means giving up whatever identity or physical possessions that had a part in my past sin. When you renounce a sin you are renouncing the identity traits that sin had on you. Burning or destroying objects that had a part in your sin is a part of renouncing. Cutting past sinful relationships and no longer going to certain places is another part of renouncing.

4. Ask forgiveness (1 John 1:9):

After we have brought the sin into the open, repented of the sin and renounced our involvement in it, we are able to fully receive God's forgiveness and grace. Once His grace comes in, Satan can no longer claim us.

5. Cast out spirits (Matthew 10:1)

Satan no longer has any grip, but he will try and stick around as long as he can. But if he no longer has ownership, we simply have to command him to leave (Acts 16:18) and he will have to go.

6. Be filled with the Holy Spirit. (Luke 11:24-26)

After being delivered from the grips of Satan, we need to fill the voids in us with the Holy Spirit and with God's truth. We need to invite God's presence to come in and fill the emptiness. Our goal is not simply to be delivered but to remain delivered. To remain delivered we must continually be walking in God's truth.

III. Inner Healing

- Matthew 28:20 – "[...] I am with you always, to the end of the age." (ESV)
- John 10:10 – "[...] I came that they may have life and have it abundantly." (ESV)
- Inner healing is letting Jesus come into the areas of hurt inside us and allowing him to remove the poison from every memory/scar and fill the void with His love.

For many of us there are certain memories that haunt us. They may have been memories of abuse, of shame, of fear, or of sin. We have now become Christians and are called to walk in freedom, but we are still affected by these past memories and cannot be freed of them. God doesn't want us to live with sin. He also doesn't want us to live with the consequences of sin such as hurts, fears, shame, anger, lusts, and lacks. Inner healing allows us to receive God's healing, assurance, forgiveness, acceptance, and identity.

When a baby is born it is covered with slime and goo. The baby usually won't receive a full embrace until the goo has been wiped off. So it is with new Christians, for we have life but we are still

smothered by the goo of the past. Inner healing helps cleanse the junk from the past that we may fully feel God's warm embrace.

- Inner healing usually follows these steps:

1. Getting in touch with the pain.
2. Identifying the behavioral cause of the pain.
3. Expressing the pain freely.
4. Forgiving the one who hurt you.
5. Asking Jesus to manifest His presence in the hurtful event and heal you.

Inner healing is like treating a wound. You have to first open it up to treat it. That can be very painful, but we have to trust the doctor. As you open it up, you have to let the healer in. In inner healing, this means letting Jesus into the memory. Jesus has always been with us; our spiritual eyes just haven't been open to Him. As we invite Him into the memory, we allow Him to take control by releasing the pain, correcting our sin, helping us see the past in a new light, and giving us healing.

As with deliverance, inner healing is best done with a group of mature believers. God can speak through the others by visions and prophetic words.

IV. New Identities!

- I am more than a conqueror. (Romans 8:37):

Paul was writing this to Roman citizens who were very familiar with what this means. Roman soldiers weren't just victorious, they were more than victorious. They would literally parade what they had conquered. Whenever they would return to the capital they would parade captured people and animals along with produce and treasures of the land. Many people think that we are always in a battle and always fighting. Many people don't think victory will come until after we die. But the truth is that God calls us more than conquerors. He tells us we have already won. We just have to claim it. God promised Israel to Joshua and the Israelites. It was theirs. All they had to do was claim it. But not only do we claim and conquer what God has in store for us, we are also called to parade our victories. We are called to share our testimonies, proclaim God's good works, and show the world who truly reigns. We are more than conquerors. No weapon forged against us will prosper. It is finished. Amen! Please repeat after me, "I am more than a conqueror!" Amen!

- I am untouchable. (1 John 5:18):

We are untouchable. That does not mean we aren't prone to trials, troubles, or struggles, but what it means is that we are protected by God and Satan cannot get in. He can only affect our outside. He cannot touch our inside. A teenage girl who was imprisoned in China for her faith and tortured and raped later shared with a sincere smile, "My body may have been defiled, but my soul is pure." Satan could not steal her love or her joy. We are untouchable. Please repeat after me, "I am untouchable." Amen!

- I am fearless. (Philippians 1:27-28):

"God has not given us a spirit of fear, but of power, love and a sound mind" (2 Timothy 1:7, ESV). When you understand that you are a child of God, that you are a citizen of heaven, that you are seated with God, that you are more than a conqueror, that you are sealed with the Spirit, that you are untouchable— you will become fearless. It's just natural. "The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?" (Psalm 27:1,

ESV). As you start speaking out who you are in Christ, you are going to find your prayers going to another level. No longer do the things of this world cause you to fear. Satan and all his attacks are revealed as weak. Please repeat after me, "I am fearless." Amen!

V. Small Group Questions

1. Read Matthew 6:14-15. Unforgiveness is usually what hinders a person the most from receiving inner healing— unforgiveness towards a person who wronged them or who they felt wronged them. Why is unforgiveness so dangerous? What emotions grow in a person when they refuse to forgive? Is there anyone you have not forgiven (you do not have to verbally answer this last question)?
2. If someone wants to get strong physically, they will start a disciplined workout routine, will eat healthy food, and will keep focused on his goal. If someone wants to get strong spiritually, what should he do? How do you develop "spiritual muscles?"
3. How does knowing your identity in God help you in your battle against sin and evil? What areas do you struggle most with the Enemy? What identities can help you in your fight?
4. What are the 14 identities we have covered so far? What does each mean for us?

Memory Verse of the Week – 1 John 5:18