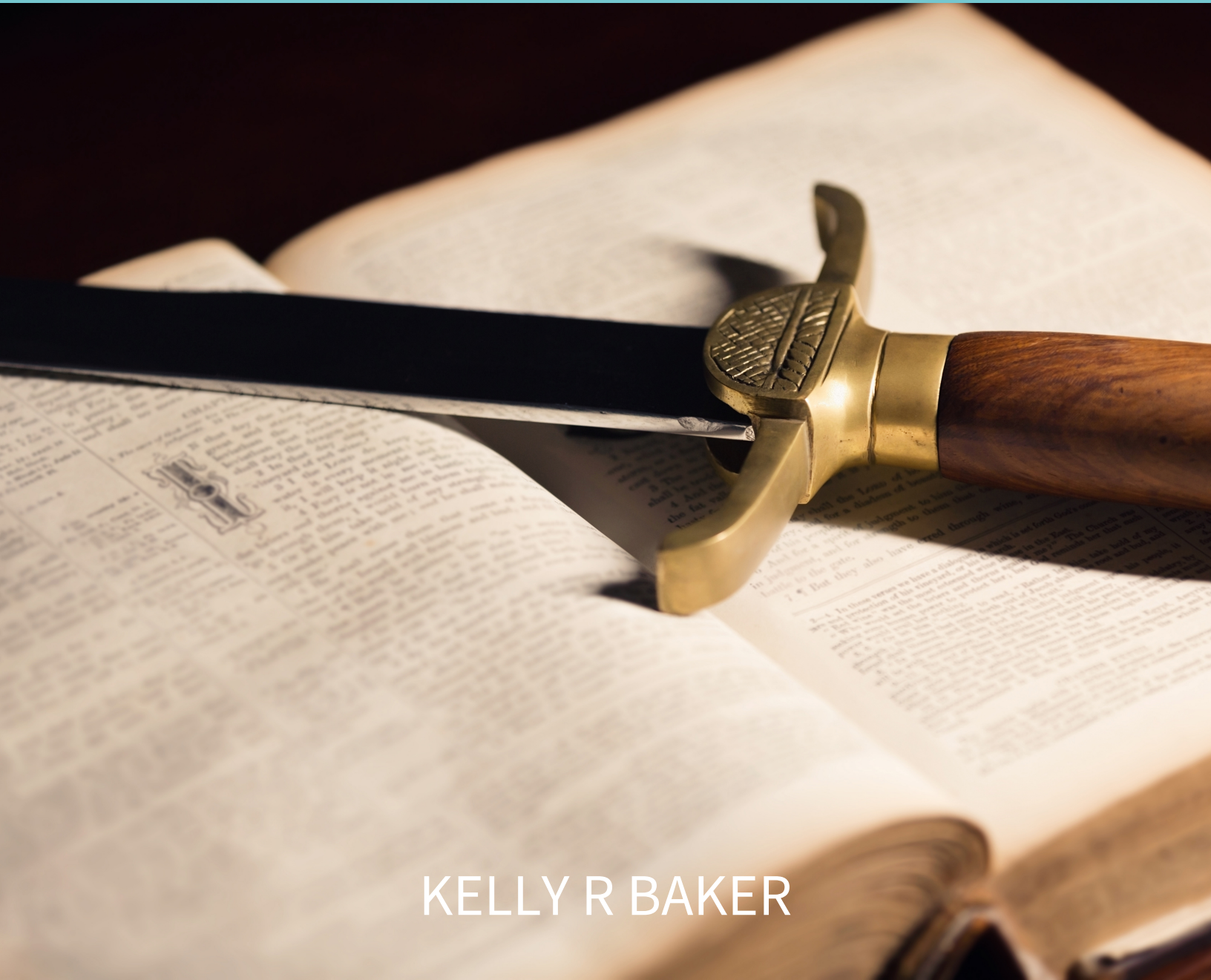


SCRIPTURE ARSENAL

Your Liberating
Spiritual Warfare Manual



KELLY R BAKER

Scripture Arsenal

Your Spiritual Warfare Cheat Sheet

BY KELLY R. BAKER

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But his delight is in the LORD's law.
On his law he meditates day and night.
He will be like a tree planted by the streams of water,
that produces its fruit in its season,
whose leaf also does not wither.
Whatever he does shall prosper.
Psalm 1:2-3



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FOREWORD

If you have been in the church for at least a short period of time, chances are you have heard of spiritual warfare. As one who grew up in the church, I heard this phrase and probably every other spiritual phrase known to man; however, it's one thing to hear about something and another to understand. So despite always being in the church, and having wonderful Bible-believing parents who taught me well, I still became deceived, for a season, by Satan. I was beat up, condemned, defeated, and had no strength. I knew the scripture said, "let the weak say 'I am strong,'" but I couldn't do it. I was ready to give up. One day, as a young man, I finally came to the realization that Satan hates me. Yes, I was told all the time that the enemy of my soul hated me, but again, it's one thing to hear and another to understand.

Jesus said in John 10:10, "The thief only comes to steal, kill, and destroy. I came that they may have life, and may have it abundantly." When I really grasped the meaning of this scripture I knew I had to fight. The enemy's whole purpose is to steal, kill, and destroy you and me. *Thief* implies deception and trickery. *Kill* and *destroy* imply violence and destruction. These things take away life. If that is his purpose, then we must make a stand so that we can have life, and advance in the Kingdom of God.

My sister, Kelly, has written and prepared an excellent manual to help you overcome the enemy. Whether you are a seasoned Christian or new believer, there is something here for everyone. It's a timely, much-needed message in light of current events. So, let me encourage you to use this liberating, spiritual warfare resource and fight! Take back the freedom that is rightly yours and live life abundantly!

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INTRODUCTION: YOU NEED TRUTH IN YOUR ARSENAL

One day I read a blog post by a woman who was lamenting the unfavorable circumstances she had been thrown into regarding her job. Then she went on to the next problem in her life, and the next. In the process of heaping on negativity, she uttered a cry for help.

I don't know this lady at all, but I wanted to crawl through her blog into her living room and help her in two ways. First, give her a hug, and second, refill her “arsenal of Truth” by reminding her of the promises of God.

We all have problems in life. What is the burden that you are currently holding in your hand? What trial are you living through? It may not have taken you more than mere seconds before the weight of it pinned your heart into despair.

You are in a spiritual battle where your fighting isn't against humans but spiritual forces of evil (see Ephesians 6:12).

In case you don't know, an arsenal is a place where weapons are stored. You need Truth in your arsenal ready for when the “when” arrives!

When life is overwhelming. When you want to run from that job. When you feel inadequate to carry out the responsibility called parenthood. When you wake up and discover, *I'm in a relationship with this person. What did I get myself into?*

The devil likes to make chaos in the rapid fire of our own thinking. Our thoughts can be controlled. I wanted to help Ms. Blog Lady unlock the sanity in her mind, and show her how to control her thoughts. How? By meditating on the truths and promises in the Bible. We cannot allow our thinking to be determined only by our environment.

If we continue to build a habit of rehearsing God's precious promises in our mind (we have the mind of Christ), then out of the cacophony of thoughts that roll around in our brain while we feel like we're sinking, we will hear God's still small voice bringing peace to the storm.

Some days we are going to feel like we are sinking in a quicksand of lies. But, friend, there is a life-saving net to catch us. The net of God's truth rescues.

God knew that the children of Israel in Joshua's day were going on an assignment that was no easy task. He knew that the only way they would succeed was by meditating on the strength of His promises. Our Lord is the same yesterday, today, and forever (Hebrews 13:8). The same wisdom applies to us today.

Whatever the situation is, no matter the unwelcome dilemma, despite the problematic day, you need Truth in your arsenal. Meditate on Truth. Then you will have good success.

This book of the law shall not depart from your mouth, but you shall meditate on it day and night, that you may observe to do according to all that is written in it; for then you shall make your way prosperous, and then you shall have good success. Joshua 1:8

WARRIOR STICK FIGURE

As sojourners here on earth, God has given us instructions to put on the whole Armor of God. When I started studying the Armor of God a couple of decades ago, I pictured a stick figure wearing a full suit of armor. (Maybe I pictured a stick figure instead of a strong warrior because I'm not an artist. If you ask me to draw, you're going to get stick figures.)

My cheesy illustration doesn't reflect the true power of using the Armor of God. Many do not know what putting on the Armor entails. If you are putting it on, or "wearing" it, then you are using it.

If you want to understand what it means to use the Armor of God, see Days 2 – 10 in the **40 Days of Daily Bread** series on the blog.

One part of using the Armor, is putting on the Sword of the Spirit, which is the Word of God (see Ephesians 6:17). So at one point, I envisioned the stick figure wearing a full suit of armor, complete with an arsenal chock full of arrows on his back! In my mind, each arrow represented a scripture.

So what made sense to me is that when the warrior shoots an arrow, it goes out into the air (atmosphere), and if the warrior is skilled enough it will land with precision. This is what happens when we pray and obey the Word of God.

That vision was a seed that eventually became this book!



PART I

YOUR SPIRITUAL WARFARE HANDBOOK

*Targeted prayer is the key to your victory.
You want to know how to get the devil running away with his tail between his legs!*



1

OVERCOMING PRAYER PROBLEMS

I had a dream one night that God used to show me what was in my heart. The dream was as follows:

Someone was driving me and my kids way too fast in a large bus. I prayed to God for him to slow down.

When he finally stopped, we fled to a hotel. Just my younger two were with me.

After getting the kids settled, I was chased by a murder hornet and fell to the ground. It followed me and kept hovering around my neck and the back of my ear. I put my right hand back to gather it away but then quickly retracted it to not get stung. We had to get away, so I got the kids and we ran out.

I tried to shut the door to our room as we left. It had an automatic lock. As soon as you shut the door, it would lock. It wasn't shutting. I didn't want to leave our stuff where people could steal it, so I was determined to shut the door. I grabbed the doorknob with both hands and pulled very hard with all my strength, putting all my weight into it. Finally, it shut.

We went to another place in the hotel (probably to eat), but that's when I noticed two bad men in dark clothing were stalking us. I took the kids and went back to our room. The door was open.

That's when the earthquake struck.

I fled with my kids, one strapped on my back as we went up an incline. The hillside was rocky and dangerous. But I was trying to escape there to the

building above. My plan was for us to live in a building that had nobody in it (like closed for the day or weekend or season). We would still have to stay hidden.

When we got inside, shadows greeted us. But we were all tired, so I started making a pallet on the floor for us to sleep.

End of dream.

Because of this dream, God revealed some serious prayer problems I had in my life. God showed me that the troubles in my dream represented the troubles in real life. How I responded in the dream was how I was responding in real life.

I was running instead of fighting whenever trouble came near: a dangerous bus ride, a murder hornet attack, the door wouldn't shut, being stalked, an earthquake. We ran, we hid, we slept.

Not only did I run, but in the dream I was afraid or filled with worry more than I wasn't.

In real life, living that way means I assume defeat. God also showed me I lacked spiritual perception. More about that in a minute.

PRAYER PROBLEMS

So what are some prayer problems that we might face? Here are some hindrances with a verse to help overcome it:

- **Praying amiss** (You ask, and don't receive, because you ask with wrong motives, so that you may spend it on your pleasures. James 4:3)
- **Fear** (For God didn't give us a spirit of fear, but of power, love, and self-control. 2 Timothy 1:7)
- **Worry** (Peace I leave with you. My peace I give to you; not as the world gives, I give to you. Don't let your heart be troubled, neither let it be fearful. John 14:27)
- **Doubt** (Jesus answered them, "Have faith in God. 23 For most certainly I tell you, whoever may tell this mountain, 'Be taken up and cast into the

sea,' and doesn't doubt in his heart, but believes that what he says is happening, he shall have whatever he says. Mark 11:22-23)

- **Laziness** (Slothfulness casts into a deep sleep. The idle soul shall suffer hunger. Proverbs 19:15)
- **Lacking diligence or discipline** (You therefore must endure hardship as a good soldier of Christ Jesus. 2 Timothy 2:3)
- **Giving up too early** (Ask, and it will be given you. Seek, and you will find. Knock, and it will be opened for you. 8 For everyone who asks receives. He who seeks finds. To him who knocks it will be opened. Matthew 7:7-8)
- **Discouragement** (Wait for the LORD. Be strong, and let your heart take courage. Yes, wait for the LORD. Psalm 27:14)

Not that we are sufficient of ourselves to account anything as from ourselves; but our sufficiency is from God. 2 Corinthians 3:5

SPIRITUAL PERCEPTION

Do you remember Elisha in the Bible? There's a time when the Syrians were making war against Israel in 2 Kings 6, and God kept revealing the enemy's plans to Elisha. The Syrian king thought a traitor was in the midst, but it was Elisha telling the king of Israel what God showed him.

After a while, the Syrian king sent his troops to find and capture Elisha. They found out he was at Dothan. Therefore he sent horses, chariots, and a great army there. They came by night and surrounded the city.

What a bleak picture, right? How would you feel if you were in that situation?

15 When the servant of the man of God had risen early and gone out, behold, an army with horses and chariots was around the city. His servant said to him, "Alas, my master! What shall we do?"

Right here is where Elisha calls to notice the servant's spiritual perception because it needed adjusting. (Mine probably would have needed it too!)

16 He answered, “Don’t be afraid, for those who are with us are more than those who are with them.” 17 Elisha prayed, and said, “LORD, please open his eyes, that he may see.” *The LORD opened the young man’s eyes, and he saw; and behold, the mountain was full of horses and chariots of fire around Elisha. 2 Kings 6:14-17, emphasis mine*

You have a huge army of angels on your side. You don’t have to run because God is fighting for you!

I love that story because it reminds me that we need to have correct spiritual perception. We are humans and live in a world where we don’t usually see in the spirit realm like that. But the warring angels are still there, whether we see them or not.

Heaven is ready and willing to back you if you are ready and willing to be a warrior of God in spirit, in prayer, in walking in authority, and in living out your identity in Christ.

Later we’re going to talk about when the angels are sent forth and your part in that.



2

500 ARROWS ARE COMING AT YOU TODAY

My insides felt like an acrobatic show that morning. While trying to juggle the morning routine, half of my mind was on tasks, and the other half on hurt feelings.

She does seem like the queen bee, after all.

The thought wanted to take up permanent residence in my brain, but no—I can't let it. I must cast that down.

Why did I offer to help anyway?

After almost three hours of a busy morning without time to eat, dizziness and weakness set in. I needed food—fast.

Waffles! Yes, fast and easy! Thank God for frozen convenience!

It was a great plan, except my son got to the toaster before I did and left a chunk of bread wedged so tightly that it rendered the appliance completely unusable—at least until my husband had a chance to wrestle with it.

Great! Add it to the list of things going wrong this morning!

One of those was that grim painful reminder that I felt like a peon after she did what she did to me. Then the baby was crying and my other kid kept calling my name.

*My heart hurts. I'm tired. I can't eat yet. The kids need me every second. Oh, this day!!
Where are You, God?*

Fiery arrows flew in my direction faster than race cars setting a new record. But the game changing question was, what was I going to do about it?

If I could see in the spirit realm, I'd see the attack I felt. Arrow after flame-lit arrow flying in my direction.

None of us are exempt.

What if you knew that you would face 500 arrows today? Would you prepare? Or at least be aware? Would you be ready to fight?

We don't have to just endure, remaining wounded. We can take up the tools God has provided for us. Take up the shield of faith—and believe that:

- God's promises for you are true
- His ways are best
- Doing the Word will help you overcome

Doing that quenches those fiery darts.

SPIRITUALLY DRESSED FOR BATTLE

One morning my Little Miss got into her dress up bin. She put on a few dress up pieces over her outfit for the day. She pulled on a unicorn dress, and added a Super Girl dress and arm shields on top of that. Then she finished off with a beach hat and princess slippers. She looked ridiculous. And adorable.

I chuckled, but it got me thinking; as young Christians, we don't yet know how to dress spiritually. We don't yet understand the process of “putting off” and “putting on.” We don't yet comprehend and put on (use) the Armor of God.

As far as being dressed for spiritual warfare, we are first, “clothed with the garments of salvation” and “covered with the robe of righteousness” (Isaiah 61:10).

I will greatly rejoice in the LORD! My soul will be joyful in my God, for he has clothed me with the garments of salvation. He has covered me with the robe of righteousness, as a bridegroom decks himself with a garland and as a bride adorns herself with her jewels. Isaiah 61:10

We need to be ready to grab that “garment” of humility if the occasion requires it:

Likewise, you younger ones, be subject to the elder. Yes, all of you clothe yourselves with humility and subject yourselves to one another; for God resists the proud, but gives grace to the humble. 1 Peter 5:5

Additionally, we need to be ready to wear (walk in) any of what’s listed in the passage below, for whatever the day demands:

Put on therefore, as God’s chosen ones, holy and beloved, a heart of compassion, kindness, lowliness, humility, and perseverance; 13 bearing with one another, and forgiving each other, if any man has a complaint against any; even as Christ forgave you, so you also do. 14 Above all these things, walk in love, which is the bond of perfection. Colossians 3:12-14

We are also called to regularly “put on” the:

- Armor of light (Romans 13:12)
- Lord Jesus (Romans 13:14)
- Whole armor of God (Ephesians 6:11)
- New man (Colossians 3:10; Ephesians 4:24)

Can you imagine a knight going out without his armor? The outcome is not likely going to be the same as if he set out with the proper apparel. Right?



3

SPIRITUAL WARFARE AND TYPES OF ATTACKS

The entire Bible is a portrayal of spiritual warfare between the kingdom of the enemy (darkness) and the kingdom of God (light). Where are you in the big picture, you may be wondering?

Spiritual warfare encompasses your walk with God against **“principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.” (Ephesians 6:10, KJV)**. While you’re up against a lot, you’re not alone. You’re equipped with the power and authority that Jesus gave you (more about that in the next section).

WHAT IS SPIRITUAL WARFARE?

What is spiritual warfare? The word *warfare* simply means, “engagement in or the activities involved in war or conflict.” (*New Oxford American Dictionary*)

Let me remind you, despite whatever happens on this earth, none of the “fighting” is meant to be physical. The Bible tells us exactly that:

For our wrestling is not against flesh and blood, but against the principalities, against the powers, against the world’s rulers of the darkness of this age, and against the spiritual forces of wickedness in the heavenly places. Ephesians 6:12

So we aren’t to punch people’s lights out. Okay? Okay. Great. Moving on...

The moment you accepted Jesus as Savior, the enemy's sole goal is to hinder your walk with God in any way that he can. And he does that through lies. He will attempt to steal, kill, and destroy what's yours if you are passive.

Maybe you don't believe that you are under attack. Perhaps the devil doesn't bother you anymore because he tricked you on the subject long ago. I pray that God opens your eyes to the spiritual warfare going on around you so you won't be defeated.

Defeat the devil or he will defeat you.

You are in a spiritual war with your flesh and with the devil and you need to know the simple strategy to win. The picture Paul gives in Ephesians 6 is a strong warrior prepared for battle.

TYPES OF SPIRITUAL ATTACKS

All types of spiritual attacks can come at you. 2 Corinthians 2:11 warns us **“that no advantage may be gained over us by Satan, for we are not ignorant of his schemes.”**

Now let me just say that if you're focusing on the devil all day instead of God, then that's a problem. (How would that ever give glory to God?) Instead we are instructed to be watchful—not consumed.

Be sober and self-controlled. Be watchful. Your adversary, the devil, walks around like a roaring lion, seeking whom he may devour. 1 Peter 5:8

So keep in mind that the enemy could attack you in any area: physical, emotional, spiritual, etc. The primary pattern of spiritual warfare in the New Testament is agreeing with what God says to prevail over the schemes of the devil. A prime example is when Jesus was attacked by Satan in the wilderness.

PHYSICAL ATTACKS

The first temptation the enemy tried with Him was in the physical arena.

When he had fasted forty days and forty nights, he was hungry afterward. 3 The tempter came and said to him, “If you are the Son of God, command that these stones become bread.” 4 But he answered, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds out of God’s mouth.’” Matthew 4:2-4

Jesus had been on a 40 day fast. I don’t know about you, but I like food. I think I would be lying in the fetal position, crying. I need to eat six times a day to avoid becoming weak. But I love how Jesus spoke the Word because He knew that our true nourishment comes from the life-giving Word of God.

So keep watch in your physical arena. This could include:

- Demonic influence from things of this world
- Physical ailments
- Daily needs
- Fleshly desires

EMOTIONAL ATTACKS

The second temptation the enemy tried with Him was in the emotional (or mindset) arena.

Then the devil took him into the holy city. He set him on the pinnacle of the temple, 6 and said to him, “If you are the Son of God, throw yourself down, for it is written, ‘He will command his angels concerning you,’ and, ‘On their hands they will bear you up, so that you don’t dash your foot against a stone.’” 7 Jesus said to him, “Again, it is written, ‘You shall not test the Lord, your God.’” Matthew 4:5-7

Notice the devil threw doubt at Him and said, “IF you are the Son of God.” Jesus knew He was God’s son, and we know we are God’s children. That doesn’t stop the enemy from testing us with basic doubt tactics. If he did it to Jesus, he’ll do it to you.

Even if I’m unwavering in knowing who I am (a child of God), the devil comes to deceive. He will try to talk Scripture, and get me to foolishly misuse the power of God. I don’t tell God to “prove himself to me.”

If the enemy attacks you with doubt, remember your faith and trust is in God alone.

So keep watch in your emotional arena and thought life. This could include:

- Testing God
- Questioning your identity
- Questioning God's promises
- Believing lies or partial truths

SPIRITUAL ATTACKS

The third temptation the enemy tried with Him was in the spiritual arena.

Again, the devil took him to an exceedingly high mountain, and showed him all the kingdoms of the world and their glory. 9 He said to him, "I will give you all of these things, if you will fall down and worship me." 10 Then Jesus said to him, "Get behind me, Satan! For it is written, 'You shall worship the Lord your God, and you shall serve him only.'" Matthew 4:8-10

The devil likes to make the things of this world look friendly. But I have to resist that "friendship with the world" (James 4:4) because even a subtle desensitization yields my heart to the wrong lord. I have to remember the kingdom, power, and glory is God's (Matthew 6:13). My loyalty is to Him and Him alone!

If the enemy tempts you with switching your dedication to the things of this world, remind him that God's kingdom is where you serve with your life!

So keep watch in your spiritual arena and walk with God. This could include:

- Strongholds (which begin with temptation)
- Oppression (Acts 10:38)
- Deception (not forgiving can open the door to it)
- Starving yourself spiritually

No matter what temptation the devil may attempt to ambush you with, remember this promise from James 4:7, which says, **"Be subject therefore to God. Resist the devil, and he will flee from you."**

And then pull out your Sword of the Spirit and fight, doing damage in the enemy's kingdom. God will give you wisdom for the war, from one battle to the next.

Or when an attack comes, pray His Word to combat the enemy. Take your stand against: the devil, your flesh, or a worldly influence. You'll see victory when you do!

THE WARFARE OF SPIRITUAL GROWTH

Why should we pray for spiritual growth? Let's look at the account of the fig tree that Jesus cursed. This story always puzzled me until I studied more about it.

First, let's read the account in Mark 11:12-14, 20-24:

The next day, when they had come out from Bethany, he was hungry. 13 Seeing a fig tree afar off having leaves, he came to see if perhaps he might find anything on it. When he came to it, he found nothing but leaves, for it was not the season for figs. 14 Jesus told it, "May no one ever eat fruit from you again!" and his disciples heard it.

When evening came, he went out of the city. 20 As they passed by in the morning, they saw the fig tree withered away from the roots. 21 Peter, remembering, said to him, "Rabbi, look! The fig tree which you cursed has withered away."

22 Jesus answered them, "Have faith in God. 23 For most certainly I tell you, whoever may tell this mountain, 'Be taken up and cast into the sea,' and doesn't doubt in his heart, but believes that what he says is happening, he shall have whatever he says. 24 Therefore I tell you, all things whatever you pray and ask for, believe that you have received them, and you shall have them.

I learned that fig trees aren't like other trees in that if they have leaves on them, you can expect the figs to be present. So someone passing by can easily glance at the tree and know if they can receive something from it just by observing whether or not the leaves are present.

In this case, the fig tree has leaves but no figs.

So there's a lesson here, which is actually a warning. We should not have the appearance of fruit in our lives but no actual fruit.

For example, this is like saying you are a Christian but not living like one or growing spiritually.

Jesus cursed the fig tree to never have fruit again, and it withered away. Notice this is the only supernatural act that He did in which the outcome wasn't life-giving. But if we heed the warning, it will be life-giving.

So we need to allow the Holy Spirit's work of spiritual growth in our lives—cooperate with Him when He wants to move in our hearts.

One way we can do this is by praying for spiritual growth in us. In part two, there's a section of praying points for spiritual maturity.



4

HOW TO ENGAGE IN SPIRITUAL WARFARE

Jesus gave you a wonderful gift: spiritual authority. The problem is, most of us don't really take full advantage of it. Many times that's because we don't fully believe it.

Behold, I give you authority to tread on serpents and scorpions, and over all the power of the enemy. Nothing will in any way hurt you. Luke 10:19

For me, I know there were times when I prayed with authority and immediately after heard a lie of doubting my spiritual identity. It was a mindset attack with the goal of stealing my authority in Christ.

If the devil can get me to believe even a fraction of that, then he's taking away my victory.

The thing is, I have to speak what I believe. And if I'm struggling to believe the truth of God's promises, then I need to say it out loud to myself until my heart and mind line up with it. I need to mix my faith with the Word:

For indeed we have had good news preached to us, even as they also did, but the word they heard didn't profit them, because it wasn't mixed with faith by those who heard. Hebrews 4:2

God gave you authority over the enemy and free access to come before your King for help:

Let's therefore draw near with boldness to the throne of grace, that we may receive mercy and may find grace for help in time of need. Hebrews 4:16

The disciples even struggled with their authority in Christ.

Then the disciples came to Jesus privately, and said, “Why weren’t we able to cast it out?” Matthew 17:19

Do you remember what Jesus said the problem was? There are two keys to note in His answer:

He said to them, “Because of your unbelief. For most certainly I tell you, if you have faith as a grain of mustard seed, you will tell this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. 21 But this kind doesn’t go out except by prayer and fasting.” Matthew 17:20-21

1. Unbelief
2. Prayer and fasting

Again, I have to ask myself: Am I mixing my faith with the Word? How am I praying, with fervency or faltering? When you are declaring the promises of God, speak with authority, just as Jesus did (see Luke 4:36).

I can’t tell you how many times I heard myself praying promises of God out loud only to be doubting them inwardly. I had to go back and read and pray the promise over and over until I got it in my heart (and still have to do this sometimes).

And then, if that’s not cutting it, Jesus said I need to add fasting. There’s something about fasting that brings victory. When the noise of everything else is removed, there is a greater clarity with God.

Most of the time, when I get revelation as to why I’m walking in doubt, it’s because I was subconsciously trusting in myself to bring about the answer.

A huge part of faith is trusting in God’s ability. He will perform His Word. He will do what He says He will do. I’ve seen it time and time again.

So learn His Word, and speak it whenever needed. You have every right as a child of God to do so!

3-FOLD STRATEGY FOR OVERCOMING WITH THE WORD

For the weapons of our warfare are not of the flesh, but mighty before God to the throwing down of strongholds, 5 throwing down imaginations and every high thing that is exalted against the knowledge of God and bringing every thought into captivity to the obedience of Christ. 2 Corinthians 10:4-5

The KJV says it this way:

For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.

We all contend with carnal inclinations, but our weapons are not temporal like our bodies are. These weapons of truth bring eternal significance because of the Word's power to not return void (Isaiah 55:11).

The scripture passage from second Corinthians above says to “pull down, cast down & take into captivity.” Those are fighting words right there! That’s why it’s called a war or spiritual warfare.

So let’s use this passage to see how to overcome strongholds and incorrect mindsets.

1. Pull Down STRONGHOLDS

When we are dealing with a sin area it is often a stronghold.

The word *stronghold* means, “a place where a particular cause or belief is strongly defended or upheld.” (*New Oxford American Dictionary*)

I like to describe it this way:

A stronghold is anything that has a strong hold on you.

Remember that these often begin with temptation (or a lie from Satan).

To **pull down strongholds** means to completely abolish the argument going on in your head, whether it is with yourself or the devil.

Nobody can do this for you. It's a choice that you will need to make.

2. CAST DOWN

To **cast down imaginations** means to demolish thoughts, imaginations, motives, reasoning and anything that is contrary to God's Word. How do you demolish a thought? That sounds like a pretty impressive power. But you can by praying out loud every time a wrong thought enters your mind.

For example:

I cast down the belief that I am not loved. According to John 3:16 I know God loves me. It is written in Ephesians 1:6 that I am accepted in the [company] of the beloved [God's children].

You are, then, making a practice of demolishing thoughts that do not line up with what God says in His Word.

3. TAKE INTO CAPTIVITY

To take into captivity means to make it your prisoner of war. Why are we to cast down imaginations and take the thoughts captive? The little word "and" in 2 Corinthians 10:5 reveals important instructions.

You could cast down those idol-like thoughts all day long, but it would still remain a stronghold in your life if you don't take it into captivity.

How? Use the Word so that sin doesn't own you! **Replace** the wrong thought with an applicable thought from the Bible (as in the second half of the example in #2). This is why the Bible says to renew your mind and set your mind on things above!

Got it? Great!

YOUR WEAPONS FOR SPIRITUAL WARFARE

The devil wants you to think the weapons God has given you are weird, useless, and foreign so you won't use them; however, if you don't fight him, he will lay siege to your faith.

It's time to gain your victory. Any problem needs spiritual warfare. Do you know what your weapons for this spiritual warfare are? All of these are Scriptures for spiritual warfare that you can declare in your prayer time!

FAITH

Now faith is assurance of things hoped for, proof of things not seen. Hebrews 11:1

How many times was someone healed because of their faith! (I cover this in depth in the **Praying for Healing Toolkit**.)

WORD

So is my word that goes out of my mouth: it will not return to me void, but it will accomplish that which I please, and it will prosper in the thing I sent it to do. Isaiah 55:11.

The promises of God's Word are designed to be fruitful.

NAME OF JESUS

If you will ask anything in my name, I will do it. John 14:14

A name filled with so much power that every knee will bow before it (Romans 14:11; Philippians 2:10).

BLOOD OF JESUS

They overcame him because of the Lamb's blood, and because of the word of their testimony. They didn't love their life, even to death. Revelation 12:11

These kinds of Christians don't love their life in this world. They are the ones that produce testimonies.

BINDING AND LOOSING

Most certainly I tell you, whatever things you bind on earth will have been bound in heaven, and whatever things you release on earth will have been released in heaven. Matthew 18:18

What does binding and loosing mean? Some examples:

- Bind: to restrain an evil spirit from moving against you
- Loose: to release the powers of God

Use the opposite of the attack of the enemy (e.g.: Bind evil thoughts. Loose the mind of Christ. Bind self pity. Loose confidence.)

PRAISE AND WORSHIP

Remember King Jehoshaphat? All they did was set the praisers out front and they won the battle supernaturally! (2 Chronicles 20:21-24) The Lord inhabits the praises of His people. When the presence of the Lord comes in, evil spirits move out!



PART 2

SCRIPTURE ARSENAL

First, I have to pick up the sword God has given me.

Next, I have to learn how to use it.

Finally, I need to know it well enough to fight victoriously with it.

When I can wield my sword, it becomes my liberation.



5

HOW TO USE THE SCRIPTURE ARSENAL

I put the Scripture Arsenal together for you to use on 40 topics. Although the Scripture bank is not exhaustive, I have given between 3 and 6 verses or passages per subject. My favorites are definitely included, but feel free to add more of your own discovered treasures in the margins.

When you don't know what to pray, pray the Word. When you are unsure what to think, meditate on Scripture. Whenever you need to know what to do, obey the Bible. God's promises and truths are at your disposal.

3 TIPS FOR STRATEGIC PRAYER

1. **Activate Your Faith.** Just as we believe (and know) that our sins are forgiven when we believe that Jesus died for our sin, faith is activated. Believing in Jesus is our faith. It is faith activated. But if we need more faith for a particular area, then we can quickly choose. Choose to believe God is able, and He is in control. At that moment, our faith is activated.
2. **Have “Go-to” Scriptures.** What does that mean? It means there are certain verses that you go to when a crisis first strikes or when you first begin to spiritually deal with a crisis. One to three verses in a few different categories can be chosen as your "go to Scriptures."

Speak and pray them out loud. “Faith comes by hearing, and hearing by the word of God” Romans 10:17. This process is part of the "being transformed by

the renewing of your mind" (Romans 12:2). Pray them knowing that God's word doesn't return void, but goes to accomplish where it's sent (see Isaiah 55:11).

3. **Don't Stop Short.** Keep praying; spiritual warfare may take time. For example, Daniel continued in fervent prayer for 21 days; he even coupled that with fasting (see Daniel 10:2-3 below). The angel was sent forth at the time Daniel began praying but didn't reach him until the 21st day (see Daniel 10:12-14 below). Although you may be unaware of the hindrances to your prayers, don't stop praying until the answer comes. The angels of God are warring on your behalf!

In those days I, Daniel, was mourning three whole weeks. 3 I ate no pleasant food. No meat or wine came into my mouth. I didn't anoint myself at all, until three whole weeks were fulfilled. Daniel 10:2-3

Then he said to me, "Don't be afraid, Daniel; for from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard. I have come for your words' sake. 13 But the prince of the kingdom of Persia withstood me twenty-one days; but, behold, Michael, one of the chief princes, came to help me because I remained there with the kings of Persia. 14 Now I have come to make you understand what will happen to your people in the latter days, for the vision is yet for many days." Daniel 10:12-14

For he will put his angels in charge of you, to guard you in all your ways. Psalm 91:11

The insistent prayer of a righteous person is powerfully effective. 1 James 5:16

Those three tips for strategic prayer are simple and practical. To sum up:

Choose applicable verses and pray them. Praying God's Word sends it out into the atmosphere, and it doesn't return void (Isaiah 55:11). It activates your faith. Finally, don't give up. God is listening and answering even when you can't see it happening.

Go ahead and dive in!

6

SCRIPTURE LOCATIONS BY SUBJECT

Anxiety Psalm 37:7; Matthew 6:25-34; Matthew 11:28-30; Philippians 4:6-7; 1 Peter 5:7

Asking Matthew 7:7-8; John 15:7; James 4:3; 1 John 3:22; 1 John 5:15

Brokenhearted Psalm 33:11; Psalm 34:18; Psalm 37:4-5; Psalm 51:17; Psalm 147:3

Contentment Exodus 20:17; Philippians 4:11-13; 1 Timothy 6:6-8; Hebrews 13:5

Crucifying the Flesh Romans 6:11-12; Romans 8:13; Galatians 2:20; Ephesians 4:22-24; Colossians 3:9-10; James 1:22-25

Diligence Proverbs 10:4; Proverbs 13:4; Proverbs 21:5; Luke 14:28; Romans 12:1; 2 Timothy 2:15

Direction Psalm 25:9; Psalm 119:105; Proverbs 3:5-6; Proverbs 16:9; John 16:13

Discernment John 16:13; Ephesians 1:18; Hebrews 5:12-14; 1 John 2:20; 1 John 3:20-21

Faith Matthew 17:20; Matthew 21:21-22; Hebrews 11:1, 6; Romans 12:3

Fear Psalm 23:4; Psalm 34:4; Isaiah 41:10,13; Matthew 10:30-31; 2 Timothy 1:7; 1 John 4:18

Forgiving Matthew 6:14-15; Matthew 18:21-22; Ephesians 4:32; Colossians 3:12-13

God's Will Psalm 40:8; Matthew 6:10; Matthew 7:21; Luke 22:41-42; Ephesians 5:15-17; 1 John 2:17

Hearing God's Voice Matthew 17:5; John 10:3-5, 27; John 16:13

Heart Psalm 119:11; Proverbs 4:23; Matthew 6:21; Matthew 22:37; Luke 6:45

Healing Psalm 103:2-3; Psalm 107:20; Isaiah 53:4-5; Matthew 8:13, 17; 1 Peter 2:24

Holiness Psalm 101:3; 1 Corinthians 6:19-20; Hebrews 12:14; 1 Peter 1:15-16; 1 Thessalonians 5:22-23

Humility Psalm 138:6; Proverbs 11:2; James 4:6,10

Laziness Proverbs 10:4; Proverbs 15:19; Proverbs 18:9; Proverbs 19:15; Proverbs 26:14-16; Romans 12:11

Loneliness Psalm 139:7, 17-18; Jeremiah 29:11; Matthew 28:20; Romans 8:38-39; Hebrews 13:5

Love Matthew 22:37-39; John 13:34-35; John 15:13; 1 Corinthians 13:4-8, 13; Colossians 3:14; 1 John 3:16-18

Lust Matthew 5:28; Romans 13:13-14; Galatians 5:16, 19; 1 John 2:16

Marriage Proverbs 5:18-21; Proverbs 31:10-12, 23; Ephesians 5:22-33; Colossians 3:18-19; 1 Peter 3:1-7

Mouth Psalm 19:14; Proverbs 4:24; Proverbs 6:2; Proverbs 10:19; Ephesians 4:29; James 3:2-10

Obedience Deuteronomy 10:12-13; Mark 12:30; John 14:15; John 15:10; 1 John 5:3

Peace Isaiah 26:3-4; John 14:27; Philippians 4:6-7; Colossians 3:15

Praise Psalm 61:8; Psalm 96:4; Psalm 100:1-2,4; Psalm 103:1; Psalm 147:1; Hebrews 13:15

Pride Psalm 138:6; Proverbs 13:10; Proverbs 16:18-19; Mark 7:21-23; Romans 12:3; 1 John 2:16

Protection Isaiah 54:17; Psalm 34:7-8; Psalm 46:1; Psalm 91:9-12; Proverbs 18:10; Proverbs 29:25 (also see sleep verses)

Provision Isaiah 65:24; Matthew 6:25, 32-33; Matthew 7:7-11; Philippians 4:19

Seeking God 1 Chronicles 16:11; Psalm 27:8; Psalm 63:1; Jeremiah 29:13; Matthew 5:6

Selflessness 1 Corinthians 10:24, 33; 1 Corinthians 12:22-25; 1 Corinthians 13:4-5; Philippians 2:3-5; James 2:8-10

Sleep Psalm 4:8; Psalm 127:2; Proverbs 3:24

Spiritual Warfare Matthew 16:19; Luke 10:19; 2 Corinthians 10:4-5; Ephesians 6:12

Strength 2 Samuel 22:33; Psalm 28:7; Psalm 46:1; Psalm 138:3; Isaiah 40:28-29; Isaiah 41:10

Temptation Matthew 4:1-11; 1 Corinthians 10:13; James 1:12-15; 1 Peter 5:8-10

Thankfulness Psalm 109:30; Luke 17:15-18; Acts 27:35; Hebrews 13:15; Colossians 3:17; 1 Thessalonians 5:17-18

Thoughts 1 Corinthians 2:16; 2 Corinthians 10:4-5; Ephesians 6:17; Philippians 2:1-5; Philippians 4:8

Trust Psalm 37:3, 5, 7; Psalm 62:8; Proverbs 3:5-6; Isaiah 26:3-4; Jeremiah 17:7-8; 2 Corinthians 1:9-10

Waiting Psalm 27:14; Psalm 38:15; Isaiah 40:31; Lamentations 3:25

Wisdom Proverbs 1:7; Proverbs 2:1-12; Proverbs 3:13-23; Proverbs 4:7; James 1:5

7

SCRIPTURE PASSAGES BY SUBJECT

ANXIETY

Psalm 37:7

Rest in the Lord, and wait patiently for him. Don't fret because of him who prospers in his way, because of the man who makes wicked plots happen.

Matthew 6:25-34

25 Therefore I tell you, don't be anxious for your life: what you will eat, or what you will drink; nor yet for your body, what you will wear. Isn't life more than food, and the body more than clothing?

26 See the birds of the sky, that they don't sow, neither do they reap, nor gather into barns. Your heavenly Father feeds them. Aren't you of much more value than they?

27 Which of you by being anxious, can add one moment to his lifespan?

28 Why are you anxious about clothing? Consider the lilies of the field, how they grow. They don't toil, neither do they spin,

29 yet I tell you that even Solomon in all his glory was not dressed like one of these.

30 But if God so clothes the grass of the field, which today exists and tomorrow is thrown into the oven, won't he much more clothe you, you of little faith?

31 Therefore don't be anxious, saying, "What will we eat?", "What will we drink?" or, "With what will we be clothed?"

32 For the Gentiles seek after all these things; for your heavenly Father knows that you need all these things.

33 But seek first God's Kingdom and his righteousness; and all these things will be given to you as well.

34 Therefore don't be anxious for tomorrow, for tomorrow will be anxious for itself. Each day's own evil is sufficient.

Matthew 11:28-30	Philippians 4:6-7	1 Peter 5:7
28 Come to me, all you who labor and are heavily burdened, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and humble in heart; and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.	6 In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.	Casting all your worries on him, because he cares for you.

ASKING

Matthew 7:7-8	John 15:7	James 4:3
7 Ask, and it will be given you. Seek, and you will find. Knock, and it will be opened for you. 8 For everyone who asks receives. He who seeks finds. To him who knocks it will be opened.	If you remain in me, and my words remain in you, you will ask whatever you desire, and it will be done for you.	You ask, and don't receive, because you ask with wrong motives, so that you may spend it for your pleasures.

1 John 3:22	1 John 5:15
And whatever we ask, we receive from him, because we keep his commandments and do the things that are pleasing in his sight.	This is the boldness which we have toward him, that, if we ask anything according to his will, he listens to us. And if we know that he listens to us, whatever we ask, we know that we have the petitions which we have asked of him.

BROKENHEARTED

Psalms 33:11	Psalms 34:18	Psalms 37:4-5
The counsel of the Lord stands fast forever, the thoughts of his heart to all generations.	The Lord is near to those who have a broken heart, and saves those who have a crushed spirit.	4 Also delight yourself in the Lord, and he will give you the desires of your heart. 5 Commit your way to the Lord. Trust also in him, and he will do this.

Psalms 51:17	Psalms 147:3
The sacrifices of God are a broken spirit. O God, you will not despise a broken and contrite heart.	He heals the broken in heart, and binds up their wounds.



CONTENTMENT

Exodus 20:17	Philippians 4:11-13
You shall not covet your neighbor's house. You shall not covet your neighbor's wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbor's.	11 Not that I speak in respect to lack, for I have learned in whatever state I am, to be content in it. 12 I know how to be humbled, and I know also how to abound. In everything and in all things I have learned the secret both to be filled and to be hungry, both to abound and to be in need. 13 I can do all things through Christ, who strengthens me.

1 Timothy 6:6-8	Hebrews 13:5
6 But godliness with contentment is great gain. 7 For we brought nothing into the world, and we certainly can't carry anything out. 8 But having food and clothing, we will be content with that.	Be free from the love of money, content with such things as you have, for he has said, "I will in no way leave you, neither will I in any way forsake you."

CRUCIFYING FLESH

Romans 6:11-12	Romans 8:13	Galatians 2:20
11 Thus consider yourselves also to be dead to sin, but alive to God in Christ Jesus our Lord. 12 Therefore don't let sin reign in your mortal body, that you should obey it in its lusts.	For if you live after the flesh, you must die; but if by the Spirit you put to death the deeds of the body, you will live.	I have been crucified with Christ, and it is no longer I that live, but Christ lives in me. That life which I now live in the flesh, I live by faith in the Son of God, who loved me, and gave himself up for me.

Ephesians 4:22-24	Colossians 3:9-10
22 That you put away, as concerning your former way of life, the old man, that grows corrupt after the lusts of deceit; 23 and that you be renewed in the spirit of your mind, and put on the new man, who in the likeness of God has been created in righteousness and holiness of truth.	9 Don't lie to one another, seeing that you have put off the old man with his doings, 10 and have put on the new man, who is being renewed in knowledge after the image of his Creator.

James 1:22-25
22 But be doers of the word, and not only hearers, deluding your own selves. 23 For if anyone is a hearer of the word and not a doer, he is like a man looking at his natural face in a mirror; 24 for he sees himself, and goes away, and immediately forgets what kind of man he was. 25 But he who looks into the perfect law of freedom, and continues, not being a hearer who forgets, but a doer of the work, this man will be blessed in what he does.

DILIGENCE

Proverbs 10:4	Proverbs 13:4	Proverbs 21:5
He becomes poor who works with a lazy hand, but the hand of the diligent brings wealth.	The soul of the sluggard desires, and has nothing, but the desire of the diligent shall be fully satisfied.	The plans of the diligent surely lead to profit; and everyone who is hasty surely rushes to poverty.



Luke 14:28	Romans 12:11	2 Timothy 2:15
For which of you, desiring to build a tower, doesn't first sit down and count the cost, to see if he has enough to complete it?	Not lagging in diligence, fervent in spirit, serving the Lord.	Give diligence to present yourself approved by God, a workman who doesn't need to be ashamed, properly handling the Word of Truth.

DIRECTION

Psalms 25:9	Psalms 119:105	Proverbs 3:5-6
He will guide the humble in justice. He will teach the humble his way.	Your word is a lamp to my feet, and a light for my path.	5 Trust in the Lord with all your heart, and don't lean on your own understanding. 6 In all your ways acknowledge him, and he will make your paths straight.

Proverbs 16:9	John 16:13
A man's heart plans his course, but the Lord directs his steps.	However when he, the Spirit of truth, has come, he will guide you into all truth, for he will not speak from himself; but whatever he hears, he will speak. He will declare to you things that are coming.



DISCERNMENT

John 16:13	Ephesians 1:18
However when he, the Spirit of truth, has come, he will guide you into all truth, for he will not speak from himself; but whatever he hears, he will speak. He will declare to you things that are coming.	Having the eyes of your hearts enlightened, that you may know what is the hope of his calling, and what are the riches of the glory of his inheritance in the saints.

Hebrews 5:12-14
12 For although by this time you should be teachers, you again need to have someone teach you the rudiments of the first principles of the revelations of God. You have come to need milk, and not solid food. 13 For everyone who lives on milk is not experienced in the word of righteousness, for he is a baby. 14 But solid food is for those who are full grown, who by reason of use have their senses exercised to discern good and evil.

1 John 2:20	1 John 3:20-21
You have an anointing from the Holy One, and you all have knowledge.	20 Because if our heart condemns us, God is greater than our heart, and knows all things. 21 Beloved, if our hearts don't condemn us, we have boldness toward God.



FAITH

Matthew 17:20	Matthew 21:21-22
He said to them, “Because of your unbelief. For most certainly I tell you, if you have faith as a grain of mustard seed, you will tell this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.”	21 Jesus answered them, “Most certainly I tell you, if you have faith and don’t doubt, you will not only do what was done to the fig tree, but even if you told this mountain, ‘Be taken up and cast into the sea,’ it would be done. 22 All things, whatever you ask in prayer, believing, you will receive.”

Romans 12:3	Hebrews 11:1, 6
For I say, through the grace that was given me, to every man who is among you, not to think of himself more highly than he ought to think; but to think reasonably, as God has apportioned to each person a measure of faith.	1 Now faith is assurance of things hoped for, proof of things not seen. 6 Without faith it is impossible to be well pleasing to him, for he who comes to God must believe that he exists, and that he is a rewarder of those who seek him.

FEAR

Psalms 23:4	Psalms 34:4
Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me. Your rod and your staff, they comfort me.	I sought the Lord, and he answered me, and delivered me from all my fears.

Isaiah 41:10	Isaiah 41:13
Don't you be afraid, for I am with you. Don't be dismayed, for I am your God. I will strengthen you. Yes, I will help you. Yes, I will uphold you with the right hand of my righteousness.	For I, the Lord your God, will hold your right hand, saying to you, 'Don't be afraid. I will help you.'

Matthew 10:30-31	2 Timothy 1:7	1 John 4:18
30 But the very hairs of your head are all numbered. 31 Therefore don't be afraid. You are of more value than many sparrows.	For God didn't give us a spirit of fear, but of power, love, and self-control.	There is no fear in love; but perfect love casts out fear, because fear has punishment. He who fears is not made perfect in love.

FORGIVING

Matthew 6:14-15	Matthew 18:21-22
14 For if you forgive men their trespasses, your heavenly Father will also forgive you. 15 But if you don't forgive men their trespasses, neither will your Father forgive your trespasses.	21 Then Peter came and said to him, "Lord, how often shall my brother sin against me, and I forgive him? Until seven times?" 22 Jesus said to him, "I don't tell you until seven times, but, until seventy times seven."



Ephesians 4:32	Colossians 3:12-13
And be kind to one another, tender hearted, forgiving each other, just as God also in Christ forgave you.	12 Put on therefore, as God's chosen ones, holy and beloved, a heart of compassion, kindness, lowliness, humility, and perseverance; 13 bearing with one another, and forgiving each other, if any man has a complaint against any; even as Christ forgave you, so you also do.

God's Will

Psalms 40:8	Matthew 6:10
I delight to do your will, my God. Yes, your law is within my heart.	Let your Kingdom come. Let your will be done on earth as it is in heaven.

Matthew 7:21	Luke 22:41-42
Not everyone who says to me, 'Lord, Lord,' will enter into the Kingdom of Heaven, but he who does the will of my Father who is in heaven.	41 He was withdrawn from them about a stone's throw, and he knelt down and prayed, 42 saying, "Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done."

Ephesians 5:15-17	1 John 2:17
15 Therefore watch carefully how you walk, not as unwise, but as wise, 16 redeeming the time, because the days are evil. 17 Therefore, don't be foolish, but understand what the will of the Lord is.	The world is passing away with its lusts, but he who does God's will remains forever.

HEALING

Psalm 103:2-3	Psalm 107:20
2 Praise the LORD, my soul, and don't forget all his benefits, 3 who forgives all your sins, who heals all your diseases.	He sends his word, and heals them, and delivers them from their graves.

Isaiah 53:4-5
4 Surely he has borne our sickness and carried our suffering; yet we considered him plagued, struck by God, and afflicted. 5 But he was pierced for our transgressions. He was crushed for our iniquities. The punishment that brought our peace was on him; and by his wounds we are healed.

Matthew 8:13	Matthew 8:17	1 Peter 2:24
Jesus said to the centurion, "Go your way. Let it be done for you as you have believed." His servant was healed in that hour.	That it might be fulfilled which was spoken through Isaiah the prophet, saying, "He took our infirmities and bore our diseases."	He himself bore our sins in his body on the tree, that we, having died to sins, might live to righteousness. You were healed by his wounds.

HEARING GOD'S VOICE

Matthew 17:5
While he was still speaking, behold, a bright cloud overshadowed them. Behold, a voice came out of the cloud, saying, "This is my beloved Son, in whom I am well pleased. Listen to him."

John 10:3-5, 27

3 The gatekeeper opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name, and leads them out.

4 Whenever he brings out his own sheep, he goes before them, and the sheep follow him, for they know his voice.

5 They will by no means follow a stranger, but will flee from him; for they don't know the voice of strangers.

27 My sheep hear my voice, and I know them, and they follow me.

John 16:13

However when he, the Spirit of truth, has come, he will guide you into all truth, for he will not speak from himself; but whatever he hears, he will speak. He will declare to you things that are coming.

HEART

Psalms 119:11	Proverbs 4:23	Proverbs 11:20
I have hidden your word in my heart, that I might not sin against you.	Keep your heart with all diligence, for out of it is the wellspring of life.	Those who are perverse in heart are an abomination to the Lord, but those whose ways are blameless are his delight.

Matthew 6:21	Matthew 22:37
For where your treasure is, there your heart will be also.	Jesus said to him, "You shall love the Lord your God with all your heart, with all your soul, and with all your mind."

Luke 6:45

The good man out of the good treasure of his heart brings out that which is good, and the evil man out of the evil treasure of his heart brings out that which is evil, for out of the abundance of the heart, his mouth speaks.

Holiness

Psalm 101:2-4	1 Corinthians 6:19-20
2 I will be careful to live a blameless life. When will you come to me? I will walk within my house with a blameless heart. 3 I will set no vile thing before my eyes. I hate the deeds of faithless men. They will not cling to me. 4 A perverse heart will be far from me. I will have nothing to do with evil.	19 Or don't you know that your body is a temple of the Holy Spirit who is in you, whom you have from God? You are not your own, 20 for you were bought with a price. Therefore glorify God in your body and in your spirit, which are God's.

Hebrews 12:14	1 Peter 1:15-16	1 Thessalonians 5:22-23
Follow after peace with all men, and the sanctification without which no man will see the Lord.	15 But just as he who called you is holy, you yourselves also be holy in all of your behavior; 16 because it is written, "You shall be holy; for I am holy."	22 Abstain from every form of evil. 23 May the God of peace himself sanctify you completely. May your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.



Humility

Psalms 138:6	Proverbs 11:2
For though the LORD is high, yet he looks after the lowly; but he knows the proud from afar.	When pride comes, then comes shame, but with humility comes wisdom.

James 4:6,10
6 But he gives more grace. Therefore it says, "God resists the proud, but gives grace to the humble."
10 Humble yourselves in the sight of the Lord, and he will exalt you.

Laziness

Proverbs 10:4	Proverbs 15:19
He becomes poor who works with a lazy hand, but the hand of the diligent brings wealth.	The way of the sluggard is like a thorn patch, but the path of the upright is a highway.

Proverbs 18:9	Proverbs 19:15
One who is slack in his work is brother to him who is a master of destruction.	Slothfulness casts into a deep sleep. The idle soul shall suffer hunger.

Proverbs 26:14-16
14 As the door turns on its hinges, so does the sluggard on his bed. 15 The sluggard buries his hand in the dish. He is too lazy to bring it back to his mouth. 16 The sluggard is wiser in his own eyes than seven men who answer with discretion.

Romans 12:11

Not lagging in diligence, fervent in spirit, serving the Lord.
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LONELINESS

Psalm 139:7	Psalm 139:17-18	Jeremiah 29:11
Where could I go from your Spirit? Or where could I flee from your presence?	17 How precious to me are your thoughts, God! How vast is their sum! 18 If I would count them, they are more in number than the sand. When I wake up, I am still with you.	“For I know the thoughts that I think toward you,” says the LORD, “thoughts of peace, and not of evil, to give you hope and a future.”

Matthew 28:20	Romans 8:38-39	Hebrews 13:5
Teaching them to observe all things that I commanded you. Behold, I am with you always, even to the end of the age. Amen.	38 For I am persuaded that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, 39 nor height, nor depth, nor any other created thing will be able to separate us from God’s love which is in Christ Jesus our Lord.	Be free from the love of money, content with such things as you have, for he has said, “I will in no way leave you, neither will I in any way forsake you.”

LOVE

Matthew 22:37-39	John 13:34-35	John 15:13
37 Jesus said to him, “‘You shall love the Lord your God with all your heart, with all your soul, and with all your mind.’ 38 This is the first and great commandment. 39 A second likewise is this, ‘You shall love your neighbor as yourself.’”	34 A new commandment I give to you, that you love one another. Just as I have loved you, you also love one another. 35 By this everyone will know that you are my disciples, if you have love for one another.	Greater love has no one than this, that someone lay down his life for his friends.

1 Corinthians 13:4-8,13
4 Love is patient and is kind. Love doesn’t envy. Love doesn’t brag, is not proud, 5 doesn’t behave itself inappropriately, doesn’t seek its own way, is not provoked, takes no account of evil; 6 doesn’t rejoice in unrighteousness, but rejoices with the truth; 7 bears all things, believes all things, hopes all things, and endures all things. 8 Love never fails. But where there are prophecies, they will be done away with. Where there are various languages, they will cease. Where there is knowledge, it will be done away with. 13 But now faith, hope, and love remain—these three. The greatest of these is love.

Colossians 3:14	1 John 3:16-18
Above all these things, walk in love, which is the bond of perfection.	16 By this we know love, because he laid down his life for us. And we ought to lay down our lives for the brothers. 17 But whoever has the world’s goods and sees his brother in need, then closes his heart of compassion against him, how does God’s love remain in him?

	18 My little children, let's not love in word only, or with the tongue only, but in deed and truth.
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LUST

Matthew 5:28	Romans 13:13-14
But I tell you that everyone who gazes at a woman to lust after her has committed adultery with her already in his heart.	13 Let's walk properly, as in the day; not in reveling and drunkenness, not in sexual promiscuity and lustful acts, and not in strife and jealousy. 14 But put on the Lord Jesus Christ, and make no provision for the flesh, for its lusts.

Galatians 5:16,19	1 John 2:16
16 But I say, walk by the Spirit, and you won't fulfill the lust of the flesh. 19 Now the deeds of the flesh are obvious, which are: adultery, sexual immorality, uncleanness, lustfulness.	For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—isn't the Father's, but is the world's.

MARRIAGE

Proverbs 5:18-21	Proverbs 31:10-12,23
18 Let your spring be blessed. Rejoice in the wife of your youth. 19 A loving doe and a graceful deer—let her breasts satisfy you at all times. Be captivated always with her love.	10 Who can find a worthy woman? For her value is far above rubies. 11 The heart of her husband trusts in her. He shall have no lack of gain. 12 She does him good, and not harm, all the days of her life.

20 For why should you, my son, be captivated with an adulteress? Why embrace the bosom of another?

23 Her husband is respected in the gates, when he sits amongst the elders of the land.

Ephesians 5:22-33

22 Wives, be subject to your own husbands, as to the Lord.

23 For the husband is the head of the wife, as Christ also is the head of the assembly, being himself the saviour of the body.

24 But as the assembly is subject to Christ, so let the wives also be to their own husbands in everything.

25 Husbands, love your wives, even as Christ also loved the assembly and gave himself up for her,

26 that he might sanctify her, having cleansed her by the washing of water with the word,

27 that he might present the assembly to himself gloriously, not having spot or wrinkle or any such thing, but that she should be holy and without defect.

28 Even so husbands also ought to love their own wives as their own bodies. He who loves his own wife loves himself.

29 For no man ever hated his own flesh, but nourishes and cherishes it, even as the Lord also does the assembly,

30 because we are members of his body, of his flesh and bones.

31 "For this cause a man will leave his father and mother and will be joined to his wife. Then the two will become one flesh."

32 This mystery is great, but I speak concerning Christ and the assembly.

33 Nevertheless each of you must also love his own wife even as himself; and let the wife see that she respects her husband.

Colossians 3:18-19

18 Wives, be in subjection to your husbands, as is fitting in the Lord.

19 Husbands, love your wives, and don't be bitter against them.

1 Peter 3:1-7

1 In the same way, wives, be in subjection to your own husbands, so that, even if any don't obey the Word, they may be won by the behaviour of their wives without a word,

2 seeing your pure behaviour in fear.

3 Let your beauty come not from the outward adorning of braiding your hair, and of wearing gold ornaments or of putting on fine clothing,

4 but from the hidden person of the heart, in the incorruptible adornment of a gentle and quiet spirit, which is very precious in God's sight.

5 For this is how in the past the holy women who hoped in God also adorned themselves, being in subjection to their own husbands.

6 So Sarah obeyed Abraham, calling him lord, whose children you now are if you do well and are not put in fear by any terror.

7 You husbands, in the same way, live with your wives according to knowledge, giving honour to the woman as to the weaker vessel, as also being joint heirs of the grace of life, that your prayers may not be hindered.

Mouth

Psalm 19:14	Proverbs 4:24	Proverbs 6:2
Let the words of my mouth and the meditation of my heart be acceptable in your sight, LORD, my rock, and my redeemer.	Put away from yourself a perverse mouth. Put corrupt lips far from you.	You are trapped by the words of your mouth; you are ensnared with the words of your mouth.

Proverbs 10:19	Ephesians 4:29
In the multitude of words there is no lack of disobedience, but he who restrains his lips does wisely.	Let no corrupt speech proceed out of your mouth, but only what is good for building others up as the need may be, that it may give grace to those who hear.

James 3:2-10

2 For we all stumble in many things. Anyone who doesn't stumble in word is a perfect person, able to bridle the whole body also.

3 Indeed, we put bits into the horses' mouths so that they may obey us, and we guide their whole body.

4 Behold, the ships also, though they are so big and are driven by fierce winds, are yet guided by a very small rudder, wherever the pilot desires.

5 So the tongue is also a little member, and boasts great things. See how a small fire can spread to a large forest!

6 And the tongue is a fire. The world of iniquity among our members is the tongue, which defiles the whole body, and sets on fire the course of nature, and is set on fire by Gehenna. 7 For every kind of animal, bird, creeping thing, and sea creature is tamed, and has been tamed by mankind;

8 but nobody can tame the tongue. It is a restless evil, full of deadly poison.

9 With it we bless our God and Father, and with it we curse men who are made in the image of God.

10 Out of the same mouth comes blessing and cursing. My brothers, these things ought not to be so.

OBEDIENCE

Deuteronomy 10:12-13

12 Now, Israel, what does the LORD your God require of you, but to fear the LORD your God, to walk in all his ways, to love him, and to serve the LORD your God with all your heart and with all your soul,

13 to keep the LORD's commandments and statutes, which I command you today for your good?



Mark 12:30	John 14:15
You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. This is the first commandment.	If you love me, keep my commandments.

John 15:10	1 John 5:3
If you keep my commandments, you will remain in my love, even as I have kept my Father's commandments and remain in his love.	For this is loving God, that we keep his commandments. His commandments are not grievous.

PEACE

Isaiah 26:3-4	John 14:27
3 You will keep whoever's mind is steadfast in perfect peace, because he trusts in you. 4 Trust in the LORD forever; for in the LORD, the LORD, is an everlasting Rock.	Peace I leave with you. My peace I give to you; not as the world gives, I give to you. Don't let your heart be troubled, neither let it be fearful.

Philippians 4:6-7	Colossians 3:15
6 In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.	And let the peace of God rule in your hearts, to which also you were called in one body, and be thankful.

PRAISE

Psalm 61:8	Psalm 96:4
So I will sing praise to your name forever, that I may fulfill my vows daily.	For the LORD is great, and greatly to be praised! He is to be feared above all gods.

Psalm 100:1-2,4
1 Shout for joy to the LORD, all you lands! 2 Serve the LORD with gladness. Come before his presence with singing. 4 Enter into his gates with thanksgiving, and into his courts with praise. Give thanks to him, and bless his name.

Psalm 103:1	Psalm 147:1	Hebrews 13:15
Praise the LORD, my soul! All that is within me, praise his holy name!	Praise the LORD, for it is good to sing praises to our God; for it is pleasant and fitting to praise him.	Through him, then, let's offer up a sacrifice of praise to God continually, that is, the fruit of lips which proclaim allegiance to his name.

PRIDE

Psalm 138:6	Proverbs 13:10
For though the LORD is high, yet he looks after the lowly; but he knows the proud from afar.	Pride only breeds quarrels, but wisdom is with people who take advice.

Proverbs 16:18-19

18 Pride goes before destruction, and an arrogant spirit before a fall.

19 It is better to be of a lowly spirit with the poor, than to divide the plunder with the proud.

Mark 7:21-23

21 For from within, out of the hearts of men, proceed evil thoughts, adulteries, sexual sins, murders, thefts,
22 covetings, wickedness, deceit, lustful desires, an evil eye, blasphemy, pride, and foolishness.
23 All these evil things come from within and defile the man.

Romans 12:3

For I say through the grace that was given me, to everyone who is amongst you, not to think of yourself more highly than you ought to think; but to think reasonably, as God has apportioned to each person a measure of faith.

1 John 2:16

For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—isn't the Father's, but is the world's.

PROTECTION

Isaiah 54:17

“No weapon that is formed against you will prevail; and you will condemn every tongue that rises against you in judgement. This is the heritage of the LORD's servants, and their righteousness is of me,” says the LORD.



Psalms 34:7-8	Psalms 46:1
7 The LORD's angel encamps around those who fear him, and delivers them. 8 Oh taste and see that the LORD is good. Blessed is the man who takes refuge in him.	God is our refuge and strength, a very present help in trouble.

Psalms 91:9-12
9 Because you have made the LORD your refuge, and the Most High your dwelling place, 10 no evil shall happen to you, neither shall any plague come near your dwelling. 11 For he will put his angels in charge of you, to guard you in all your ways. 12 They will bear you up in their hands, so that you won't dash your foot against a stone.

Proverbs 18:10	Proverbs 29:25
The LORD's name is a strong tower: the righteous run to him, and are safe.	The fear of man proves to be a snare, but whoever puts his trust in the LORD is kept safe.

PROVISION

Isaiah 65:24
It will happen that before they call, I will answer; and while they are yet speaking, I will hear.



Matthew 6:25, 32-33

25 Therefore I tell you, don't be anxious for your life: what you will eat, or what you will drink; nor yet for your body, what you will wear. Isn't life more than food, and the body more than clothing?

32 For the Gentiles seek after all these things; for your heavenly Father knows that you need all these things.

33 But seek first God's Kingdom and his righteousness; and all these things will be given to you as well.

Matthew 7:7-11

7 Ask, and it will be given you. Seek, and you will find. Knock, and it will be opened for you.

8 For everyone who asks receives. He who seeks finds. To him who knocks it will be opened.

9 Or who is there amongst you who, if his son asks him for bread, will give him a stone?

10 Or if he asks for a fish, who will give him a serpent?

11 If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!

Philippians 4:19

My God will supply every need of yours according to his riches in glory in Christ Jesus.



SEEKING GOD

1 Chronicles 16:11	Psalms 27:8	Psalms 63:1
Seek the LORD and his strength. Seek his face forever more.	When you said, "Seek my face," my heart said to you, "I will seek your face, LORD."	God, you are my God. I will earnestly seek you. My soul thirsts for you. My flesh longs for you, in a dry and weary land, where there is no water.

Jeremiah 29:13	Matthew 5:6
You shall seek me and find me, when you search for me with all your heart.	Blessed are those who hunger and thirst for righteousness, for they shall be filled.

SELFLESSNESS

1 Corinthians 10:24,33
24 Let no one seek his own, but each one his neighbor's good. 33 Even as I also please all men in all things, not seeking my own profit, but the profit of the many, that they may be saved.

1 Corinthians 12:22-25
22 No, much rather, those members of the body which seem to be weaker are necessary. 23 Those parts of the body which we think to be less honorable, on those we bestow more abundant honor; and our unpresentable parts have more abundant modesty, 24 while our presentable parts have no such need. But God composed the body together, giving more abundant honor to the inferior part, 25 that there should be no division in the body, but that the members should have the same care for one another.

1 Corinthians 13:4-5	Philippians 2:3-5
4 Love is patient and is kind. Love doesn't envy. Love doesn't brag, is not proud, 5 doesn't behave itself inappropriately, doesn't seek its own way, is not provoked, takes no account of evil.	3 Doing nothing through rivalry or through conceit, but in humility, each counting others better than himself; 4 each of you not just looking to his own things, but each of you also to the things of others. 5 Have this in your mind, which was also in Christ Jesus.

James 2:8-10
8 However, if you fulfill the royal law according to the Scripture, "You shall love your neighbor as yourself," you do well. 9 But if you show partiality, you commit sin, being convicted by the law as transgressors. 10 For whoever keeps the whole law, and yet stumbles in one point, he has become guilty of all.

SLEEP

Psalms 4:8	Psalms 127:2	Proverbs 3:24
In peace I will both lay myself down and sleep, for you alone, LORD, make me live in safety.	It is vain for you to rise up early, to stay up late, eating the bread of toil, for he gives sleep to his loved ones.	When you lie down, you will not be afraid. Yes, you will lie down, and your sleep will be sweet.



SPIRITUAL WARFARE

Matthew 16:19	Luke 10:19
I will give to you the keys of the Kingdom of Heaven, and whatever you bind on earth will have been bound in heaven; and whatever you release on earth will have been released in heaven.	Behold, I give you authority to tread on serpents and scorpions, and over all the power of the enemy. Nothing will in any way hurt you.
2 Corinthians 10:4-5	Ephesians 6:12
4 For the weapons of our warfare are not of the flesh, but mighty before God to the throwing down of strongholds, 5 throwing down imaginations and every high thing that is exalted against the knowledge of God and bringing every thought into captivity to the obedience of Christ,	For our wrestling is not against flesh and blood, but against the principalities, against the powers, against the world's rulers of the darkness of this age, and against the spiritual forces of wickedness in the heavenly places.

STRENGTH

2 Samuel 22:33	Psalms 28:7
God is my strong fortress. He makes my way perfect.	The LORD is my strength and my shield. My heart has trusted in him, and I am helped. Therefore my heart greatly rejoices. With my song I will thank him.
Psalms 46:1	Psalms 138:3
God is our refuge and strength, a very present help in trouble.	In the day that I called, you answered me. You encouraged me with strength in my soul.

Isaiah 40:28-31

28 Haven't you known? Haven't you heard? The everlasting God, the LORD, the Creator of the ends of the earth, doesn't faint. He isn't weary. His understanding is unsearchable.

29 He gives power to the weak. He increases the strength of him who has no might.

30 Even the youths faint and get weary, and the young men utterly fall;

31 but those who wait for the LORD will renew their strength. They will mount up with wings like eagles. They will run, and not be weary. They will walk, and not faint.

Isaiah 41:10

Don't you be afraid, for I am with you. Don't be dismayed, for I am your God. I will strengthen you. Yes, I will help you. Yes, I will uphold you with the right hand of my righteousness.

TEMPTATION

Matthew 4:1-11

1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.

2 When he had fasted forty days and forty nights, he was hungry afterward.

3 The tempter came and said to him, "If you are the Son of God, command that these stones become bread."

4 But he answered, "It is written, 'Man shall not live by bread alone, but by every word that proceeds out of God's mouth.'"

5 Then the devil took him into the holy city. He set him on the pinnacle of the temple,

6 and said to him, "If you are the Son of God, throw yourself down, for it is written, 'He will command his angels concerning you,' and, 'On their hands they will bear you up, so that you don't dash your foot against a stone.'"

7 Jesus said to him, "Again, it is written, 'You shall not test the Lord, your God.'"

8 Again, the devil took him to an exceedingly high mountain, and showed him all the kingdoms of the world and their glory.

9 He said to him, "I will give you all of these things, if you will fall down and worship me."

10 Then Jesus said to him, "Get behind me, Satan! For it is written, 'You shall worship the Lord your God, and you shall serve him only.'"

11 Then the devil left him, and behold, angels came and served him.

I Corinthians 10:13

No temptation has taken you except what is common to man. God is faithful, who will not allow you to be tempted above what you are able, but will with the temptation also make the way of escape, that you may be able to endure it.

James 1:12-15	1 Peter 5:8-10
12 Blessed is a person who endures temptation, for when he has been approved, he will receive the crown of life which the Lord promised to those who love him. 13 Let no man say when he is tempted, "I am tempted by God," for God can't be tempted by evil, and he himself tempts no one. 14 But each one is tempted when he is drawn away by his own lust and enticed. 15 Then the lust, when it has conceived, bears sin. The sin, when it is full grown, produces death.	8 Be sober and self-controlled. Be watchful. Your adversary, the devil, walks around like a roaring lion, seeking whom he may devour. 9 Withstand him steadfast in your faith, knowing that your brothers who are in the world are undergoing the same sufferings. 10 But may the God of all grace, who called you to his eternal glory by Christ Jesus, after you have suffered a little while, perfect, establish, strengthen, and settle you.

THANKFULNESS

Psalms 109:30

I will give great thanks to the LORD with my mouth. Yes, I will praise him among the multitude.

Luke 17:15-18

15 One of them, when he saw that he was healed, turned back, glorifying God with a loud voice.

16 He fell on his face at Jesus' feet, giving him thanks; and he was a Samaritan.

17 Jesus answered, "Weren't the ten cleansed? But where are the nine?"

18 Were there none found who returned to give glory to God, except this foreigner?"

Acts 27:35	Hebrews 13:15	Colossians 3:17
When he had said this and had taken bread, he gave thanks to God in the presence of all; then he broke it and began to eat.	Through him, then, let's offer up a sacrifice of praise to God continually, that is, the fruit of lips which proclaim allegiance to his name.	Whatever you do, in word or in deed, do all in the name of the Lord Jesus, giving thanks to God the Father through him.

1 Thessalonians 5:18

In everything give thanks, for this is the will of God in Christ Jesus towards you.

THOUGHTS

1 Corinthians 2:16	2 Corinthians 10:4-5	Ephesians 6:17
"For who has known the mind of the Lord that he should instruct him?" But we have Christ's mind.	4 For the weapons of our warfare are not of the flesh, but mighty before God to the throwing down of strongholds, 5 throwing down imaginations and every high thing that is exalted against the knowledge of God and bringing every	And take the helmet of salvation, and the sword of the Spirit, which is the word of God.

	thought into captivity to the obedience of Christ.	
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Philippians 2:1-5	Philippians 4:8
1 If therefore there is any exhortation in Christ, if any consolation of love, if any fellowship of the Spirit, if any tender mercies and compassion, 2 make my joy full by being like-minded, having the same love, being of one accord, of one mind; 3 doing nothing through rivalry or through conceit, but in humility, each counting others better than himself; 4 each of you not just looking to his own things, but each of you also to the things of others. 5 Have this in your mind, which was also in Christ Jesus.	Finally, brothers, whatever things are true, whatever things are honorable, 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 worthy of praise, think about these things.

TRUST

Psalms 37:3,5
3 Trust in the LORD, and do good. Dwell in the land, and enjoy safe pasture. 5 Commit your way to the LORD. Trust also in him, and he will do this:

Psalms 62:8	Proverbs 3:5-6	Isaiah 26:3,4
Trust in him at all times, you people. Pour out your heart before him. God is a refuge for us. Selah.	5 Trust in the LORD with all your heart, and don't lean on your own understanding.	3 You will keep whoever's mind is steadfast in perfect peace, because he trusts in you.

	6 In all your ways acknowledge him, and he will make your paths straight.	4 Trust in the LORD forever; for in the LORD, the LORD, is an everlasting Rock.
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Jeremiah 17:7,8
7 Blessed is the man who trusts in the LORD, and whose confidence is in the LORD. 8 For he will be as a tree planted by the waters, who spreads out its roots by the river, and will not fear when heat comes, but its leaf will be green, and will not be concerned in the year of drought. It won't cease from yielding fruit.

2 Corinthians 1:9, 10
9 Yes, we ourselves have had the sentence of death within ourselves, that we should not trust in ourselves, but in God who raises the dead, 10 who delivered us out of so great a death, and does deliver, on whom we have set our hope that he will also still deliver us.

WAITING

Psalms 27:14	Psalms 38:15
Wait for the LORD. Be strong, and let your heart take courage. Yes, wait for the LORD.	For I hope in you, LORD. You will answer, Lord my God.

Isaiah 40:31	Lamentations 3:25
But those who wait for the LORD will renew their strength. They will mount up with wings like eagles. They will run, and	The LORD is good to those who wait for him, to the soul who seeks him.

not be weary. They will walk, and not faint.	
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WISDOM

Proverbs 1:7

The fear of the LORD is the beginning of knowledge, but the foolish despise wisdom and instruction.

Proverbs 2:1-12

1 My son, if you will receive my words, and store up my commandments within you,
 2 so as to turn your ear to wisdom, and apply your heart to understanding;
 3 yes, if you call out for discernment, and lift up your voice for understanding;
 4 if you seek her as silver, and search for her as for hidden treasures;
 5 then you will understand the fear of the LORD, and find the knowledge of God.
 6 For the LORD gives wisdom. Out of his mouth comes knowledge and understanding.
 7 He lays up sound wisdom for the upright. He is a shield to those who walk in integrity,
 8 that he may guard the paths of justice, and preserve the way of his saints.
 9 Then you will understand righteousness and justice, equity and every good path.
 10 For wisdom will enter into your heart. Knowledge will be pleasant to your soul.
 11 Discretion will watch over you. Understanding will keep you,
 12 to deliver you from the way of evil, from the men who speak perverse things.



Proverbs 3:13-23

13 Happy is the man who finds wisdom, the man who gets understanding.
 14 For her good profit is better than getting silver, and her return is better than fine gold.
 15 She is more precious than rubies. None of the things you can desire are to be compared to her.
 16 Length of days is in her right hand. In her left hand are riches and honour.
 17 Her ways are ways of pleasantness. All her paths are peace.
 18 She is a tree of life to those who lay hold of her. Happy is everyone who retains her.
 19 By wisdom the LORD founded the earth. By understanding, he established the heavens.
 20 By his knowledge, the depths were broken up, and the skies drop down the dew.
 21 My son, let them not depart from your eyes. Keep sound wisdom and discretion,
 22 so they will be life to your soul, and grace for your neck.
 23 Then you shall walk in your way securely. Your foot won't stumble.

Proverbs 4:7	James 1:5
Wisdom is supreme. Get wisdom. Yes, though it costs all your possessions, get understanding.	But if any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.



8

POINTS TO PRAY FOR SPIRITUAL MATURITY

Father God...

- I pray just like the disciples did, that You would increase my faith. Help me to exercise it so it will grow.
- Help me stand on Your Word for every circumstance. Your will be done.
- I humble myself before You. I desire to lead a godly life and be an influence for Your glory.
- May I walk in joy and hope, advancing Your kingdom with all diligence. Let others see Your light shining through my life.
- I desire to be one who is filled with the fruit of the Spirit, compassionate, and slow to anger.
- Give me abundant wisdom as I look to You first in all things.
- May I please You in every way and keep seeking You daily. Help me to grow in grace and knowledge of You.
- Help me cooperate with the Holy Spirit whenever You desire to do a work in me. You are the Potter and I'm the clay. I'm yielding to Your plan for my life.

...In Jesus' name. Amen.

MY PRAYER FOR YOU

I pray that you would love the Lord with all your heart, and your neighbor as yourself. I pray that God's will is done in your life, that you would fulfill your destiny in Him, and that you would be a doer of the Word and not a hearer only. No weapon formed against

you will prosper, and I loose God's guardian angels around you. I pray you would not be deceived but rather increase in wisdom and discernment. I speak healing to you soul, mind, spirit, and body. Let every hindrance to the work God desires to do in you to be removed. I pray that you will endure to the end in Jesus' name.

I also pray Ephesians 3:16-21 for you, **“that he would grant you, according to the riches of his glory, that you may be strengthened with power through his Spirit in the inner person, 17 that Christ may dwell in your hearts through faith, to the end that you, being rooted and grounded in love, 18 may be strengthened to comprehend with all the saints what is the width and length and height and depth, 19 and to know Christ’s love which surpasses knowledge, that you may be filled with all the fullness of God. 20 Now to him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, 21 to him be the glory in the assembly and in Christ Jesus to all generations, forever and ever. Amen.”**



appendix one

HOW TO PRAY

When he finished praying in a certain place, one of his disciples said to him, “Lord, teach us to pray, just as John also taught his disciples.” Luke 11:1

In the study of a subject, it’s helpful to dive into the 5W’s (or the who, what, when, where, why, and sometimes how). I’m going to take you through each of these. Even if you’ve been saved a long time you might learn something new.

WHO TO PRAY TO

First, who are you addressing in prayer? God (or the Triune being). The Bible doesn’t instruct us to pray to angels, the dead, or other people. Just to God.

WHAT TO PRAY

You can pray your own words, but it’s good to pray the Word. God said in Isaiah 43:26 to remind Him: “Put me in remembrance. Let us plead together. Declare your case, that you may be justified.” When you pray the Word, you are reminding God, giving the devil notice, and building your faith.

God says a couple of powerful statements about what He is going to do with His word. Check these out:

Then the LORD said to me, “You have seen well; for I watch over my word to perform it.” Jeremiah 1:12

The words “watch over” there come from the Hebrew **šāqad** (H8245). *The Complete Word Study Dictionary: Old Testament* describes it this way, “a verb meaning to watch; to guard...It indicates a state of being vigilant, lying awake, watching; especially of God’s watching over His word to do it. (1192)

So is my word that goes out of my mouth: it will not return to me void, but it will accomplish that which I please, and it will prosper in the thing I sent it to do. Isaiah 55:11

God is expectant that His word will be fruitful and you can expect the same.

Heaven and earth will pass away, but my words will not pass away. Matthew 24:35

So find at least one verse that is applicable to the need or situation and pray the promise or truth from that.

WHEN TO PRAY

You probably already know that you can pray at any time. Going through trials certainly tends to drive us to our knees, right? Even Jesus prayed when He was facing the cross.

But what about the other times? But why do Christians find it so difficult to pray with consistency?

Well, prayer is a spiritual discipline that may not come naturally to humans. You'd need to build the habit.

Jesus withdrew regularly to pray. He set the example for you.

The Bible says:

- **continuing steadfastly in prayer (Romans 12:12)**
- **praying always (Ephesians 6:18)**
- **pray without ceasing (1 Thessalonians 5:17)**

Now a literal interpretation of “always” and “without ceasing” is impossible, of course. Humans have to eat and sleep. So when do you pray? The Lord desires that His people keep an attitude of prayer, whether in good times or bad!

So keep coming before the Throne. Jesus uses a parable to demonstrate this point in Luke 18:1-8:

He also spoke a parable to them that they must always pray and not give up, (emphasis mine) 2 saying, “There was a judge in a certain city who didn’t fear God and didn’t respect man. 3 A widow was in that city, and she often came to him,

saying, ‘Defend me from my adversary!’ 4 He wouldn’t for a while; but afterward he said to himself, ‘Though I neither fear God nor respect man, 5 yet because this widow bothers me, I will defend her, or else she will wear me out by her continual coming.’ ”

6 The Lord said, “Listen to what the unrighteous judge says. 7 Won’t God avenge his chosen ones who are crying out to him day and night, and yet he exercises patience with them? 8 I tell you that he will avenge them quickly. Nevertheless, when the Son of Man comes, will he find faith on the earth?”

WHERE TO PRAY

You can pray anywhere! Keep in mind though, that Jesus often withdrew to an isolated place to pray. Where’s a place without distractions that you could take your prayer list and pray?

WHY TO PRAY

Here are some reasons behind prayer:

- Prayer is God’s idea.
- It’s communication.
- It’s an important way to interact with Him as much as worship or Bible reading.
- He commanded us to pray.
- It’s a way to advance the Kingdom.

HOW TO PRAY – NOTICE THIS VERB

When the disciples asked Jesus to teach them to pray in Luke 11:1, Jesus' response (in verse 2) was, “He said to them, ‘When you pray, say,’” and He continued with what we know as The Lord’s Prayer.

But did you notice that important verb? Say. Jesus said, “When you pray, say.” He didn’t say to think to Him. As comical as that sounds, it’s true!

So when you pray, you can open your mouth and do one or more of the following:

- Confess
- Ask

- Declare
- Intercede
- Thank
- Praise

appendix two

COMMON QUESTIONS ABOUT PRAYER

Even if you've been a Christian for a long time, at one time or another, you may have wondered one or more of these common questions about prayer. The answers to these questions are what every Believer needs to know.

DOES GOD HEAR ME WHEN I PRAY?

Yes, God hears His people pray according to several verses in the Bible. Some to note are:

Proverbs 15:29 - The LORD is far from the wicked, but he hears the prayer of the righteous.

John 9:31 - We know that God doesn't listen to sinners, but if anyone is a worshiper of God and does his will, he listens to him.

1 Peter 3:12 - For the eyes of the Lord are on the righteous, and his ears open to their prayer; but the face of the Lord is against those who do evil.

CAN I ASK FOR ANYTHING?

The Bible gives a caution about asking for something that would fulfill a lust. **James 4:3** says, **"You ask, and don't receive, because you ask with wrong motives, so that you may spend it on your pleasures."** Technically, you could ask for anything, but don't expect God to answer foolishness.

Instead, endeavor to pray according to God's will:

And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: 15 And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him. 1 John 5:14-15 KJV

Your next question might be, well, how do I know if I'm praying according to God's will? That's why it's a good practice to find verses that are applicable to your situation. If you're not sure, ask your pastor, mentor, or a trusted leader.

ARE THERE HINDRANCES TO PRAYER?

Yes, if you are living in willful sin.

Isaiah 59:2 - But your iniquities have separated you and your God, and your sins have hidden his face from you, so that he will not hear.

Another example of this is in **Micah 3:4 - Then they will cry to the LORD, but he will not answer them. Yes, he will hide his face from them at that time, because they made their deeds evil.**

DO I NEED TO BOW MY HEAD AND CLOSE MY EYES?

Jesus didn't always close His eyes.

Mark 7:34 - Looking up to heaven, he sighed, and said to him, "Ephphatha!" that is, "Be opened!"

John 11:41 - So they took away the stone from the place where the dead man was lying. Jesus lifted up his eyes and said, "Father, I thank you that you listened to me.

John 17:1 - Jesus said these things, then lifting up his eyes to heaven, he said, "Father, the time has come. Glorify your Son, that your Son may also glorify you."

However, it's certainly fine to do, as it does help keep out distractions!

WHY DO WE SAY, "IN JESUS' NAME" AT THE END?

When you pray, you are praying in Jesus' name, meaning with His authority. Let me put it to you this way. If I had a bank account and added your name, then you could sign the checks to take money out of that account. I'd be backing you. I gave you the authority to use that money.

In the same way, Jesus gave you power to pray in His name, and He backs you. Isn't that awesome?

You don't need to tack on "in Jesus' name" only at the end of a prayer; you could start with it, or put it in the middle somewhere. I try to do that to keep it from becoming a formula or making it seem like a "magic phrase" that grants desires.

appendix three

THE DIFFERENCE BETWEEN THE LORD'S PRAYER AND SPIRITUAL WARFARE

The Lord's Prayer is a pattern of what you need to cover in prayer on a regular basis. Here's the account in Matthew 6:9-13.

9 Our Father in heaven, may your name be kept holy.

10 Let your Kingdom come. Let your will be done on earth as it is in heaven.

11 Give us today our daily bread.

12 Forgive us our debts, as we also forgive our debtors.

13 Bring us not into temptation, but deliver us from the evil one. For yours is the Kingdom, the power, and the glory forever. Amen.

To give the broadest overview, pray:

- by acknowledging and adoring the name of God
- praying for His will
- looking to Him for your spiritual and physical nourishment
- forgiving others
- repenting of your sins
- asking for strength against temptation and the enemy
- giving all glory to God

Going back to the account of Jesus' exchange of spiritual warfare in the wilderness against the enemy, Jesus refuted every lie and rebuked every scheme with what is written in the Word.

So the bottom line is, you pray when the enemy is attacking you, and you pray when the enemy isn't attacking you!

appendix four

THE A.C.T.S. PRAYER METHOD

The ACTS prayer method, popularized by its simplicity, has been around for a long time. If you don't know where to start, use this method. It's an acronym that stands for the following:

A - Adoration. Begin your prayer time with adoring your God in worship and praise, lifting up His holy name.

C - Confession. God forgave your sins when you accepted Jesus as Lord, but as you grow in Him, you come into a greater understanding of what sin might still be present in your life. Now is a good time to confess those sins and receive His forgiveness.

T - Thanksgiving. Next thank God for the blessings in your life, big and small. It gives Him glory and gives you joy.

S - Supplication. Finally, supplication refers to requests, pleas, and petitions. Ask God for your needs as well as for others' needs. When you do, pray His promises back to Him!

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Kelly R. Baker helps Believers come out of a stagnant walk by choosing to Live Yielded to God and keep Thriving in Christ. She is a mentor and serves with her husband in leading the worship ministry at their church. You will probably find her sneaking a bite (or more) of organic dark chocolate in between wrangling her four homeschooled kids.

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