

Spiritual Warfare Guidance and Scriptures

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1)Introduction

God's word makes it clear that spiritual warfare is real and that many of the challenges we wrestle with are in fact against evil spiritual forces (Ephesians 6:12). The good news is that Jesus Christ has overcome the powers of darkness through His death and resurrection and is ruling with all authority in heaven and on earth (Colossians 2:15, Matthew 28:18). However, Satan and his demons and fallen angels are still present and trying to hold on to as much influence as they can as God works to root them out and establish His kingdom, ultimately judging all evil at the end of the age (Revelation 20:7-15). As the spiritual warfare rages, believers can find true, lasting help from God's word and can trust in Him to provide deliverance.

I have personally been a born-again Christian for about twenty-one years and have encountered many, many difficulties during my walk with God including hundreds of emotional breakdowns and continual nerve discomfort for around 8 years. God's word has given me life and His grace has sustained me. He has proven Himself faithful and helped me to grow and experience more and more freedom from darkness and restoration for my heart, body, soul and spirit. I hope the information in this work will bless you and help you in your own Christian walk.

2)The Primary Attacks

The love of God is the crucial aspect of spiritual warfare. Since Adam and Eve, Satan has been trying to convince people that God does not want what is best for people and that He does not love them. Satan and His demons question God's character in an attempt to get people to not trust God (Genesis 3). They also attempt to promote the lie that greater fulfillment and pleasure can be found in the world apart from God in the form of the lust of the flesh (bodily pleasures), the lust of the eyes (visual pleasures) and the pride of life (self-exaltation) (1 John 2:16-17).

If one pursues the lust of the flesh and the lust of the eyes for fulfillment, there can be temporary fleeting pleasures but there will also be a never-

ending longing for more because only God can actually provide the fulfillment humans are desiring. God created us; therefore, He knows what is best for us and what we need "For in him we live, move, and have our being," and "For we are also his offspring." (Acts 17:28). Trying to obtain fulfillment through sin (selfishness, disobedience to God) causes us to enlarge our desires and be less satisfied and we become as one "who enlarges his desire as Sheol (the grave);* he is like death and can't be satisfied" (Habakkuk 2:5). Also, "He who loves silver shall not be satisfied with silver, nor he who loves abundance, with increase. This also is vanity" (Ecclesiastes 5:10). The eyes are also never satisfied with seeing things in this world; there is always a desire for more: "Sheol (the grave) and Abaddon (destruction) are never satisfied; and a man's eyes are never satisfied" (Proverbs 27:20). God knows that without Him we are lost in this world so He desires that we "reach out for him and find him, though he is not far from each one of us" (Acts 17:27).

When Jesus, the divine and only begotten son of God, was on the earth, He spoke to a Samaritan woman about how He was the solution to the world's need for love and fulfillment. The woman was at a well getting some water when Jesus asked her to get Him a drink. Jesus then said "If you knew the gift of God, and who it is who says to you, 'Give me a drink,' you would have asked him, and he would have given you living water." (John 4:10). Jesus was contrasting two different ways of receiving water, or fulfillment. On one hand the woman could continue to have to keep drawing water herself to try to be satisfied or on the other hand, she could instead ask Jesus for the living water that He provided. The woman replied "So where do you get that living water? (John 4:11) "Jesus answered her, "Everyone who drinks of this water will thirst again, but whoever drinks of the water that I will give him will never thirst again; but the water that I will give him will become in him a well of water springing up to eternal life" (John 4:13-14). Jesus was saying that whoever drinks of the water (relationships, things, pleasures) of this world for fulfillment will continue to keep seeking, working and striving to try to obtain fulfillment. But whoever came to Jesus and received His living water, meaning the Holy Spirit, would find true fulfillment from a loving relationship with God and would not keep looking for more. Jesus then said "God is spirit, and those who worship him must worship in spirit and truth," (John 4:24) indicating that all people have a spiritual nature that desires God and can

only be satisfied by God Himself. When we worship God in spirit, meaning desiring to connect with Him in the deepest way and not just superficially, and worship Him in truth, meaning out of a true, honest motive to know Him and to desire the truth of His word, we will then find Him and be in a blessed loving relationship with Him. "You shall seek me and find me, when you search for me with all your heart" (Jeremiah 29:13).

God resists the proud but gives grace to the humble (James 4:6); therefore, Satan wants to stir up pride in our hearts to get us to think we have no need for God. Knowledge puffs up but love builds up (1 Corinthians 8:1). So those who appear to have the most righteous life on the outside can actually be those who are furthest from God such as the religious leaders in Jesus' day who looked at themselves as being more righteous than everyone else. There ultimately is no self-righteousness because all are sinners (Psalm 14:1) and righteousness is given to us by God (Isaiah 54:17). "Whoever exalts himself will be humbled, and whoever humbles himself will be exalted" (Matthew 23:12). Self-imposed religion and restriction is contrary to the doctrine of grace and faith which we will learn more about in this book, for the righteous shall live by faith (Romans 1:17). "If you died with Christ from the elemental spirits of the world, why, as though living in the world, do you subject yourselves to ordinances, "Don't handle, nor taste, nor touch" (all of which perish with use), according to the precepts and doctrines of men? These things indeed appear like wisdom in self-imposed worship, humility, and severity to the body, but aren't of any value against the indulgence of the flesh" (Colossians 2:20-23).

On the flip side, if one does not fall into the trap of pride and self-righteousness, Satan likes to give the temptation to think one is a worthless failure, being weighed down with extreme guilt, shame and condemnation. Jesus sets us free from these weights because of the complete work He accomplished for us through His death and resurrection. Jesus said "It is finished" (John 19:30) when He died meaning that our salvation has been accomplished, giving us redemption, forgiveness, holiness and acceptance all apart from what we have done. Jesus "was delivered up for our trespasses, and was raised for our justification" (Romans 4:25), justification meaning to be made right with God, which Jesus has done for us. Those who receive the

finished work of Jesus are now considered blessed: "Blessed are they whose iniquities are forgiven, whose sins are covered. Blessed is the man whom the Lord will by no means charge with sin" (Romans 4:7-8). "There is therefore now no condemnation to those who are in Christ Jesus" (Romans 8:1). We receive Him and what He has done by faith, not through our own achievements. "But to him who doesn't work, but believes in him who justifies the ungodly, his faith is accounted for righteousness (Romans 4:5) We are free from any of our own thoughts or thoughts the enemy would try to deceive us about us being unrighteous or unaccepted because "if our heart condemns us, God is greater than our heart, and knows all things" (1 John 3:20). "But if we walk in the light as he is in the light, we have fellowship with one another, and the blood of Jesus Christ his Son cleanses us from all sin. If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and righteous to forgive us the sins and to cleanse us from all unrighteousness" (1 John 7-9).

Satan is a liar and the father of lies (John 8:45). He and his kingdom of darkness only attempt to steal, kill and destroy, while God gives us life and life more abundantly (John 10:10). Satan's primary tactic is the deception of lies. It is therefore important to remember that not every thought that enters your mind is your own. The enemy shoots his fiery darts and speaks lies into your mind that he hopes you will believe as truth (Matthew 16:23, 1 Chronicles 21:1). Thankfully, Christians are given the mind of Christ and have the Holy Spirit who will help bring the truth of God's word to our minds, while we also take the responsibility of taking every thought captive to the obedience of Christ (1 Corinthians 2:16, John 14:26, 2 Corinthians 10:4-6). God gives us spiritual armor to wear, which is essentially the armor of the truth of God's word about who God is and what He has done for us and what He has given us – the belt of truth (the truth of God's word), the breastplate of righteousness (Christ's righteousness given to us by faith, not our own good works we try to achieve), the covering for our feet of the gospel of peace (how Christ is our peace and has given us peace with God the Father), the shield of faith (our belief that shields us from the enemy), the helmet of salvation (our mindset that is established on the salvation Christ has given us and our identity in His finished work) and the sword of the spirit (God's word itself), with the addition of prayer (Ephesians 6:13-18, 1 Thessalonians

5:8). God's weapons He provides are powerful for pulling down strongholds, throwing down forces that set themselves up against God, taking thoughts captive to the obedience of Christ, and ultimately bringing in God's punishment for disobedience (2 Corinthians 10:3-6), enabling His kingdom to be established on earth as it is in heaven (Matthew 6:10).

3)The Truth of the Victory and Authority of Jesus Christ

Jesus Christ defeated Satan and all the powers of darkness at the cross. Hebrews 2:14-15 states, "since then the children have shared in flesh and blood, he also himself in the same way partook of the same, that through death he might bring to nothing him who had the power of death, that is, the devil, and might deliver all of them who through fear of death were all their lifetime subject to bondage." Jesus has "delivered us out of the power of darkness, and translated us into the Kingdom of the Son of his love, in whom we have our redemption, the forgiveness of our sins" (Colossians 1:13-14) and "stripped the principalities and the powers, he made a show of them openly, triumphing over them in it" (Colossians 2:15).

Jesus says in Revelation 1:17-18, "Don't be afraid. I am the first and the last, and the Living one. I was dead, and behold, I am alive forever and ever. Amen. I have the keys of Death and of Hades." We can trust in Jesus' victory and that He has all authority in heaven and on earth (Matthew 28:18). We are fighting from the victory that Jesus has already won for us, instead of trying to win spiritual battles with our own knowledge and strength. He is the Lion of the Tribe of Judah who has prevailed: "Don't weep. Behold, the Lion who is of the tribe of Judah, the Root of David, has overcome" (Revelation 5:5).

God's covenant name is Yahweh, meaning I AM (Exodus 3:14). Jesus also said that before Abraham was I AM, which is a clear indication that He is fully God, the Word of God who became flesh (John 1:14, John 8:58) By identifying Himself as I AM, God is saying that he has always existed, always will exist and is in control of all things. When Jesus walked on water in the midst of the storm on the Sea of Galilee that the apostles were struggling in, He told them

“It is I. Don’t be afraid” (John 6:20). The statement translated “It is I” is literally translated to be “I AM,” which is a clear reference to Jesus’s divine nature and authority (see text reference 2). The apostles received Jesus into the boat and immediately the boat was at the land where they were going, giving further example of the power of God. “They were willing therefore to receive him into the boat. Immediately the boat was at the land where they were going” (John 6:21).

God is the Most High God and He reigns (Psalm 97:1). Psalm 97:9 says “For you, LORD, are most high above all the earth. You are exalted far above all gods,” and Daniel 4:17 states, “the Most High rules in the kingdom of men, and gives it to whomever he will, and sets up over it the lowest of men.” Psalm 103:19 states, “The LORD has established his throne in the heavens. His kingdom rules over all.” These scriptures give us assurance that God is always in control and therefore, we can trust in Him and His power. As Psalm 91:1-2 states, “He who dwells in the secret place of the Most High will rest in the shadow of the Almighty. I will say of the LORD, “He is my refuge and my fortress; my God, in whom I trust.”

God has given Jesus the name above every other name: “Have this in your mind, which was also in Christ Jesus, who, existing in the form of God, didn’t consider equality with God a thing to be grasped, but emptied himself, taking the form of a servant, being made in the likeness of men. And being found in human form, he humbled himself, becoming obedient to the point of death, yes, the death of the cross. Therefore God also highly exalted him, and gave to him the name which is above every name, that at the name of Jesus every knee should bow, of those in heaven, those on earth, and those under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father” (Philippians 2:5-11).

Because Jesus because a man in flesh and blood like us and was tempted and went through more suffering than any of us will even go through, He is more than qualified to be able to help us in our time of need. “For we don’t have a high priest who can’t be touched with the feeling of our infirmities, but one who has been in all points tempted like we are, yet without sin. 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 4:14-16). When Jesus was on the cross and was made sin for us so that we could be freed from the punishment for our sins, He cried out "My God, my God, why have you forsaken me?" (Matthew 27:46, Psalm 22:1). Jesus experienced what it was like to be separated from God the Father through sin and it was excruciating to bear the weight of the sin of the world upon Him, to be separated from the love of the Father as well as the physical and mental suffering associated with betrayal, mocking, beating, scourging and crucifixion he endured. "Therefore he was obligated in all things to be made like his brothers, that he might become a merciful and faithful high priest in things pertaining to God, to make atonement for the sins of the people. For in that he himself has suffered being tempted, he is able to help those who are tempted" (Hebrews 2:17-18). We can therefore come to Jesus with the assurance that He understands what difficulty we are facing and that He can certainly help us. Furthermore, if Jesus was able to endure such extreme hardship and suffering with the help of the Holy Spirit, surely we will be able to get through whatever trials face us with God's help.

4)The Truth of God's Love

Jesus said "If you remain in my word, then you are truly my disciples. You will know the truth, and the truth will make you free" (John 8:31-32). The truth is that God is love (1 John 4:8). God's character is as Psalm 145:8-9 states, "The LORD is gracious, merciful, slow to anger, and of great loving kindness. The LORD is good to all. His tender mercies are over all his works." God's love causes us to give thanks to Him for He is good: "Give thanks to the LORD,* for he is good, for his loving kindness endures forever" (Psalm 118:1).

Also, God has understanding for His creation and "Like a father has compassion on his children, so the LORD has compassion on those who fear him. For he knows how we are made. He remembers that we are dust" (Psalm 103:13-14). His nature is not to harm but to produce goodness and to have compassion. The LORD is righteous in all his ways, and gracious in all his works (Psalm 145:17). He is just in that He judges fairly and righteously but

also merciful and does not take pleasure in causing harm. "For the Lord will not cast off forever. "For though he causes grief, yet he will have compassion according to the multitude of his loving kindnesses. For he does not afflict willingly, nor grieve the children of men (Lamentations 3:31-33). God "relents from sending calamity" (Joel 2:13).

God demonstrates His love toward us by giving His only begotten son Jesus to die in our place so that we can be forgiven (Romans 5:6-10). Probably the most famous verse in the Bible, along with the next verse state "For God so loved the world, that he gave his only born Son, that whoever believes in him should not perish, but have eternal life. For God didn't send his Son into the world to judge the world, but that the world should be saved through him" (John 3:16-17) solidifies God's love for us and desire to save us, not condemn us. Through His great love, God has now enabled all who call upon the name of Jesus for salvation to receive the free gift of forgiveness of sins and eternal life with Him in heaven (Ephesians 2:8-9). "We love him, because he first loved us" (1 John 4:19).

It is the love of God that brings fullness to our lives. The Apostle Paul prayed for the church that they would "know Christ's love which surpasses knowledge, that you may be filled with all the fullness of God (Ephesians 3:19). Whereas sin may bring temporary pleasure, there is an emptiness associated with sin and a low that comes after any high. The reason many people get involved with addictive lifestyles is because they in fact feel miserable and depressed and are looking for pleasure. God did not design our minds to be sustained through temporary blasts of pleasure but to be in a state of regular peace and joy. The truth is that we were made for a relationship with God and He alone can bring us true fulfillment, pleasure and balance to our lives. Only He can restore the complex nature of our bodies, souls (mental health) and spirits and bring us into balance and health because He created us. As Colossians 1:16-17 states, "All things have been created through him and for him. He is before all things, and in him all things are held together." Also, in Jesus "all the fullness of the Deity dwells bodily, and in him you are made full, who is the head of all principality and power (Colossians 2:9-10).

True lasting joy and gladness comes from God's presence. "You will show me the path of life. In your presence is fullness of joy. In your right hand there are pleasures forever more" (Psalm 16:11). God's presence causes us to experience gladness and joy in a greater way than what sin can provide: "For you make him most blessed forever. You make him glad with joy in your presence" (Psalm 21:6). His lovingkindness (meaning His love displayed for us) cause us to rejoice and not be moved, giving us stability in our lives "For the king trusts in the LORD. Through the loving kindness of the Most High, he shall not be moved" (Psalm 21:7). Sin (disobedience to God) causes sorrow and loving relationship with God causes joy. "Many sorrows come to the wicked, but loving kindness shall surround him who trusts in the LORD. Be glad in the LORD, and rejoice, you righteous! Shout for joy, all you who are upright in heart!" (Psalm 32:10-11). Being in God's kingdom causes sorrow and sighing to flee: "Then the LORD's ransomed ones will return, and come with singing to Zion; and everlasting joy will be on their heads. They will obtain gladness and joy, and sorrow and sighing will flee away" (Isaiah 35:10).

The truth is that God loves us with never-ending love. He is for us and not against us. Jeremiah 31:3 states "The LORD appeared of old to me, saying, "Yes, I have loved you with an everlasting love. Therefore I have drawn you with loving kindness." Also in Isaiah 54:10 He says, "For the mountains may depart, and the hills be removed, but my loving kindness will not depart from you, and my covenant of peace will not be removed," says the LORD who has mercy on you. Because of His love and faithfulness, will ultimately work all things together for good to those who love Him and are called according to His purpose. If He did not spare His only beloved son from suffering and dying for our sakes, what greater sign of His love could there be?

"We know that all things work together for good for those who love God, for those who are called according to his purpose. For whom he foreknew, he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers. Whom he predestined, those he also called. Whom he called, those he also justified. Whom he justified, those he also glorified.

What then shall we say about these things? If God is for us, who can be against us? He who didn't spare his own Son, but delivered him up for us all, how would he not also with him freely give us all things? Who could bring a charge against God's chosen ones? It is God who justifies. Who is he who condemns? It is Christ who died, yes rather, who was raised from the dead, who is at the right hand of God, who also makes intercession for us.

Who shall separate us from the love of Christ? Could oppression, or anguish, or persecution, or famine, or nakedness, or peril, or sword? Even as it is written,

"For your sake we are killed all day long.

We were accounted as sheep for the slaughter."

No, in all these things we are more than conquerors through him who loved us. For I am persuaded that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, 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." (Romans 8:28-39).

5)The Truth of our Identity in Christ

There are tremendous blessings that God gives to those who choose to receive His salvation, meaning those who believe in Jesus as Lord and Savior, turning from sin and choosing to live for Him. Forgiveness of sins and eternal life are only given to those whose sins are washed away by the blood of Jesus (Ephesians 1:7). We are saved from the wrath of God that comes upon all those who reject God, receiving eternal life in heaven instead of eternal condemnation in hell (Matthew 25:46, John 3:36). Jesus says of His people: "My sheep hear my voice, and I know them, and they follow me. I give eternal life to them. They will never perish, and no one will snatch them out of my hand" (John 10:27-28). As Romans 6:23 states, "For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."

From being dead in trespasses and sins and with no hope, God gives abundant mercy, grace, love and acceptance which we did nothing to earn! (Ephesians 2) It is by His grace that we are made accepted in the Beloved

unity of the Father, Son and Holy Spirit, not through what we achieve (Ephesians 1:6). See how great a love the Father has given to us, that we should be called children of God! (1 John 3:1) Christians are now called His own chosen, sanctified, accepted, holy, eternally blessed children! (1 John 3:1, Ephesians 1, Colossians 3:12) As John 1:12-13 states, "But as many as received him, to them he gave the right to become God's children, to those who believe in his name: who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God."

We are friends of Jesus and He delights in us. We did not choose Him but He chose us (John 15:15-16). Isaiah 41:9-10 gives a great summary of how God has chosen us, how He is with us and how He promises to help us: "you whom I have taken hold of from the ends of the earth, and called from its corners, and said to you, 'You are my servant. I have chosen you and have not cast you away.' 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." God delights in His chosen people, even as a bridegroom rejoices over the bride, "for the LORD delights in you" and "As a bridegroom rejoices over his bride, so your God will rejoice over you" (Isaiah 62:4-5). His desire is towards us: "I am my beloved's. His desire is toward me" (Song of Solomon 7:10). We are precious and honored in His sight: "Since you have been precious and honored in my sight, and I have loved you" (Isaiah 43:4). God even goes so far to say that He rejoices over us with singing! "The LORD, your God, is among you, a mighty one who will save. He will rejoice over you with joy. He will calm you in his love. He will rejoice over you with singing" (Zephaniah 3:17).

Believers are "in Christ Jesus," meaning we are in loving relationship with Him, are indwelt by Him, and our identity is rooted in Him. There is no condemnation for those in Christ Jesus (Romans 8:1). Because we are in Him, we freely receive His wisdom, righteousness, sanctification and redemption: "you are in Christ Jesus, who was made to us wisdom from God, and righteousness and sanctification, and redemption, that, as it is written, "He who boasts, let him boast in the Lord" (1 Corinthians 1:30). In fact, it is no longer we alone who live, but Christ lives in us, for we have been crucified with Him and raised with Him to new life by the Holy Spirit (Galatians 2:20-

21). Through the work of Jesus, all believers are perfected forever in God's sight and continue to be sanctified (set apart and transformed by the Holy Spirit) throughout our lives on earth until we are made fully like Him in heaven: "For by one offering he has perfected forever those who are being sanctified" (Hebrews 10:14).

God has also given us His Holy Spirit as a guarantee of His love and promise of eternal life (Ephesians 1:13-14). The Holy Spirit is our helper and comforter who abides with us forever (John 14:18-17). With the Holy Spirit comes the fruit of the Spirit bringing love, joy, peace, patience, kindness, goodness, faith, gentleness, and self-control (Galatians 5:22-23). Having the Holy Spirit in our lives establishes us and gives us assurance of our identity in Christ: "Now he who establishes us with you in Christ and anointed us is God, who also sealed us and gave us the down payment of the Spirit in our hearts" (2 Corinthians 1:21-22). Jesus is alive in us, manifesting His resurrection power through us (Galatians 2:20-21, 2 Corinthians 4:10, Philippians 3:10-11). Nothing shall separate us from the love of God which is in Christ Jesus our Lord (Romans 8:35-39).

6) Freedom From Sin and Living by Grace

Jesus gives us freedom from the power of sin. As Isaiah 61:1 (as well as Luke 4:18) states, God the Father sent Jesus "to bind up the broken hearted, to proclaim liberty to the captives and release to those who are bound." Through the death and resurrection of Jesus, Satan and his demons no longer have the power to hold people in bondage because Jesus fully paid the punishment for our sins, providing legal ground for our sins to be forgiven and enabling us to receive the indwelling of the Holy Spirit. "for all have sinned, and fall short of the glory of God; being justified freely by his grace through the redemption that is in Christ Jesus, whom God sent to be an atoning sacrifice through faith in his blood, for a demonstration of his righteousness through the passing over of prior sins, in God's forbearance; to demonstrate his righteousness at this present time, that he might himself be just and the justifier of him who has faith in Jesus" (Romans 3:23-26). Also, "To this end the Son of God was revealed: that he might destroy the works of the devil" (1 John 3:8).

When we receive Jesus into our lives, He gives us His Holy Spirit and gives us the new freedom of living under the power of His Holy Spirit: "For the law of the Spirit of life in Christ Jesus made me free from the law of sin and of death" (Romans 8:2). 2 Corinthians 5:17 states, "if anyone is in Christ, he is a new creation. The old things have passed away. Behold, all things have become new." Our old nature controlled by sin gets crucified with Christ when we receive Him through faith and are united with Him: "For if we have become united with him in the likeness of his death, we will also be part of his resurrection; knowing this, that our old man was crucified with him, that the body of sin might be done away with, so that we would no longer be in bondage to sin. For he who has died has been freed from sin. But if we died with Christ, we believe that we will also live with him, knowing that Christ, being raised from the dead, dies no more. Death no longer has dominion over him! For the death that he died, he died to sin one time; but the life that he lives, he lives to God. Thus consider yourselves also to be dead to sin, but alive to God in Christ Jesus our Lord" (Romans 6:5-11).

Although there is still a struggle with sin because we are in the flesh (meaning our bodies have not yet been glorified and made perfect), the life of sin no longer has dominion over us. This is because we are under grace (God's righteousness given to us) instead of under the law (our own ability to achieve righteousness). As Romans 5:17 states, "For if by the trespass of the one (the one being the first man Adam who sinned, and all sinned after him as well), death reigned through the one; so much more will those who receive the abundance of grace and of the gift of righteousness reign in life through the one, Jesus Christ." Therefore, God's grace abounds over sin because Jesus reigns over all and defeated Satan and the power of sin and death. "The law came in that the trespass might abound; but where sin abounded, grace abounded more exceedingly, that as sin reigned in death, even so grace might reign through righteousness to eternal life through Jesus Christ our Lord" (Romans 5:20-21). Sin no longer has dominion over us because of the righteousness and the Holy Spirit that God gives to us freely, enabling us to be righteous in His eyes and live a righteous life, which we did not work to achieve. For sin will not have dominion over you, for you are not under law, but under grace" (Romans 6:14). Jesus gives us His Holy Spirit when we put

of faith in Him, enabling us to live a victorious and fulfilling life of love (Romans 8:9-15).

Living by grace means that we are living free from the bondage of sin to the experience the fullness of life that God has designed for us. "Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty" (2 Corinthians 3:17). It is not freedom to sin, because sin brings death (Romans 6:23) but freedom from sin and its consequences. God wants us to enjoy our lives and the good things He has provided for us which can be realized when we are not walking in sin. God gives us richly all things to enjoy (1 Timothy 6:17). Because the work of Jesus was complete, we also don't need to take it upon ourselves to add unnecessary religious standards to try to achieve any form of righteousness as Galatians 5:1 states: "Stand firm therefore in the liberty by which Christ has made us free, and don't be entangled again with a yoke of bondage." Walking in with God in grace makes life joyful, peaceful and eternally fulfilling.

7)Types of Spiritual Warfare

The word states "The LORD is a man of war. The LORD is his name" (Exodus 15:3). "In righteousness he (Jesus) judges and makes war" (Revelation 19:11). God is a man of war because He fights against evil and wants the righteousness, goodness, justice and lovingkindness associated with His kingdom to be established on earth as it is in heaven (Jeremiah 9:24, Matthew 6:10). Although God is all powerful and could wipe out all evil immediately, He has chosen to work within the framework of His creation so that people get to choose for themselves whether they want God and all His benefits or not.

God builds Christ-like character in His people through trials as Romans 5:3-5 states, "suffering produces perseverance; and perseverance, proven character; and proven character, hope; and hope doesn't disappoint us, because God's love has been poured into our hearts through the Holy Spirit who was given to us." Also in James 1:2-4 we are told trials help develop endurance (patience) which in turn makes us complete in Christ: "Count it all

joy, my brothers, when you fall into various temptations, knowing that the testing of your faith produces endurance. Let endurance have its perfect work, that you may be perfect and complete, lacking in nothing.”

Some spiritual warfare and suffering are as a result of doing good and God’s plan for purifying his people while other spiritual warfare and suffering can come as means of specific chastening for doing wrong. (1 Peter 3:17-18). We can lessen much of our suffering if we learn from our mistakes and do not keep making the same errors over and over again. Sin gives place to the devil, meaning sin allows the enemy access to our lives (Ephesians 4:27). Ecclesiastes 10:8 states “He who digs a pit may fall into it; and whoever breaks through a wall may be bitten by a snake.” When we submit to the will of God and resist sin, God gives us protection from evil and brings more goodness into our lives (Psalm 34:11-16). It is important to remember whom the Lord loves whom He chastens, just as a father who delights in his son (Proverbs 3:11-12), and if there is no chastening that ever takes place in our lives, it can be a sign that we in fact are not believers (Hebrews 12).

Suffering can also be a sacrifice offered to God on behalf of others to bring a blessing to them, such as the clear example of the sacrifice of Jesus on the cross for the sins of the world (Isaiah 53, Hebrews 10:10). Isaiah 50:5-9 prophetically describes how Jesus did not rebel against God’s will but willingly gave Himself up to be sacrificed for others ultimately because He knew that God would help Him and that God would justify Him: “For the Lord GOD will help me. Therefore I have not been confounded. Therefore I have set my face like a flint, and I know that I won’t be disappointed. He who justifies me is near. Who will bring charges against me? Let us stand up together. Who is my adversary? Let him come near to me.” The apostle Paul also states that he was enduring suffering for the sake of the church, that others may also be blessed and receive eternal life (Colossians 1:24, 2 Timothy 2:8-10). Also, we are being made into God’s weapons of war by which He will judge evil and bring forth righteousness: “You are my battle ax and weapons of war. With you I will break the nations into pieces. With you I will destroy kingdoms” (Jeremiah 51:20) and “Behold, I have made you into a new sharp threshing instrument with teeth. You will thresh the mountains, and beat them small, and will make the hills like chaff” (Isaiah 41:15).

Taking up our cross to follow Jesus and submit to the will of God is difficult, but the alternative of suffering for all eternity in hell due to rebellion against Him is not even comparable. No amount of earthly pleasure is comparable with losing our own souls for eternity. "Then Jesus said to his disciples, "If anyone desires to come after me, let him deny himself, take up his cross, and follow me. For whoever desires to save his life will lose it, and whoever will lose his life for my sake will find it. For what will it profit a man if he gains the whole world and forfeits his life? Or what will a man give in exchange for his life? For the Son of Man will come in the glory of his Father with his angels, and then he will give to everyone according to his deeds (Matthew 16:24-27). The heavenly rewards God has laid up for those who choose to do His will cause the present warfare and sufferings to seem insignificant in light of eternity (Romans 8:18, 2 Corinthians 4:16-18).

If one thinks it is unjust for God to allow as much suffering as He does, we need to understand God's eternal perspective. He is looking at our existence from the perspective of eternity instead of just looking at our current lives, with eternity obviously being of greatest importance. An analogy to understand this perspective is how society requires children to attend schooling. School is not the most pleasurable experience for children and most children would rather play all day instead of learn. But adults who understand the importance of children receiving an education to prepare them for the world that lays ahead of them when they grow up placed laws in place to require children to attend school for a number of years. We do not think it is cruel for adults to require children to have to attend school and deal with any hardships and discomfort that go along with it. In like manner, we should not think it cruel of God to allow us to go through hardships and discomfort in this life as He prepares us for eternity.

In regard to trials, we can rest in the fact that Jesus has overcome the world and all the power of darkness. Jesus said "Yet I am not alone, because the Father is with me. I have told you these things, that in me you may have peace. In the world you have trouble; but cheer up! I have overcome the world" (John 16:32-22).

8) Desperate Pleas for Help

Sometimes extremely difficult circumstances arise and we need to cry out to God for immediate help and relief. There are many passages in the word, especially in the Psalms, that give us meaningful examples to follow. Psalm 91 is a very powerful psalm that describes the refuge we can find being in the secret place of God's presence: "He who dwells in the secret place of the Most High will rest in the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress; my God, in whom I trust." For he will deliver you from the snare of the fowler, and from the deadly pestilence. He will cover you with his feathers. Under his wings you will take refuge. His faithfulness is your shield and rampart" (Psalm 91:1-4). King David was well acquainted with extreme life and death circumstances and there are a great number of Psalms written by him that detail how he cried out to God for help such as Psalm 31, for God to give deliverance speedily: "In you, LORD, I take refuge. Let me never be disappointed. Deliver me in your righteousness. Bow down your ear to me. Deliver me speedily. Be to me a strong rock, a house of defense to save me." A number of other useful passages to reference for quick immediate help and relief are Psalms 16, 18, 20, 23, 27, 35, 56-59, 61, 69, 70, 71, 118, 121, 138, and 140.

Psalm 16 specifically describes how when we choose to set God before us, meaning to seek Him wholeheartedly and draw near to Him, He is at our right hand and causes us to not be moved but to experience His gladness and joy in our entire beings through His presence. There is also the blessing that will not be left in Sheol (the grave or the abode of the dead) but that we will be raised to eternal life in heaven. "I have set the LORD always before me. Because he is at my right hand, I shall not be moved. Therefore my heart is glad, and my tongue rejoices. My body shall also dwell in safety. For you will not leave my soul in Sheol,* neither will you allow your holy one to see corruption. You will show me the path of life. In your presence is fullness of joy. In your right hand there are pleasures forever more" (Psalm 16:8-11).

9) Deliverance When Circumstances Do Not Change

Often times, we plead with God for a particular circumstance to change and He does not bring that change when we want it to happen. As Psalm 13:1 states, "How long, LORD? Will you forget me forever? How long will you hide your face from me?"

This can be extremely difficult, especially if the suffering continues for days, weeks, months and years on end. Read through the rest of Psalm 13. David cries out for God to answer him and to give light to his eyes, essentially meaning to preserve his life. David then states at the end of the psalm "But I trust in your loving kindness. My heart rejoices in your salvation. I will sing to the LORD, because he has been good to me (Psalm 13:5-6). The solution for David was trusting in God's lovingkindness, meaning God's love displayed toward him, and recognizing God's goodness that had already been given to him.

God is with us in the fire as the famous story from the book of Daniel illustrates when Daniel's friends Shadrach, Meshach, and Abednego refused to bow down to the golden image as they were commanded to (Daniel 3). They stated in faith, "our God whom we serve is able to deliver us from the burning fiery furnace; and he will deliver us out of your hand, O king. But if not, let it be known to you, O king, that we will not serve your gods or worship the golden image which you have set up" (Daniel 3:17-18). When thrown into the fiery furnace, they did not burn even in the slightest and another figure was seen in the fire with them who looked like a divine being. Jesus was there, in control of the situation and protecting them from the enemy. As Isaiah 43:2-3 states: "When you pass through the waters, I will be with you, and through the rivers, they will not overflow you. When you walk through the fire, you will not be burned, and flame will not scorch you. For I am the LORD your God, the Holy One of Israel, your Savior."

It is important to remember though that God is always doing what is best for His children which means inward change can often precede circumstantial change. "He heals the broken in heart, and binds up their wounds," (Psalm 147:3) which is a process that often takes time. God is molding us into the image of Christ which is what is best for us and those around us (Romans

8:28-29). What God is doing is “for our profit, that we may be partakers of his holiness” (Hebrews 12:10). The abundance after suffering that God intends is given in Psalm 66:10-12: “For you, God, have tested us. You have refined us, as silver is refined. You brought us into prison. You laid a burden on our backs. You allowed men to ride over our heads. We went through fire and through water, but you brought us to the place of abundance.”

Ultimately, God will provide relief and cause the suffering to lessen. He promises strength for us: “In the day that I called, you answered me. You encouraged me with strength in my soul” (Psalm 138:3). God promises deliverance: “Call on me in the day of trouble. I will deliver you, and you will honor me.” (Psalm 50:15). “The righteous cry, and the LORD hears, and delivers them out of all their troubles. The LORD is near to those who have a broken heart, and saves those who have a crushed spirit. Many are the afflictions of the righteous, but the LORD delivers him out of them all” (Psalm 34:17-19).

God knows our limits of what we can endure with His help and He will bring relief in one form or another (1 Corinthians 10:13). And even though your present situation may not be changing, what will change is the peace of His presence now lifting you up, His strength filling your heart and giving you a renewed, hopeful perspective of Your circumstance. With God nothing is impossible (Matthew 19:26). When God’s people were up against the Red Sea with the Egyptian army behind them, God parted the sea for them and drowned the enemy (Exodus 14 and 15). “The LORD, who makes a way in the sea, and a path in the mighty waters” (Isaiah 43:16).

Even if we do not receive healing in this life, believers are assured that we will be fully healed and delivered from all evil when Jesus returns and transforms us to be like Him. Our new radiant bodies will emanate the glory of God for all eternity. 1 Corinthians 15:51-53: “Behold, I tell you a mystery. We will not all sleep, but we will all be changed, in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound and the dead will be raised incorruptible, and we will be changed. For this perishable body must become imperishable, and this mortal must put on immortality.”

The extent to which we partake in Christ's sufferings correlates to the joy we will experience in heaven, giving us further hope of the goodness that awaits in heaven: "Beloved, don't be astonished at the fiery trial which has come upon you to test you, as though a strange thing happened to you. But because you are partakers of Christ's sufferings, rejoice, that at the revelation of his glory you also may rejoice with exceeding joy" (1 Peter 4:12-14). God "will pay back to everyone according to their works:" to those who by perseverance in well-doing seek for glory, honor, and incorruptibility, eternal life."

10) Insights From the Book of Job

Job endured the intense suffering of losing his children, possessions and health and did not receive immediate relief from God when he cried out for help (Job 1-2). Even his wife did not offer any comfort and suggested he curse God and die and his friends could only tell him that sin in his life was the reason he was suffering, which as we read in the beginning of the book was not the case. In the midst of this, Job maintained his faith and declared that his Redeemer lives and that he would one day see God (Job 19:25-27). Job also correctly stated many things about God including "God is wise in heart, and mighty in strength. Who has hardened himself against him and prospered?" (Job 9:4) However, Job also justified himself and essentially declared that God is not just. As the story progress, another character named Elihu then speaks to Job after his three friends and speaks some important truths to Job. Elihu says of God: "he opens the ears of men, and seals their instruction, that he may withdraw man from his purpose, and hide pride from man. He keeps back his soul from the pit, and his life from perishing by the sword" (Job 33:16-18). This means that there are things in our lives, especially pride, that we are unaware of that God is working to purge from us to preserve us from perishing.

Although difficult, the way pride is often broken in our lives is through circumstances that humble us and take us out of our own ability to cope and handle, forcing us to cry out for help. Elihu states "If you have sinned, what effect do you have against him? If your transgressions are multiplied, what

do you do to him? If you are righteous, what do you give him? Or what does he receive from your hand? Your wickedness may hurt a man as you are, and your righteousness may profit a son of man” (Job 35:6-8). Sometimes we get angry with God when He does not do what we want Him to and we may be tempted to lash out in rebellion. But we are reminded here that if we sin, we do not accomplish anything against Him but we only harm ourselves. Also, if we choose to submit to Him, we wind up helping ourselves as well as others.

Although in the incorrect context of accusing Job of sin as the reason for his suffering, the words of Eliphaz in Job 22:21-30 are still true in regard to returning to God, submitting to His will and receiving His instruction, which in turn results in goodness for both yourself and others: “Acquaint yourself with him now, and be at peace. By it, good will come to you. Please receive instruction from his mouth, and lay up his words in your heart. If you return to the Almighty, you will be built up, if you put away unrighteousness far from your tents. Lay your treasure in the dust, the gold of Ophir among the stones of the brooks. The Almighty will be your treasure, and precious silver to you. For then you will delight yourself in the Almighty, and will lift up your face to God. You will make your prayer to him, and he will hear you. You will pay your vows. You will also decree a thing, and it will be established to you. Light will shine on your ways. When they cast down, you will say, ‘be lifted up.’ He will save the humble person. He will even deliver him who is not innocent. Yes, he will be delivered through the cleanness of your hands.” Also, in Job 15:11 Eliphaz states “Are the consolations of God too small for you, even the word that is gentle toward you?” indicating that if God is the Almighty, all-knowing God of the universe, how could His consolations and words of comfort be too small for you?

God then speaks to Job directly in a way that helps Job and his friends understand that God’s power, understanding and workings are so far beyond full human comprehension that it is foolish to come against Him. God gives Job an overview of all wonderful, majestic things He has created, asking if Job knows how to accomplish these feats. He then asks Job “Will you even annul my judgment? Will you condemn me, that you may be justified? Or do you have an arm like God? Can you thunder with a voice like him? (Job 40:8-9). Job eventually does humble himself before God stating, “I had heard of

you by the hearing of the ear, but now my eye sees you. Therefore I abhor myself, and repent in dust and ashes.” (Job 42:5-6). God then shows great mercy and love toward Job, brings healing and blesses Job’s latter days more than his first. So although Job was a very righteous man beforehand, he still had lots to learn about God and himself. Through his experiences, he grew in humility, faith and understanding and also developed a deeper relationship with God. God was making him more complete in Him (Colossians 2:10).

We have the benefit of knowing the good end that God brought for Job as well, as well as deliverance that He brought for others such as the prophets who are recorded as suffering in the Bible: “Take, brothers, for an example of suffering and of perseverance, the prophets who spoke in the name of the Lord. Behold, we call them blessed who endured. You have heard of the perseverance of Job and have seen the Lord in the outcome, and how the Lord is full of compassion and mercy” (James 5:10-11). He will cause the storm to end and He will bring us through to the other side. “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. To him be the glory and the power forever and ever. Amen” (1 Peter 5:10-11). “Then they cry to the LORD in their trouble, and he brings them out of their distress. He makes the storm a calm, so that its waves are still. Then they are glad because it is calm, so he brings them to their desired haven. Let them praise the LORD for his loving kindness, for his wonderful deeds for the children of men! (Psalm 107:28-31).

11) The Assurance of Hope

Satan also tries to convince us that whatever trial we are going through will last continually and that the level of suffering you are experiencing in the present is your new normal. I have personally found this a difficult temptation to resist as suffering in the Christian life can be very intense and prolonged. It is important to remember that God’s plans and thoughts are not our own; His ways and understanding are infinitely higher than ours and He is always working at bringing forth good (Isaiah 55:8-9, Romans 8:28). He brings us through the wilderness to humble and test us to do us good in the end and

to teach us that we are not to live on bread alone (physical nourishment and comfort) but by His word (Deuteronomy 8:3, 11-13). It is therefore crucial for us to not lean upon our own understanding of the situation, but to trust in God with all our hearts, acknowledge Him in all we do, which in turn results in Him directing all our paths according to His perfect will (Proverbs 3:3-12). God's will is good, acceptable and perfect (Romans 12:2).

Deliverance from evil strongholds often takes time. When God brought Israel into the promised land, He said that He would remove Israel's enemies little by little from them and not all at once (see text reference 1). This was so the people would be able to increase and to hold the ground that they had gained Exodus 23:29-30: "I will not drive them out from before you in one year, lest the land become desolate, and the animals of the field multiply against you. Little by little I will drive them out from before you, until you have increased and inherit the land." The same is true in our lives. God does not want us falling into the same traps we have previously struggled with and also wants us to keep building in the understating of our identity in Christ. When we get stronger and consistent with what understanding we have, God will give us more ground for our good and His glory.

Our hope does not disappoint because the love of God has been poured out in our hearts by the Holy Spirit who was given to us (Romans 5:5). This means we can expect goodness in our future because God has already given us His Holy Spirit as a guarantee of His blessing and loving fellowship in the present and for eternity. Also, God giving us His love in our hearts means that He provides the love that we need to fulfill His calling for our lives. Like providing a never-ending flow of fuel to power a vehicle, He gives us a never-ending flow of His love to empower us by His grace (Hebrews 13:20-21, Romans 5:20-21, Philippians 2:12-13). As Hebrews 10:19-23 states, "Having therefore, brothers, boldness to enter into the holy place by the blood of Jesus, by the way which he dedicated for us, a new and living way, through the veil, that is to say, his flesh, and having a great priest over God's house, let's draw near with a true heart in fullness of faith, having our hearts sprinkled from an evil conscience and having our body washed with pure water, let's hold fast the confession of our hope without wavering; for he who promised is faithful."

God does promise to help us and give us strength when we trust in Him. As Isaiah 41:13 states "For I, the LORD your God, will hold your right hand, saying to you, 'Don't be afraid. I will help you'" and in Isaiah 40:29-31, "He gives power to the weak. He increases the strength of him who has no might. Even the youths faint and get weary, and the young men utterly fall; 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." We can have confidence that we will see goodness in this life which strengthens our heart. "I am still confident of this: I will see the goodness of the LORD in the land of the living. Wait for the LORD. Be strong, and let your heart take courage. Yes, wait for the LORD" (Psalm 27:13-14). "But I will always hope, and will add to all of your praise. My mouth will tell about your righteousness, and of your salvation all day, though I don't know its full measure. I will come with the mighty acts of the Lord GOD. I will make mention of your righteousness, even of yours alone" (Psalm 71:14-16) and "You, who have shown us many and bitter troubles, you will let me live. You will bring us up again from the depths of the earth. Increase my honor and comfort me again" (Psalm 71:20-21).

We have the hope of an eternity in heaven free from pain and suffering. Jesus said "Because I live, you will live also" (John 14:19). "They will never be hungry or thirsty any more. The sun won't beat on them, nor any heat; for the Lamb who is in the middle of the throne shepherds them and leads them to springs of life-giving waters. And God will wipe away every tear from their eyes" (Revelation 7:16-17). "I heard a loud voice out of heaven saying, "Behold, God's dwelling is with people; and he will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes. Death will be no more; neither will there be mourning, nor crying, nor pain any more. The first things have passed away" (Revelation 21:3-4).

12) Receiving God's Rest and Comfort

Read through Psalm 116 as it gives great insight on how after crying out to God for help, the Psalmist now has rest in his soul. God has delivered his soul from death, his eyes from tears and his feet from falling, which are blessings from of God's presence, not necessarily because his circumstances changed (Psalm 116:7-9). He found fellowship with God just as David also did in the wilderness (Psalm 63). Also, in 1 Samuel chapters 1 and 2, Hannah experiences the relief of God's presence when she pours out her heart to Him (Psalm 62:8). She gives God the desire of her heart for a son and chooses, if given a son, to dedicate him to the Lord. Before she knows whether she will have the son she requested, she is refreshed and restored by God's presence and her face is no longer sad. As she gave her requests to God, she was given His peace that surpasses understanding (Philippians 4:6-7). She came to find God as her joy and fulfillment instead of the son she was wanting, and afterward, God did wind up blessing her with a son after all. God's presence gives us rest (Exodus 33:14) and Jesus promises to give us rest when we come to Him (Matthew 11:28-30).

Psalm 23 is another wonderful passage relating to God's leading and His rest. The words speak for themselves in describing how God leads His people as a shepherd leads his flock and is with the sheep to protect them from evil:

"The LORD is my shepherd;
I shall lack nothing.
He makes me lie down in green pastures.
He leads me beside still waters.
He restores my soul.
He guides me in the paths of righteousness for his name's sake.
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.
You prepare a table before me
in the presence of my enemies.
You anoint my head with oil.

My cup runs over.

Surely goodness and loving kindness shall follow me all the days of my life, and I will dwell in the LORD's house forever."

Psalm 23

We receive comfort as well resting in a loving, grace-based relationship with God instead of continually striving to please God. Enoch was testified of in the book of Hebrews as one who pleased God, yet when we read about Enoch in Genesis, hardly any information is given about him except that "Enoch walked with God, and he was not found, for God took him (Genesis 5:24)." This shows that walking with God is what pleases Him. It is about relationship and not the achievement of works. Also in Isaiah 40:1-2 we are told "Comfort, comfort my people," says your God. "Speak comfortably to Jerusalem, and call out to her that her warfare is accomplished, that her iniquity is pardoned, that she has received of the LORD's hand double for all her sins," referencing how Jesus has redeemed us to, God enabling our sins to be forgiven, causing us to now have peace with God (Romans 5:1). Also, "The work of righteousness will be peace, and the effect of righteousness, quietness and confidence forever" (Isaiah 32:17).

The Apostle Paul learned contentment in all circumstances both of abundance and lack because he knew he could do all things through Christ who strengthened him: "I know how to be humbled, and I also know how to abound. In any and all circumstances I have learned the secret both to be filled and to be hungry, both to abound and to be in need. I can do all things through Christ who strengthens me (Philippians 4:12-13). He further states, all his needs would be met by God: "My God will supply every need of yours according to his riches in glory in Christ Jesus. Now to our God and Father be the glory forever and ever! Amen" (Philippians 4:19-20). "His (God's) divine power has granted to us all things that pertain to life and godliness" (2 Peter 1:3).

In the midst of suffering, God promises grace that will get us through. In the case of the Apostle Paul when God specifically was not granting his request to be healed so that Paul would stay humble and have more of Christ's power in his life, Jesus told him: He has said to me, "My grace is sufficient for you,

for my power is made perfect in weakness.” Most gladly therefore I will rather glory in my weaknesses, that the power of Christ may rest on me. Therefore I take pleasure in weaknesses, in injuries, in necessities, in persecutions, and in distresses, for Christ’s sake. For when I am weak, then am I strong (2 Corinthians 12:9-10). Also in 2 Corinthians 1:3-5, we are told that God is the Father of mercies and God of all comfort: “Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, that we may be able to comfort those who are in any affliction, through the comfort with which we ourselves are comforted by God. For as the sufferings of Christ abound to us, even so our comfort also abounds through Christ.” When God comforts us, we are then able to share that same comfort with others who are struggling. Receiving help from someone who has been through the same type of struggle already and have experienced how God has gotten them through is especially powerful. It is through the power of the blood of Jesus as well as the word of our testimonies and not loving our own lives to the death that we overcome the evil one (Revelation 12:11).

13) The Power of God’s Word

God’s word is living and powerful! (Hebrews 4:12) It was by the word of the Lord that the heavens and earth were made (Genesis 1, Psalm 33:6). One of the best things we can do is to speak God’s word out loud in faith. Jesus said if we say to a mountain to be removed and be cast in the sea and do not doubt, it will be done for us (Mark 11:22-24); therefore, words spoken in faith are very powerful. We can let God’s word do the work for us instead of us trying to figure out the best things to think and speak. Also, God’s angels heed the voice of His word (Psalm 103:20); therefore, when you speak God’s word in faith, He sends out His angels to help fight against the forces of evil. Jesus Himself needed God’s help when He prayed in the Garden of Gethsemane before His arrest and crucifixion, and God sent an angel to help Him (Luke 22:43), showing that Jesus understands what we are going through and having endured and triumphed, is able to help us in the time of need (Hebrews 4:14-16).

God promises that when we resist the Devil, he will flee. But before that, He tells us that He gives us more grace, that He gives grace to the humble and that we are to submit ourselves to God. So the foundation for being able to resist the devil's temptations is the foundation of grace, meaning coming into a fuller understanding of what God has done for us and what He gives us. With that understanding, we then are better able to submit ourselves to God and His will and then resist whatever the temptations are, thus causing the devil to flee. As we draw near to God, He draws near to us. As James 4:6-8 states, "But he gives more grace. Therefore it says, "God resists the proud, but gives grace to the humble." Be subject therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you."

A similar passage is found in 1 Peter 5:5-11, highlighting the importance of grace and humility. "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." Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time, casting all your worries on him, because he cares for you.

Be sober and self-controlled. Be watchful. Your adversary, the devil, walks around like a roaring lion, seeking whom he may devour. Withstand him steadfast in your faith, knowing that your brothers who are in the world are undergoing the same sufferings. 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. To him be the glory and the power forever and ever. Amen."

God says His people are destroyed because of a lack of knowledge (Hosea 4:6). We receive the fear of the Lord, knowledge, wisdom, understanding and discretion from God's word which then better enables us to be delivered from evil. This means our ability to resist temptation and live a Godly life is not just a matter of whatever God wants to do in our lives, but also our responsibility "For wisdom will enter into your heart. Knowledge will be pleasant to your soul. Discretion will watch over you. Understanding will keep you, to deliver you from the way of evil" (Proverbs 2:10-12). God says if we lack wisdom, to ask Him for it with no doubting and it will be given to us (James 1:5-7). The fear of the Lord, meaning the deep reverence and respect

for Him and His authority, is the beginning of knowledge and wisdom (Proverbs 1:7, 9:10). Fearing God and departing from evil gives health to our flesh and strength to our bones (Proverbs 3:5-8). As 1 Samuel 12:24-25 states, "Only fear the LORD, and serve him in truth with all your heart; for consider what great things he has done for you. But if you keep doing evil, you will be consumed, both you and your king." The Holy Spirit helps us and teaches us through the word so that we will be made complete in Him (2 Timothy 3:16-17, 1 John 2:27, Colossians 2:10).

14) Unity of the Body of Christ

In addition to speaking the scriptures in faith during spiritual warfare, there is great blessing that comes when we work together as the body of Christ and not just individually. God says He commands the blessing of life forevermore when we are dwelling together in unity (Psalm 133). He tells us to stand fast in one spirit, one soul striving for the faith of the gospel (Philippians 1:27). Christians are all members of the body of Christ which gives us the blessing of having the support of those in the body with different gifts than our own, and to also aid in prayer and bearing each other's burdens. The enemy often tries to convince you that it is useless to reach out for help, prayer and fellowship but often these are some of the best things we can do (Galatians 6:2, 1 Corinthians 12). Attending church in person (if possible) is extremely important as it puts you in an atmosphere where God's presence is, which in turn causes the enemy to be weakened. When the early church in Acts was threatened with persecution, they gathered together to pray and the place they gathered was shaken and the people were filled with boldness (Acts 4:23-31).

15) Worship Music

Worship itself is not necessarily with music but means to bow down before and/or offer sacrifice to (Exodus 12:27, Genesis 22:5) and we give our lives as living sacrifices to God (Romans 12:1) A wonderful way to express worship to God is through worship music. Worshiping God through true Christian worship music invites God's presence and causes the enemy to flee (1 Samuel 16:23). After Paul and Silas had been beaten and thrown in prison for the

sake of the gospel, they were singing hymns and praying to God and at midnight, God brought deliverance through an earthquake (Acts 16:25-26). Arising at midnight and 3AM for time with God in prayer and worship is a powerful tool to disrupt demonic activity because the enemy likes to sow seeds of evil at night (Matthew 13:24-30). King Jehosophat of Israel sent musicians before his army to sing praises to God resulting in God setting ambushes against the enemy and giving Israel a great victory (2 Chronicles 20). When Solomon's temple was dedicated, the people were gathered as one praising God with instruments and voices, singing the scriptures ("For he is good, for his loving kindness endures forever!" Psalm 118:1) which invited God's presence in such a powerful way that His glory was tangibly seen and felt (2 Chronicles 5:11-14). Combining worship with prayer is very powerful as it puts God as the focus instead of ourselves and helps us worship in spirit and truth, uniting our spirit with His (John 4:24). Also, the Psalms were intended to be sung which again illustrates how worship music invites God's presence.

We enter into God's gates with thanksgiving and into His courts with praise (Psalm 100:4), meaning we get closer into His presence and experience more of His glory when we thank Him and then sing praises to Him. God inhabits the praises of His people (Psalm 22:3). Also, Psalm 149:5-9 gives insight on how God brings judgement to the forces of evil when we sing praises to Him: "Let the saints rejoice in honor. Let them sing for joy on their beds. May the high praises of God be in their mouths, and a two-edged sword in their hand, to execute vengeance on the nations, and punishments on the peoples; to bind their kings with chains, and their nobles with fetters of iron; to execute on them the written judgment. All his saints have this honor. Praise the LORD!" A similar description is found in Isaiah 30:32: "Every stroke of the rod of punishment, which the LORD will lay on him, will be with the sound of tambourines and harps. He will fight with them in battles, brandishing weapons." There is therefore great spiritual power in praising God through song and great benefit that comes to believers as we enter into His presence and experience His glory. God's glory means all of His goodness (Exodus 33:18-19, 34:5-9).

16) Prayer

When feeling distressed or overwhelmed with whatever battle may be coming against you, cry out to God for help with all your heart. He says to trust in Him at all times and to pour out our hearts before Him (Psalm 62:8), showing He wants true, honest relationship. God hears the prayer of the righteous (Proverbs 15:29), meaning He hears the prayers of those that come before Him in faith and humility, through the blood of Jesus Christ our savior and redeemer (Hebrews 10:19-23). Confess any of your own sins as well of any unforgiveness or bitterness you may have towards anyone because this can hinder our prayers (Mark 11:22-26, Hebrews 12:15). Prayer is the crucial 7th aspect of our spiritual armor and together with the sword of the spirit (God's word), are powerful offensive weapons against the enemy (Ephesians 6:10-19, 2 Corinthians 10:3-6). 1 John 3: 22 says "whatever we ask, we receive from him, because we keep his commandments and do the things that are pleasing in his sight," indicating the real power of prayer is choosing to abide in Christ Jesus and to keep His commandments. Jesus simply asks us to abide in His love and for His words to remain in us (John 15:5-11). If so, He then gives us a radical promise that "If you remain in me, and my words remain in you, you will ask whatever you desire, and it will be done for you. In this my Father is glorified, that you bear much fruit; and so you will be my disciples." (John 15:7-8).

An optional but powerful tactic for prayer is to utilize the heavenly time schedule that God shows us from His word. Every 3 hours on the hours of midnight, 3AM, 6AM, 9AM etc. throughout the entire day and night there is increased spiritual activity. This is likely due to a "changing of the guard" type action in the spirit realm where God, as well as the forces of evil, have certain spirits on and off of assignment at different times. The Holy Spirit was poured out on Pentecost at around 9AM (Acts 2:15). God instructed His people Israel to offer a morning (9AM) and evening (3PM) sacrifice each day and prayer occurred at these times as well (Exodus 29:39, Acts 3:1, and see text reference 3). Later in Acts, angels appeared to the apostle Peter at 12PM (Acts 10:9), a believer named Cornelius at 3PM (Acts 10:3) the apostle Paul at 12PM (Acts 26:13), and the earthquake occurred when Paul and Silas were praying and singing at midnight (Acts 16:25-26). Fire also fell from heaven

when Elijah offered the evening sacrifice around 3PM (1 Kings 18:36). It is not necessary to pray at these specific times, but something to prayerfully consider however the Lord leads you. It should not be a legalistic obligation but an opportunity to spend time with God.

Worshiping before prayer is another helpful and powerful tool as we are brought into God's presence (Psalm 100:4) and often times He brings to mind things to pray for that we may have not thought of initially. Logistically, it is best to pray in a continual manner without distraction and breaking away. Prayer is incense to God that actually rises to Him (Revelation 5:8, 2 Chronicles 30:27), so it is best to remain connected closely to the Holy Spirit with the anointing that He is providing for the prayer time instead of breaking it up and having to keep starting over again.

Directly quoting scripture is especially useful as we already discussed in the chapter "The Power of God's Word." Consider praying the priestly blessing of Numbers 6:24-26 on a regular basis:

"The LORD bless you, and keep you.

The LORD make his face to shine on you,
and be gracious to you.

The LORD lift up his face toward you,
and give you peace."

17) Fasting

Fasting is another powerful tool in spiritual warfare because when we fast, we put aside our desires to God and His will to become the priority. God resists the proud but gives grace to the humble (James 4:6). God also says that fasting can bring breakthroughs and cause strongholds to be broken that may otherwise not have occurred (Isaiah 58:6-9, Mark 9:29). Daniel fasted from pleasant food for 21 days while mourning for Israel during which time an angel sent by God had been delayed from coming to Daniel by the evil spiritual prince of Persia, unbeknownst to Daniel. Daniel persisted through the 21 days and eventually the angel from God received additional assistance from the archangel Michael and brought an important prophetic message to Daniel (Daniel 10). Also under Ezra's leadership, Israel fasted for protection

during the journey from Babylon back to Israel, and God granted their request for protection (Ezra 8:21).

The enemy can also twist fasting into a legalistic experience where one believes he is achieving a greater amount of the filling of the Holy Spirit and greater levels of righteousness and holiness through fasting (or any other righteous work for that matter). It is important to remember that we receive the Holy Spirit by the hearing of faith and not by works (See text reference 4). As the Apostle Paul states in Galatians 3:2-3: "I just want to learn this from you: Did you receive the Spirit by the works of the law, or by hearing of faith? Are you so foolish? Having begun in the Spirit, are you now completed in the flesh?" Therefore, we should approach fasting and any other work done for God as something that is done by grace through faith, with the assurance of His peace in what we are doing. "God has called us in peace" (1 Corinthians 7:15). If we do not have peace and it feels like a grudging obligation, the work is probably being done under our own strength and initiative and not God's. Good works are the result of us partnering with God's Spirit working in us: "work out your own salvation (the word salvation here meaning sanctification, meaning our being set apart to God) with fear and trembling. For it is God who works in you both to will and to work for his good pleasure" (Philippians 2:12-13).

18) Binding and Loosing

God gives us the authority to bind the forces of evil, in the name and authority of Jesus Christ. Jesus said '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. Nevertheless, don't rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven (Luke 10:19-20)." It is not our power, but the power of the resurrected Jesus living in us that gives us the power and authority. Jesus says whatever we bind and loose on earth will be also done so in heaven (Matthew 18:18), showing us that He wants us to use the authority He has given us to bind the forces of evil and loose His goodness into our spheres of influence. Jesus also said, "But if I by God's finger cast out demons, then God's Kingdom has come to you. "When the strong man, fully armed, guards his own dwelling, his goods are safe. But

when someone stronger attacks him and overcomes him, he takes from him his whole armor in which he trusted, and divides his plunder (Luke 11:20-22). From the example of Jesus, his disciples, the 70 Jesus sent out during His ministry and the early church, it is perfectly clear that Jesus gives believers the power to bind and cast out demons in the name of Jesus. Mark 16:17 states that signs will follow those who believe in Jesus' name, including casting out demons in His name. This is not a special privilege for only pastors or elders, but for all who have faith in Jesus as their Lord and Savior. When engaging with spiritual forces, we need to be sure that we are right with God and not engaged in any willful sin so the enemy cannot gain free access to us (Joshua 7, Ephesians 4:26-27). We also should be in prayer as to God's direction for this type of ministry so he can guide, instruct and direct as He sees fit. Jesus is the commander of the army of the Lord (Joshua 5:13-15).

Evil spirits are identified by their function name, such as a spirit of fear (1 Timothy 1:7) or a spirit of harlotry (Hosea 4:12), referring to spiritual adultery toward God in going after idols in the world. We can test the spirits by identifying who or what they are leading you to and specifically if Jesus Christ, the Word of God who became flesh and died and rose again for us, is the focus: "By this you know the Spirit of God: every spirit who confesses that Jesus Christ has come in the flesh is of God, and every spirit who doesn't confess that Jesus Christ has come in the flesh is not of God" (1 John 4:2-3). Spirits speak through people and can even speak through believers, just as when Peter took Jesus aside to tell Him He should not go to the cross and Jesus rebukes him by saying "Get behind me, Satan! You are a stumbling block to me, for you are not setting your mind on the things of God, but on the things of men" (Matthew 16:23). Therefore, knowing God's word is the key so that we can test the spirits to discern truth from lies. Words spoken by those with a true prophetic anointing will speak words of "edification, exhortation, and consolation" (1 Corinthians 14:3) while false prophets will speak "uttering great swelling words of emptiness, they entice in the lusts of the flesh, by licentiousness" (2 Peter 2:18).

An example of binding the forces of evil could be to say out loud, "In the name of Jesus, I bind all spirits of (whatever spiritual attack/stronghold you may be dealing with such as fear, depression, anger, strife, lust, harlotry,

envy, argument, hardness of heart, violence, rebellion, rejection, etc.) coming against me and my family. Heavenly father, please give us your protection from the enemy. Be a wall of fire all around us and be the glory in our midst (Zechariah 2:5). Loose your love, peace and joy upon us now. In Jesus name, amen."

The word also states that we are not to despise dignitaries, meaning higher spiritual powers such as fallen angels or demons over territories (2 Peter 2:10-11, Jude 8-10). This means that Jesus does not want us to be taking up battles and accusations directly against Satan or high-ranking spiritual powers on our own. We ask the Lord to rebuke these higher spiritual powers and if led by God, ask God to bind any of these powers according to His will. But based on God's word, believers do have the direct authority to bind and cast out demons that are oppressing people in a personal way, such as what we see Jesus, the apostles and early church doing to establish His kingdom on earth as it is in heaven.

19) Times We Stumble

Spiritual warfare continues on day after day and like physical warfare, there can be victories and defeats. Jesus knows the difficulty of resisting the enemy and suffered greatly Himself in fulfilling the will of God. The word says that if we say we have no sin we deceive ourselves, so there will always be more to learn and grow from. King David, God's anointed king of Israel, committed adultery, murder and then lied about it for around a year. It was a severe time of backsliding for him that brought severe consequences for him, his current family and descendants, including the death of his child. But after being confronted, David confessed his sins and truly, sincerely repented before God. God was very merciful and brought restoration to his life, even causing another child to be born from the woman whom he had originally committed adultery with, who was now his wife, to be the child from which Jesus the Messiah would descend from. God also says "a righteous man falls seven times and rises up again, but the wicked are overthrown by calamity" (Proverbs 24:16), indicating that righteousness isn't about always doing everything perfectly but about our faith in God. God is faithful, merciful and loving and He states He will not strive with us forever and that He knows our

frame that we are but dust (Psalm 103). God does not condemn, but corrects us in a loving way. If you are hounded by thought of regret, failure, worthlessness, guilt and shame, you can be sure this is from the enemy and not from God. When we truly confess our sins and repent by turning to God, He forgives us and casts our sins into the sea (1 John 1:8-10, Micah 7:18-19). God does not keep bringing them up in remembrance; therefore, we should not either.

God's mercies are new every morning; great is His faithfulness (Lamentations 3:22-24). In the words of Micah 7:7-10" But as for me, I will look to the LORD. I will wait for the God of my salvation. My God will hear me. Don't rejoice against me, my enemy. When I fall, I will arise. When I sit in darkness, the LORD will be a light to me. I will bear the indignation of the LORD, because I have sinned against him, until he pleads my case and executes judgment for me. He will bring me out to the light. I will see his righteousness. Then my enemy will see it, and shame will cover her who said to me, "Where is the LORD your God?"

20) God's Good, Eternal Purpose

Jesus is our advocate before God the Father (1 John 2:1) and is there for us to plead our cause for deliverance and help. Jesus has destroyed the power of Satan, sin and death through His death and resurrection. He is the great I Am and He is in control (Colossians 2:15, Matthew 28:18, John 8:58). Just as Joseph endured hardship after hardship without understanding the reason, God was using the evil that had been done to him for good that many would be saved through his Godly character that had developed through the trials (Genesis 50:18-20). God works all things together for good for those who love Him (Romans 8:28). He promises that whoever calls on the name of the Lord will be saved (Joel 2:32). God remembers your work and labor of love for His sake and you will be rewarded by Him with eternal blessings that far outweigh the present sufferings (Hebrews 6:10, 2 Corinthians 4:17-18). Jesus always leads us in triumph (2 Corinthians 2:14) and He promises that the gates of hell will not prevail against His church! (Matthew 16:18) As 1 Corinthians 15:57-58 states, "But thanks be to God, who gives us the victory through our Lord Jesus Christ. Therefore, my beloved brothers, be steadfast,

immovable, always abounding in the Lord's work, because you know that your labor is not in vain in the Lord." And as the Apostle Paul said at the end of his life after the Lord had delivered him from trial after trial, "And the Lord will deliver me from every evil work and will preserve me for his heavenly Kingdom. To him be the glory forever and ever. Amen." (2 Timothy 4:18)

USEFUL SCRIPTURES FOR SPIRITUAL WARFARE

Read through the scriptures out loud. Also, ask God to help you become better at memorizing His word. Having God's word memorized is extremely helpful because it internalizes His word in your heart and allows you to recall scriptures when needed for whatever circumstances you are going through.

Call on me in the day of trouble.
I will deliver you, and you will honor me.
Psalm 50:15

Having then a great high priest who has passed through the heavens, Jesus, the Son of God, let's hold tightly to our confession. ¹⁵ For we don't have a high priest who can't be touched with the feeling of our infirmities, but one who has been in all points tempted like we are, yet without sin. ¹⁶ 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 4:14-16

One of the elders said to me, "Don't weep. Behold, the Lion who is of the tribe of Judah, the Root of David, has overcome: he who opens the book and its seven seals."

Revelation 5:5

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

It will happen that whoever will call on the LORD's name shall be saved

Joel 2:32

The righteous cry, and the LORD hears,
and delivers them out of all their troubles.

¹⁸ The LORD is near to those who have a broken heart,
and saves those who have a crushed spirit.

¹⁹ Many are the afflictions of the righteous,
but the LORD delivers him out of them all.

Psalms 34:17-19

For his anger is but for a moment.

His favor is for a lifetime.

Weeping may stay for the night,
but joy comes in the morning.

Psalms 30:5

When therefore they had rowed about twenty-five or thirty stadia, they saw Jesus walking on the sea and drawing near to the boat; and they were afraid. ²⁰ But he said to them, "It is I. (I AM) Don't be afraid." ²¹ They were willing therefore to receive him into the boat. Immediately the boat was at the land where they were going.

John 6:19-21

Jesus said to them, "Most certainly, I tell you, before Abraham came into existence, I AM.

John 8:58

Then they cry to the LORD in their trouble,
and he brings them out of their distress.

²⁹ He makes the storm a calm,
so that its waves are still.

³⁰ Then they are glad because it is calm,
so he brings them to their desired haven.

³¹ Let them praise the LORD for his loving kindness,
for his wonderful deeds for the children of men!

Psalm 107:28-31

For I,' says the LORD, 'will be to her a wall of fire around it, and I will be the
glory in the middle of her.

Zechariah 2:5

You count my wanderings.

You put my tears into your container.

Aren't they in your book?

⁹ Then my enemies shall turn back in the day that I call.

I know this: that God is for me.

Psalm 56:8-9

Be merciful to me, God, be merciful to me,
for my soul takes refuge in you.

Yes, in the shadow of your wings, I will take refuge,
until disaster has passed.

² I cry out to God Most High,
to God who accomplishes my requests for me.

³ He will send from heaven, and save me,
he rebukes the one who is pursuing me.

Selah.

God will send out his loving kindness and his truth.

Psalm 57:1-3

Cast your burden on the LORD and he will sustain you.

He will never allow the righteous to be moved.

Psalm 55:22

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.

Philippians 4:6-7

Trust in him at all times, you people.

Pour out your heart before him.

God is a refuge for us.

Psalms 62:8

How long, LORD?

Will you forget me forever?

How long will you hide your face from me?

² How long shall I take counsel in my soul,
having sorrow in my heart every day?

How long shall my enemy triumph over me?

³ Behold, and answer me, LORD, my God.

Give light to my eyes, lest I sleep in death;

⁴ lest my enemy say, "I have prevailed against him;"
lest my adversaries rejoice when I fall.

⁵ But I trust in your loving kindness.

My heart rejoices in your salvation.

⁶ I will sing to the LORD,

because he has been good to me.

Psalms 13

We know that all things work together for good for those who love God, for those who are called according to his purpose. ²⁹ For whom he foreknew, he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers.[±] ³⁰ Whom he predestined, those he also called. Whom he called, those he also justified. Whom he justified, those he also glorified.

³¹ What then shall we say about these things? If God is for us, who can be against us? ³² He who didn't spare his own Son, but delivered him up for us all, how would he not also with him freely give us all things? ³³ Who could bring a charge against God's chosen ones? It is God who justifies. ³⁴ Who is

he who condemns? It is Christ who died, yes rather, who was raised from the dead, who is at the right hand of God, who also makes intercession for us.

³⁵ Who shall separate us from the love of Christ? Could oppression, or anguish, or persecution, or famine, or nakedness, or peril, or sword? ³⁶ Even as it is written,

“For your sake we are killed all day long.

We were accounted as sheep for the slaughter.”[☩]

³⁷ No, in all these things we are more than conquerors through him who loved us. 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.

Romans 8:28-39

His brothers also went and fell down before his face; and they said, “Behold, we are your servants.” ¹⁹ Joseph said to them, “Don’t be afraid, for am I in the place of God? ²⁰ As for you, you meant evil against me, but God meant it for good, to save many people alive, as is happening today.

Genesis 50:18-19

He humbled you, allowed you to be hungry, and fed you with manna, which you didn’t know, neither did your fathers know, that he might teach you that man does not live by bread only, but man lives by every word that proceeds out of the LORD’s mouth.

Deuteronomy 8:3

the LORD your God, who brought you out of the land of Egypt, out of the house of bondage; ¹⁵ who led you through the great and terrible wilderness, with venomous snakes and scorpions, and thirsty ground where there was no water; who poured water for you out of the rock of flint; ¹⁶ who fed you in the wilderness with manna, which your fathers didn’t know, that he might humble you, and that he might prove you, to do you good at your latter end

Deuteronomy 8:14-16

Blessed be the LORD,
because he has heard the voice of my petitions.

⁷ 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.
Psalm 28:6-7

Count it all joy, my brothers,[‡] when you fall into various temptations,³ knowing that the testing of your faith produces endurance. ⁴ Let endurance have its perfect work, that you may be perfect and complete, lacking in nothing.
James 1:2-3

Being therefore justified by faith, we have peace with God through our Lord Jesus Christ; ² through whom we also have our access by faith into this grace in which we stand. We rejoice in hope of the glory of God. ³ Not only this, but we also rejoice in our sufferings, knowing that suffering produces perseverance; ⁴ and perseverance, proven character; and proven character, hope; ⁵ and hope doesn't disappoint us, because God's love has been poured into our hearts through the Holy Spirit who was given to us.
Romans 5:1-5

No weapon that is formed against you will prevail;
and you will condemn every tongue that rises against you in judgment.
This is the heritage of the LORD's servants,
and their righteousness is of me," says the LORD.
Isaiah 54:17

Now thanks be to God who always leads us in triumph in Christ, and reveals through us the sweet aroma of his knowledge in every place.
2 Corinthians 2:14

The LORD is my light and my salvation.
Whom shall I fear?
The LORD is the strength of my life.
Of whom shall I be afraid?
² When evildoers came at me to eat up my flesh,

even my adversaries and my foes, they stumbled and fell.

³ Though an army should encamp against me,
my heart shall not fear.

Though war should rise against me,
even then I will be confident.

Psalm 27:1-3

In you, LORD, I take refuge.

Let me never be disappointed.

Deliver me in your righteousness.

² Bow down your ear to me.

Deliver me speedily.

Be to me a strong rock,
a house of defense to save me.

³ For you are my rock and my fortress,
therefore for your name's sake lead me and guide me.

⁴ Pluck me out of the net that they have laid secretly for me,
for you are my stronghold.

⁵ Into your hand I commend my spirit.

You redeem me, LORD, God of truth.

Psalm 31:1-5

Let God arise!

Let his enemies be scattered!

Let them who hate him also flee before him.

² As smoke is driven away,
so drive them away.

As wax melts before the fire,
so let the wicked perish at the presence of God.

Psalm 68:1-2

¹ Contend, LORD, with those who contend with me.

Fight against those who fight against me.

² Take hold of shield and buckler,
and stand up for my help.

³ Brandish the spear and block those who pursue me.

Tell my soul, "I am your salvation."

⁴ Let those who seek after my soul be disappointed and brought to dishonor.
Let those who plot my ruin be turned back and confounded.

⁵ Let them be as chaff before the wind,
the LORD's angel driving them on.

⁶ Let their way be dark and slippery,
the LORD's angel pursuing them.

⁷ For without cause they have hidden their net in a pit for me.
Without cause they have dug a pit for my soul.

⁸ Let destruction come on him unawares.
Let his net that he has hidden catch himself.
Let him fall into that destruction.

⁹ My soul shall be joyful in the LORD.
It shall rejoice in his salvation.

¹⁰ All my bones shall say, "LORD, who is like you,
who delivers the poor from him who is too strong for him;
yes, the poor and the needy from him who robs him?"

Psalm 35:1-10

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.

1 Corinthians 10:13

But thanks be to God, who gives us the victory through our Lord Jesus Christ.
1 Corinthians 15:57

Even to old age I am he,
and even to gray hairs I will carry you.
I have made, and I will bear.
Yes, I will carry, and will deliver.
Isaiah 46:4

I love you, LORD, my strength.

² The LORD is my rock, my fortress, and my deliverer;

my God, my rock, in whom I take refuge;
my shield, and the horn of my salvation, my high tower.

³ I call on the LORD, who is worthy to be praised;
and I am saved from my enemies.

Psalm 18:1-3

The LORD also thundered in the sky.

The Most High uttered his voice:

hailstones and coals of fire.

¹⁴ He sent out his arrows, and scattered them.

He routed them with great lightning bolts.

¹⁵ Then the channels of waters appeared.

The foundations of the world were laid bare at your rebuke, LORD,
at the blast of the breath of your nostrils.

¹⁶ He sent from on high.

He took me.

He drew me out of many waters.

¹⁷ He delivered me from my strong enemy,
from those who hated me; for they were too mighty for me.

¹⁸ They came on me in the day of my calamity,
but the LORD was my support.

¹⁹ He brought me out also into a large place.

He delivered me, because he delighted in me.

Psalm 18:13-19

Working together, we entreat also that you do not receive the grace of God
in vain. ² For he says,

“At an acceptable time I listened to you.

In a day of salvation I helped you.”

1 Corinthians 6:1

The LORD’s angel encamps around those who fear him,
and delivers them.

Psalm 34:7

In that day, the LORD with his hard and great and strong sword will punish leviathan, the fleeing serpent, and leviathan, the twisted serpent; and he will kill the dragon that is in the sea.

Isaiah 27:1

LORD,^{*} God of Armies, who is a mighty one, like you?

LORD,[†] your faithfulness is around you.

⁹ You rule the pride of the sea.

When its waves rise up, you calm them.

¹⁰ You have broken Rahab in pieces, like one of the slain.

You have scattered your enemies with your mighty arm.

Psalm 89:8-10

I will sing to the LORD, for he has triumphed gloriously.

He has thrown the horse and his rider into the sea.

² The LORD[†] is my strength and song.

He has become my salvation.

This is my God, and I will praise him;

my father's God, and I will exalt him.

³ The LORD is a man of war.

The LORD[†] is his name.

Exodus 15:1-3

Your right hand, LORD, is glorious in power.

Your right hand, LORD, dashes the enemy in pieces.

⁷ In the greatness of your excellency, you overthrow those who rise up against you.

You send out your wrath. It consumes them as stubble.

⁸ With the blast of your nostrils, the waters were piled up.

The floods stood upright as a heap.

The deeps were congealed in the heart of the sea.

Exodus 15:6-8

You still the roaring of the seas,

the roaring of their waves,

and the turmoil of the nations.

Psalm 65:7

May the LORD answer you in the day of trouble.
May the name of the God of Jacob set you up on high,
² send you help from the sanctuary,
grant you support from Zion,
³ remember all your offerings,
and accept your burned sacrifice.
Selah.

⁴ May he grant you your heart's desire,
and fulfill all your counsel.

⁵ We will triumph in your salvation.

In the name of our God, we will set up our banners.
May the LORD grant all your requests.

⁶ Now I know that the LORD saves his anointed.
He will answer him from his holy heaven,
with the saving strength of his right hand.

⁷ Some trust in chariots, and some in horses,
but we trust in the name of the LORD our God.

⁸ They are bowed down and fallen,
but we rise up, and stand upright.

⁹ Save, LORD!

Let the King answer us when we call!

Psalm 20

But I will always hope,
and will add to all of your praise.

¹⁵ My mouth will tell about your righteousness,
and of your salvation all day,
though I don't know its full measure.

¹⁶ I will come with the mighty acts of the Lord GOD.
I will make mention of your righteousness, even of yours alone.

Psalm 71:14-16

You, who have shown us many and bitter troubles,

you will let me live.

You will bring us up again from the depths of the earth.

²¹ Increase my honor
and comfort me again.

Psalm 71:20-21

Be strong and courageous. Don't be afraid or scared of them, for the LORD your God himself is who goes with you. He will not fail you nor forsake you.

Deuteronomy 31:6

Therefore let's also, seeing we are surrounded by so great a cloud of witnesses, lay aside every weight and the sin which so easily entangles us, and let's run with perseverance the race that is set before us, ² looking to Jesus, the author and perfecter of faith, who for the joy that was set before him endured the cross, despising its shame, and has sat down at the right hand of the throne of God.

³ For consider him who has endured such contradiction of sinners against himself, that you don't grow weary, fainting in your souls. ⁴ You have not yet resisted to blood, striving against sin. ⁵ You have forgotten the exhortation which reasons with you as with children,

"My son, don't take lightly the chastening of the Lord,
nor faint when you are reproved by him;

⁶ for whom the Lord loves, he disciplines,
and chastises every son whom he receives."[ⓧ]

⁷ It is for discipline that you endure. God deals with you as with children, for what son is there whom his father doesn't discipline? ⁸ But if you are without discipline, of which all have been made partakers, then you are illegitimate, and not children. ⁹ Furthermore, we had the fathers of our flesh to chasten us, and we paid them respect. Shall we not much rather be in subjection to the Father of spirits and live? ¹⁰ For they indeed for a few days disciplined us as seemed good to them, but he for our profit, that we may be partakers of his holiness. ¹¹ All chastening seems for the present to be not joyous but grievous; yet afterward it yields the peaceful fruit of righteousness to those who have been trained by it. ¹² Therefore lift up the hands that hang down and the feeble knees, [ⓧ] ¹³ and make straight paths for your feet,[ⓧ] so what is lame may not be dislocated, but rather be healed.

Hebrews 12:1-13

For you, God, have tested us.
You have refined us, as silver is refined.
¹¹ You brought us into prison.
You laid a burden on our backs.
¹² You allowed men to ride over our heads.
We went through fire and through water,
but you brought us to the place of abundance.

Psalm 66:10-12

The LORD is merciful and gracious,
slow to anger, and abundant in loving kindness.
⁹ He will not always accuse;
neither will he stay angry forever.
¹⁰ He has not dealt with us according to our sins,
nor repaid us for our iniquities.
¹¹ For as the heavens are high above the earth,
so great is his loving kindness toward those who fear him.

Psalm 103:8-11

Though I walk in the middle of trouble, you will revive me.
You will stretch out your hand against the wrath of my enemies.
Your right hand will save me.
⁸ The LORD will fulfill that which concerns me.
Your loving kindness, LORD, endures forever.
Don't forsake the works of your own hands.

Psalm 138:7-8

For the mountains may depart,
and the hills be removed,
but my loving kindness will not depart from you,
and my covenant of peace will not be removed,"
says the LORD who has mercy on you.

Isaiah 54:10

The LORD appeared of old to me, saying,
"Yes, I have loved you with an everlasting love.
Therefore I have drawn you with loving kindness."
Jeremiah 31:3

for I will turn their mourning into joy,
and will comfort them, and make them rejoice from their sorrow.
¹⁴ I will satiate the soul of the priests with fatness,
and my people will be satisfied with my goodness," says the LORD.
Jeremiah 31:13-14

And being found in human form, he humbled himself, becoming obedient to the point of death, yes, the death of the cross. ⁹ Therefore God also highly exalted him, and gave to him the name which is above every name, ¹⁰ that at the name of Jesus every knee should bow, of those in heaven, those on earth, and those under the earth, ¹¹ and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.
Philippians 2:8-11

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.
⁶ All we like sheep have gone astray.
Everyone has turned to his own way;
and the LORD has laid on him the iniquity of us all.
Isaiah 53:4-6

Entering into the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. ⁶ He said to them, "Don't be amazed. You seek Jesus, the Nazarene, who has been crucified. He has risen! He is not here. See the place where they laid him!

Mark 16:5-6

To this end the Son of God was revealed: that he might destroy the works of the devil.

1 John 3:8

I waited patiently for the LORD.

He turned to me, and heard my cry.

² He brought me up also out of a horrible pit,
out of the miry clay.

He set my feet on a rock,
and gave me a firm place to stand.

³ He has put a new song in my mouth, even praise to our God.
Many shall see it, and fear, and shall trust in the LORD.

Psalm 40:1-3

My soul rests in God alone.

My salvation is from him.

² He alone is my rock, my salvation, and my fortress.

I will never be greatly shaken.

Psalm 62:1-2

In the beginning was the Word, and the Word was with God, and the Word was God. ² The same was in the beginning with God. ³ All things were made through him. Without him, nothing was made that has been made. ⁴ In him was life, and the life was the light of men. ⁵ The light shines in the darkness, and the darkness hasn't overcome it.

John 1:1-4

My sheep hear my voice, and I know them, and they follow me. ²⁸ I give eternal life to them. They will never perish, and no one will snatch them out of my hand. ²⁹ My Father who has given them to me is greater than all. No one is able to snatch them out of my Father's hand. ³⁰ I and the Father are one."

John 10:27-30

My little children, I write these things to you so that you may not sin. If anyone sins, we have a Counselor (Advocate) with the Father, Jesus Christ, the righteous.

1 John 2:1

giving thanks to the Father, who made us fit to be partakers of the inheritance of the saints in light, ¹³ who delivered us out of the power of darkness, and translated us into the Kingdom of the Son of his love, ¹⁴ in whom we have our redemption, (through His blood), [§] the forgiveness of our sins.

Colossians 1:12-14

Having stripped (disarmed) the principalities and the powers, he made a show of them openly, triumphing over them in it.

Colossians 2:15

The Lord GOD's Spirit is on me,
because the LORD has anointed me to preach good news to the humble.
He has sent me to bind up the broken hearted,
to proclaim liberty to the captives
and release to those who are bound,*
² to proclaim the year of the LORD's favor
and the day of vengeance of our God,
to comfort all who mourn,
³ to provide for those who mourn in Zion,
to give to them a garland for ashes,
the oil of joy for mourning,
the garment of praise for the spirit of heaviness,
that they may be called trees of righteousness,
the planting of the LORD,
that he may be glorified.

Isaiah 61:1-3

For you will light my lamp, LORD.

My God will light up my darkness.

²⁹ For by you, I advance through a troop.

By my God, I leap over a wall.

³⁰ As for God, his way is perfect.

The LORD's word is tried.

He is a shield to all those who take refuge in him.

³¹ For who is God, except the LORD?

Who is a rock, besides our God,

³² the God who arms me with strength, and makes my way perfect?

³³ He makes my feet like deer's feet,

and sets me on my high places.

³⁴ He teaches my hands to war,

so that my arms bend a bow of bronze.

³⁵ You have also given me the shield of your salvation.

Your right hand sustains me.

Your gentleness has made me great.

³⁶ You have enlarged my steps under me,

My feet have not slipped.

Psalm 18:28-36

Out of the depths I have cried to you, LORD.*

² Lord, hear my voice.

Let your ears be attentive to the voice of my petitions.

³ If you, LORD,[†] kept a record of sins,

Lord, who could stand?

⁴ But there is forgiveness with you,

therefore you are feared.

Psalm 130:1-4

Hear my cry, God.

Listen to my prayer.

² From the end of the earth, I will call to you when my heart is overwhelmed.

Lead me to the rock that is higher than I.

³ For you have been a refuge for me,

a strong tower from the enemy.

⁴ I will dwell in your tent forever.

I will take refuge in the shelter of your wings.

Psalm 61:1-4

The LORD will go out like a mighty man.
He will stir up zeal like a man of war.
He will raise a war cry.
Yes, he will shout aloud.
He will triumph over his enemies.
Isaiah 42:13

May the LORD repay your work, and a full reward be given to you from the LORD, the God of Israel, under whose wings you have come to take refuge.”
Ruth 2:12

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.
Hebrews 11:6

The LORD is my shepherd;
I shall lack nothing.
² He makes me lie down in green pastures.
He leads me beside still waters.
³ He restores my soul.
He guides me in the paths of righteousness for his name's sake.
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.
⁵ You prepare a table before me
in the presence of my enemies.
You anoint my head with oil.
My cup runs over.
⁶ Surely goodness and loving kindness shall follow me all the days of my life,
and I will dwell in the LORD's house forever.
Psalm 23

The LORD reigns!
Let the earth rejoice!

Let the multitude of islands be glad!

² Clouds and darkness are around him.

Righteousness and justice are the foundation of his throne.

³ A fire goes before him,
and burns up his adversaries on every side.

⁴ His lightning lights up the world.

The earth sees, and trembles.

Psalm 97:1-4

For you, LORD, are most high above all the earth.

You are exalted far above all gods.

¹⁰ You who love the LORD, hate evil!

He preserves the souls of his saints.

He delivers them out of the hand of the wicked.

¹¹ Light is sown for the righteous,
and gladness for the upright in heart.

¹² Be glad in the LORD, you righteous people!

Give thanks to his holy Name.

Psalm 97:9-12

Or do you think that the Scripture says in vain, "The Spirit who lives in us yearns jealously"? ⁶ But he gives more grace. Therefore it says, "God resists the proud, but gives grace to the humble."⁷ ⁷ Be subject therefore to God. Resist the devil, and he will flee from you. ⁸ Draw near to God, and he will draw near to you.

James 4:5-8

For a small moment I have forsaken you,
but I will gather you with great mercies.

⁸ In overflowing wrath I hid my face from you for a moment,
but with everlasting loving kindness I will have mercy on you," says the LORD
your Redeemer.

Isaiah 54:7-8

He said, "My presence will go with you, and I will give you rest."

Exodus 33:14

“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.”

Matthew 11:28-30

But we have this treasure in clay vessels, that the exceeding greatness of the power may be of God and not from ourselves. ⁸ We are pressed on every side, yet not crushed; perplexed, yet not to despair; ⁹ pursued, yet not forsaken; struck down, yet not destroyed; ¹⁰ always carrying in the body the putting to death of the Lord Jesus, that the life of Jesus may also be revealed in our body. ¹¹ For we who live are always delivered to death for Jesus’ sake, that the life also of Jesus may be revealed in our mortal flesh. ¹² So then death works in us, but life in you.

¹³ But having the same spirit of faith, according to that which is written, “I believed, and therefore I spoke.”[✠] We also believe, and therefore we also speak, ¹⁴ knowing that he who raised the Lord Jesus will raise us also through^{*} Jesus, and will present us with you. ¹⁵ For all things are for your sakes, that the grace, being multiplied through the many, may cause the thanksgiving to abound to the glory of God.

¹⁶ Therefore we don’t faint, but though our outward person is decaying, yet our inward person is renewed day by day. ¹⁷ For our light affliction, which is for the moment, works for us more and more exceedingly an eternal weight of glory, ¹⁸ while we don’t look at the things which are seen, but at the things which are not seen. For the things which are seen are temporal, but the things which are not seen are eternal.

2 Corinthians 4:7-18

who “will pay back to everyone according to their works:”[✠] ⁷ to those who by perseverance in well-doing seek for glory, honor, and incorruptibility, eternal life; ⁸ but to those who are self-seeking and don’t obey the truth, but obey unrighteousness, will be wrath, indignation, ⁹ oppression, and anguish on every soul of man who does evil, to the Jew first, and also to the Greek.

Romans 2:6-9

He said to me, "These are those who came out of the great suffering.* They washed their robes and made them white in the Lamb's blood. ¹⁵ Therefore they are before the throne of God, and they serve him day and night in his temple. He who sits on the throne will spread his tabernacle over them. ¹⁶ They will never be hungry or thirsty any more. The sun won't beat on them, nor any heat; ¹⁷ for the Lamb who is in the middle of the throne shepherds them and leads them to springs of life-giving waters. And God will wipe away every tear from their eyes."

Revelation 7:14-17

I heard a loud voice out of heaven saying, "Behold, God's dwelling is with people; and he will dwell with them, and they will be his people, and God himself will be with them as their God. ⁴ He will wipe away every tear from their eyes. Death will be no more; neither will there be mourning, nor crying, nor pain any more. The first things have passed away."

Revelation 21:3-4

They shall not hunger nor thirst;
neither shall the heat nor sun strike them,
for he who has mercy on them will lead them.
He will guide them by springs of water.

Isaiah 49:10

I will lift up my eyes to the hills.
Where does my help come from?
² My help comes from the LORD,
who made heaven and earth.

³ He will not allow your foot to be moved.
He who keeps you will not slumber.

⁴ Behold, he who keeps Israel
will neither slumber nor sleep.

⁵ The LORD is your keeper.

The LORD is your shade on your right hand.

⁶ The sun will not harm you by day,
nor the moon by night.

⁷ The LORD will keep you from all evil.

He will keep your soul.

⁸ The LORD will keep your going out and your coming in,
from this time forward, and forever more.

Psalm 121

In the day that I called, you answered me.

You encouraged me with strength in my soul.

Psalm 138:3

Then the LORD's ransomed ones will return,

and come with singing to Zion;

and everlasting joy will be on their heads.

They will obtain gladness and joy,

and sorrow and sighing will flee away."

Isaiah 35:10

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

Philippians 4:19

The king rejoices in your strength, LORD!

How greatly he rejoices in your salvation!

² You have given him his heart's desire,
and have not withheld the request of his lips.

Selah.

³ For you meet him with the blessings of goodness.

You set a crown of fine gold on his head.

⁴ He asked life of you and you gave it to him,
even length of days forever and ever.

⁵ His glory is great in your salvation.

You lay honor and majesty on him.

⁶ For you make him most blessed forever.

You make him glad with joy in your presence.

⁷ For the king trusts in the LORD.

Through the loving kindness of the Most High, he shall not be moved.

⁸ Your hand will find out all of your enemies.
Your right hand will find out those who hate you.
⁹ You will make them as a fiery furnace in the time of your anger.
The LORD will swallow them up in his wrath.
The fire shall devour them.
¹⁰ You will destroy their descendants from the earth,
their posterity from among the children of men.
¹¹ For they intended evil against you.
They plotted evil against you which cannot succeed.
¹² For you will make them turn their back,
when you aim drawn bows at their face.
¹³ Be exalted, LORD, in your strength,
so we will sing and praise your power.
Psalm 21

The LORD[±] will command his loving kindness in the daytime.
In the night his song shall be with me:
a prayer to the God of my life.
⁹ I will ask God, my rock, "Why have you forgotten me?
Why do I go mourning because of the oppression of the enemy?"
¹⁰ As with a sword in my bones, my adversaries reproach me,
while they continually ask me, "Where is your God?"
¹¹ Why are you in despair, my soul?
Why are you disturbed within me?
Hope in God! For I shall still praise him,
the saving help of my countenance, and my God.
Psalm 42:8-11

Praise our God, you peoples!
Make the sound of his praise heard,
⁹ who preserves our life among the living,
and doesn't allow our feet to be moved.
¹⁰ For you, God, have tested us.
You have refined us, as silver is refined.
¹¹ You brought us into prison.
You laid a burden on our backs.

¹² You allowed men to ride over our heads.
We went through fire and through water,
but you brought us to the place of abundance.
Psalm 66:8-12

God is our refuge and strength,
a very present help in trouble.

² Therefore we won't be afraid, though the earth changes,
though the mountains are shaken into the heart of the seas;
³ though its waters roar and are troubled,
though the mountains tremble with their swelling.
Psalm 46:1-3

"Be still, and know that I am God.
I will be exalted among the nations.
I will be exalted in the earth."

¹¹ The LORD of Armies is with us.
The God of Jacob is our refuge.
Psalm 46:10-11

For I consider that the sufferings of this present time are not worthy to be
compared with the glory which will be revealed toward us.
Romans 8:18

Throw out lightning, and scatter them.
Send out your arrows, and rout them.
⁷ Stretch out your hand from above,
rescue me, and deliver me out of great waters,
Psalm 144:6-7

The LORD, who makes a way in the sea,
and a path in the mighty waters,
Isaiah 43:16

He who dwells in the secret place of the Most High
will rest in the shadow of the Almighty.

² I will say of the LORD, "He is my refuge and my fortress;
my God, in whom I trust."

³ For he will deliver you from the snare of the fowler,
and from the deadly pestilence.

⁴ He will cover you with his feathers.
Under his wings you will take refuge.

His faithfulness is your shield and rampart.

⁵ You shall not be afraid of the terror by night,
nor of the arrow that flies by day,

⁶ nor of the pestilence that walks in darkness,
nor of the destruction that wastes at noonday.

⁷ A thousand may fall at your side,
and ten thousand at your right hand;
but it will not come near you.

⁸ You will only look with your eyes,
and see the recompense of the wicked.

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.

¹³ You will tread on the lion and cobra.

You will trample the young lion and the serpent underfoot.

¹⁴ "Because he has set his love on me, therefore I will deliver him.
I will set him on high, because he has known my name.

¹⁵ He will call on me, and I will answer him.
I will be with him in trouble.

I will deliver him, and honor him.

¹⁶ I will satisfy him with long life,
and show him my salvation."

Psalm 91

The Lord GOD has opened my ear.

I was not rebellious.

I have not turned back.

⁶ I gave my back to those who beat me,
and my cheeks to those who plucked off the hair.

I didn't hide my face from shame and spitting.

⁷ For the Lord GOD will help me.

Therefore I have not been confounded.

Therefore I have set my face like a flint,
and I know that I won't be disappointed.

⁸ He who justifies me is near.

Who will bring charges against me?

Let us stand up together.

Who is my adversary?

Let him come near to me.

⁹ Behold, the Lord GOD will help me!

Who is he who will condemn me?

Behold, they will all grow old like a garment.

The moths will eat them up.

Isaiah 50:5-9

Then my enemies shall turn back in the day that I call.

I know this: that God is for me.

¹⁰ In God, I will praise his word.

In the LORD, I will praise his word.

¹¹ I have put my trust in God.

I will not be afraid.

What can man do to me?

¹² Your vows are on me, God.

I will give thank offerings to you.

¹³ For you have delivered my soul from death,
and prevented my feet from falling,

that I may walk before God in the light of the living.

Psalms 56:9-13

I am still confident of this:

I will see the goodness of the LORD in the land of the living.

¹⁴ Wait for the LORD.

Be strong, and let your heart take courage.

Yes, wait for the LORD.

Psalm 27:13-14

Since then the children have shared in flesh and blood, he also himself in the same way partook of the same, that through death he might bring to nothing him who had the power of death, that is, the devil, ¹⁵ and might deliver all of them who through fear of death were all their lifetime subject to bondage.

Hebrews 2:14-15

For in that he himself has suffered being tempted, he is able to help those who are tempted.

Hebrews 2:18

I will ransom them from the power of Sheol.*

I will redeem them from death!

Death, where are your plagues?

Sheol, where is your destruction?

“Compassion will be hidden from my eyes.

Hosea 13:14

Haven't I commanded you? Be strong and courageous. Don't be afraid. Don't be dismayed, for the LORD your God[†] is with you wherever you go.”

Joshua 1:9

For it is commendable if someone endures pain, suffering unjustly, because of conscience toward God. ²⁰ For what glory is it if, when you sin, you patiently endure beating? But if when you do well, you patiently endure suffering, this is commendable with God. ²¹ For you were called to this, because Christ also suffered for us, leaving you[†] an example, that you should follow his steps, ²² who didn't sin, “neither was deceit found in his mouth.”[☆] ²³ When he was cursed, he didn't curse back. When he suffered, he didn't threaten, but committed himself to him who judges righteously. ²⁴ 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.[‡] ²⁵ For you were going astray like sheep; but now you have returned to the Shepherd and Overseer[§] of your souls.

1 Peter 2:19-25

For it is better, if it is God's will, that you suffer for doing what is right than for doing evil. ¹⁸ Because Christ also suffered for sins once, the righteous for the unrighteous, that he might bring you to God, being put to death in the flesh, but made alive in the Spirit

1 Peter 3:17-18

Therefore, since Christ suffered for us in the flesh, arm yourselves also with the same mind; for he who has suffered in the flesh has ceased from sin, ² that you no longer should live the rest of your time in the flesh for the lusts of men, but for the will of God.

1 Peter 4:1-2

Beloved, don't be astonished at the fiery trial which has come upon you to test you, as though a strange thing happened to you. ¹³ But because you are partakers of Christ's sufferings, rejoice, that at the revelation of his glory you also may rejoice with exceeding joy.

1 Peter 4:12-14

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."[‡] ⁶ Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time, ⁷ casting all your worries on him, because he cares for you.

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. ¹¹ To him be the glory and the power forever and ever. Amen..

1 Peter 5:5-11

Give thanks to the LORD,^{*} for he is good,
for his loving kindness endures forever.

² Let Israel now say
that his loving kindness endures forever.

³ Let the house of Aaron now say
that his loving kindness endures forever.

⁴ Now let those who fear the LORD say
that his loving kindness endures forever.

⁵ Out of my distress, I called on the LORD.[†]
The LORD answered me with freedom.

⁶ The LORD is on my side. I will not be afraid.
What can man do to me?

⁷ The LORD is on my side among those who help me.
Therefore I will look in triumph at those who hate me.

⁸ It is better to take refuge in the LORD,
than to put confidence in man.

⁹ It is better to take refuge in the LORD,
than to put confidence in princes.

¹⁰ All the nations surrounded me,
but in the LORD's name I cut them off.

¹¹ They surrounded me, yes, they surrounded me.
In the LORD's name I indeed cut them off.

¹² They surrounded me like bees.
They are quenched like the burning thorns.
In the LORD's name I cut them off.

¹³ You pushed me back hard, to make me fall,
but the LORD helped me.

¹⁴ The LORD is my strength and song.
He has become my salvation.

¹⁵ The voice of rejoicing and salvation is in the tents of the righteous.
"The right hand of the LORD does valiantly.

¹⁶ The right hand of the LORD is exalted!
The right hand of the LORD does valiantly!"

¹⁷ I will not die, but live,
and declare the LORD's works.

¹⁸ The LORD* has punished (chastened) me severely,
but he has not given me over to death.

¹⁹ Open to me the gates of righteousness.

I will enter into them.

I will give thanks to the LORD.†

²⁰ This is the gate of the LORD;
the righteous will enter into it.

²¹ I will give thanks to you, for you have answered me,
and have become my salvation.

²² The stone which the builders rejected
has become the cornerstone.‡

²³ This is the LORD's doing.

It is marvelous in our eyes.

²⁴ This is the day that the LORD has made.

We will rejoice and be glad in it!

²⁵ Save us now, we beg you, LORD!

LORD, we beg you, send prosperity now.

²⁶ Blessed is he who comes in the LORD's name!

We have blessed you out of the LORD's house.

²⁷ The LORD is God, and he has given us light.

Bind the sacrifice with cords, even to the horns of the altar.

²⁸ You are my God, and I will give thanks to you.

You are my God, I will exalt you.

²⁹ Oh give thanks to the LORD, for he is good,
for his loving kindness endures forever.

Psalm 118

When therefore they had rowed about twenty-five or thirty stadia, they saw Jesus walking on the sea and drawing near to the boat; and they were afraid. ²⁰ But he said to them, "It is I.‡ Don't be afraid." ²¹ They were willing therefore to receive him into the boat. Immediately the boat was at the land where they were going.

John 6:19-21

“Don’t let your heart be troubled. Believe in God. Believe also in me. ² In my Father’s house are many homes. If it weren’t so, I would have told you. I am going to prepare a place for you.

John 14:1-2

Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father, except through me.

John 14:6

Why do you say, Jacob,
and speak, Israel,

“My way is hidden from the LORD,
and the justice due me is disregarded by my God”?

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 40:27-31

“But you, Israel, my servant,
Jacob whom I have chosen,
the offspring of Abraham my friend,

⁹ you whom I have taken hold of from the ends of the earth,
and called from its corners,

and said to you, ‘You are my servant. I have chosen you and have not cast you away.’

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.

¹¹ Behold, all those who are incensed against you will be disappointed and confounded.

Those who strive with you will be like nothing, and shall perish.

¹² You will seek them, and won't find them,
even those who contend with you.

Those who war against you will be as nothing,
as a nonexistent thing.

¹³ For I, the LORD your God, will hold your right hand,
saying to you, 'Don't be afraid.

I will help you.'

Isaiah 41:8-13

But now the LORD who created you, Jacob,
and he who formed you, Israel, says:

"Don't be afraid, for I have redeemed you.

I have called you by your name.

You are mine.

² When you pass through the waters, I will be with you,
and through the rivers, they will not overflow you.

When you walk through the fire, you will not be burned,
and flame will not scorch you.

³ For I am the LORD your God,
the Holy One of Israel,
your Savior.

I have given Egypt as your ransom,
Ethiopia and Seba in your place.

⁴ Since you have been precious and honored in my sight,
and I have loved you,
therefore I will give people in your place,
and nations instead of your life.

Isaiah 43:1-4

they would have swallowed us up alive,
when their wrath was kindled against us,
⁴ then the waters would have overwhelmed us,
the stream would have gone over our soul.
⁵ Then the proud waters would have gone over our soul.
⁶ Blessed be the LORD,
who has not given us as a prey to their teeth.
⁷ Our soul has escaped like a bird out of the fowler's snare.
The snare is broken, and we have escaped.
⁸ Our help is in the LORD's name,
who made heaven and earth.
Psalm 124:3-8

many times they have afflicted me from my youth up,
yet they have not prevailed against me.
³ The plowers plowed on my back.
They made their furrows long.
⁴ The LORD is righteous.
He has cut apart the cords of the wicked.
Psalm 129:2-4

Don't let kindness and truth forsake you.
Bind them around your neck.
Write them on the tablet of your heart.
⁴ So you will find favor,
and good understanding in the sight of God and man.
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.
⁷ Don't be wise in your own eyes.
Fear the LORD, and depart from evil.
⁸ It will be health to your body,
and nourishment to your bones.
⁹ Honor the LORD with your substance,

with the first fruits of all your increase;

¹⁰ so your barns will be filled with plenty,
and your vats will overflow with new wine.

¹¹ My son, don't despise the LORD's discipline,
neither be weary of his correction;

¹² for whom the LORD loves, he corrects,
even as a father reproves the son in whom he delights.

Proverbs 3:3-12

But as for me, I will look to the LORD.

I will wait for the God of my salvation.

My God will hear me.

⁸ Don't rejoice against me, my enemy.

When I fall, I will arise.

When I sit in darkness, the LORD will be a light to me.

⁹ I will bear the indignation of the LORD,

because I have sinned against him,

until he pleads my case and executes judgment for me.

He will bring me out to the light.

I will see his righteousness.

¹⁰ Then my enemy will see it,

and shame will cover her who said to me,

"Where is the LORD your God?"

My eyes will see her.

Now she will be trodden down like the mire of the streets.

Micah 7:7-10

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. ¹² You shall call on me, and you shall go and pray to me, and I will listen to you. ¹³ You shall seek me and find me, when you search for me with all your heart.

Jeremiah 29:11-13

Remember my affliction and my misery,
the wormwood and the bitterness.

²⁰ My soul still remembers them,

and is bowed down within me.

²¹ This I recall to my mind;
therefore I have hope.

²² It is because of the LORD's loving kindnesses that we are not consumed,
because his mercies don't fail.

²³ They are new every morning.

Great is your faithfulness.

²⁴ "The LORD is my portion," says my soul.

"Therefore I will hope in him."

²⁵ The LORD is good to those who wait for him,
to the soul who seeks him.

²⁶ It is good that a man should hope
and quietly wait for the salvation of the LORD.

²⁷ It is good for a man that he bear the yoke in his youth.

²⁸ Let him sit alone and keep silence,
because he has laid it on him.

²⁹ Let him put his mouth in the dust,
if it is so that there may be hope.

³⁰ Let him give his cheek to him who strikes him.

Let him be filled full of reproach.

³¹ For the Lord will not cast off forever.

³² For though he causes grief,
yet he will have compassion according to the multitude of his loving
kindnesses.

³³ For he does not afflict willingly,
nor grieve the children of men.

³⁴ To crush under foot all the prisoners of the earth,

³⁵ to turn away the right of a man before the face of the Most High,

³⁶ to subvert a man in his cause, the Lord doesn't approve.

Lamentations 3:19-36

But the LORD is with me as an awesome mighty one.

Therefore my persecutors will stumble,
and they won't prevail.

They will be utterly disappointed

because they have not dealt wisely,

even with an everlasting dishonor which will never be forgotten.

Jeremiah 20:11

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴ who comforts us in all our affliction, that we may be able to comfort those who are in any affliction, through the comfort with which we ourselves are comforted by God. ⁵ For as the sufferings of Christ abound to us, even so our comfort also abounds through Christ. ⁶ But if we are afflicted, it is for your comfort and salvation. If we are comforted, it is for your comfort, which produces in you the patient enduring of the same sufferings which we also suffer. ⁷ Our hope for you is steadfast, knowing that, since you are partakers of the sufferings, so you are also of the comfort.

⁸ For we don't desire to have you uninformed, brothers,[±] concerning our affliction which happened to us in Asia: that we were weighed down exceedingly, beyond our power, so much that we despaired even of life. 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, ¹¹ you also helping together on our behalf by your supplication; that, for the gift given to us by means of many, thanks may be given by many persons on your[±] behalf.

2 Corinthians 1:3-11

The waters will fail from the sea, and the river will be wasted and become dry. ⁶ The rivers will become foul. The streams of Egypt will be diminished and dried up. The reeds and flags will wither away.

Isaiah 19:5-6

A drought is on her waters,

and they will be dried up;

for it is a land of engraved images,

and they are mad over idols.

Jeremiah 50:38

The LORD has his way in the whirlwind and in the storm, and the clouds are the dust of his feet. ⁴ He rebukes the sea and makes it dry, and dries up all the rivers. Bashan and Carmel languish. The flower of Lebanon languishes.

Nahum 1:3-4

Therefore the LORD says:

“Behold, I will plead your cause,
and take vengeance for you.

I will dry up her sea,
and make her fountain dry.

³⁷ Babylon will become heaps,
a dwelling place for jackals,
an astonishment, and a hissing,
without inhabitant.

Jeremiah 51:36-37

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

These signs will accompany those who believe: in my name they will cast out demons; they will speak with new languages; ¹⁸ they will take up serpents; and if they drink any deadly thing, it will in no way hurt them; they will lay hands on the sick, and they will recover.”

Mark 16:17-18

He called the twelve* (his disciples) together and gave them power and authority over all demons, and to cure diseases. ² He sent them out to preach God’s Kingdom and to heal the sick.

Luke 9:1-2

Through you, we will push down our adversaries.

Through your name, we will tread down those who rise up against us.

Psalm 44:5

Whatever you will ask in my name, I will do it, that the Father may be glorified in the Son. ¹⁴ If you will ask anything in my name, I will do it.

John 14:13-14

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

Being therefore justified by faith, we have peace with God through our Lord Jesus Christ; ² through whom we also have our access by faith into this grace in which we stand. We rejoice in hope of the glory of God. ³ Not only this, but we also rejoice in our sufferings, knowing that suffering produces perseverance; ⁴ and perseverance, proven character; and proven character, hope; ⁵ and hope doesn't disappoint us, because God's love has been poured into our hearts through the Holy Spirit who was given to us.

Romans 5:1-5

A woman who had a flow of blood for twelve years, who had spent all her living on physicians and could not be healed by any, ⁴⁴ came behind him and touched the fringe[±] of his cloak. Immediately the flow of her blood stopped.

Luke 8:43-44

But to you who fear my name shall the sun of righteousness arise with healing in its wings. You will go out and leap like calves of the stall. ³ You shall tread down the wicked; for they will be ashes under the soles of your feet in the day that I make," says the LORD of Armies.

Malachi 4:2-3

Yet God is my King of old,
working salvation throughout the earth.

¹³ You divided the sea by your strength.

You broke the heads of the sea monsters in the waters.

¹⁴ You broke the heads of Leviathan in pieces.
You gave him as food to people and desert creatures.
¹⁵ You opened up spring and stream.
You dried up mighty rivers.

Psalm 74:12-15

The LORD of Armies will stir up a scourge against him, as in the slaughter of Midian at the rock of Oreb. His rod will be over the sea, and he will lift it up like he did against Egypt. ²⁷ It will happen in that day that his burden will depart from off your shoulder, and his yoke from off your neck, and the yoke shall be destroyed because of the anointing oil.

Isaiah 10:26-27

The floods have lifted up, LORD,
the floods have lifted up their voice.

The floods lift up their waves.

⁴ Above the voices of many waters,
the mighty breakers of the sea,
the LORD on high is mighty.

Psalm 93:3-4

You shall break them with a rod of iron.
You shall dash them in pieces like a potter's vessel."

Psalm 2:9

Ascribe to the LORD, you sons of the mighty,
ascribe to the LORD glory and strength.

² Ascribe to the LORD the glory due to his name.

Worship the LORD in holy array.

³ The LORD's voice is on the waters.

The God of glory thunders, even the LORD on many waters.

⁴ The LORD's voice is powerful.

The LORD's voice is full of majesty.

⁵ The LORD's voice breaks the cedars.

Yes, the LORD breaks in pieces the cedars of Lebanon.

⁶ He makes them also to skip like a calf;
Lebanon and Sirion like a young, wild ox.
⁷ The LORD's voice strikes with flashes of lightning.
⁸ The LORD's voice shakes the wilderness.
The LORD shakes the wilderness of Kadesh.
⁹ The LORD's voice makes the deer calve,
and strips the forests bare.
In his temple everything says, "Glory!"

¹⁰ The LORD sat enthroned at the Flood.
Yes, the LORD sits as King forever.
¹¹ The LORD will give strength to his people.
The LORD will bless his people with peace.
Psalm 29

Or who shut up the sea with doors,
when it broke out of the womb,
⁹ when I made clouds its garment,
and wrapped it in thick darkness,
¹⁰ marked out for it my bound,
set bars and doors,
¹¹ and said, "You may come here, but no further.
Your proud waves shall be stopped here?"
Job 38:8-11

They are gaunt from lack and famine.
They gnaw the dry ground, in the gloom of waste and desolation.
⁴ They pluck salt herbs by the bushes.
The roots of the broom tree are their food.
⁵ They are driven out from among men.
They cry after them as after a thief,
⁶ so that they live in frightful valleys,
and in holes of the earth and of the rocks.
⁷ They bray among the bushes.
They are gathered together under the nettles.
⁸ They are children of fools, yes, children of wicked men.

They were flogged out of the land.

Job 30:3-8

Terrors will make him afraid on every side,
and will chase him at his heels.

¹² His strength will be famished.

Calamity will be ready at his side.

¹³ The members of his body will be devoured.

The firstborn of death will devour his members.

¹⁴ He will be rooted out of the security of his tent.

He will be brought to the king of terrors.

Job 18:11-14

“God will not withdraw his anger.

The helpers of Rahab stoop under him.

Job 9:13

“The departed spirits tremble,
those beneath the waters and all that live in them.

Job 26:5

Awake, awake, put on strength, arm of the LORD!

Awake, as in the days of old,
the generations of ancient times.

Isn't it you who cut Rahab in pieces,
who pierced the monster?

¹⁰ Isn't it you who dried up the sea,
the waters of the great deep;

who made the depths of the sea a way for the redeemed to pass over?

¹¹ Those ransomed by the LORD will return,
and come with singing to Zion.

Everlasting joy shall be on their heads.

They will obtain gladness and joy.

Sorrow and sighing shall flee away.

“I, even I, am he who comforts you.

Isaiah 51:9-12

According to their deeds,
he will repay as appropriate:
wrath to his adversaries,
recompense to his enemies.

He will repay the islands their due.

¹⁹ So they will fear the LORD's name from the west,
and his glory from the rising of the sun;
for he will come as a rushing stream,
which the LORD's breath drives.

Isaiah 59:18-19

He commands the sun and it doesn't rise,
and seals up the stars.

⁸ He alone stretches out the heavens,
and treads on the waves of the sea.

⁹ He makes the Bear, Orion, and the Pleiades,
and the rooms of the south.

Job 9:7-9

The earth is the LORD's, with its fullness;
the world, and those who dwell in it.

² For he has founded it on the seas,
and established it on the floods.

Psalms 24:1-2

Lift up your heads, you gates!
Be lifted up, you everlasting doors,
and the King of glory will come in.

⁸ Who is the King of glory?

The LORD strong and mighty,
the LORD mighty in battle.

⁹ Lift up your heads, you gates;
yes, lift them up, you everlasting doors,
and the King of glory will come in.

¹⁰ Who is this King of glory?

The LORD of Armies is the King of glory!

Psalm 24:7-10

Save me, God,

for the waters have come up to my neck!

² I sink in deep mire, where there is no foothold.

I have come into deep waters, where the floods overflow me.

Psalm 69:1-2

Let heaven and earth praise him;

the seas, and everything that moves therein!

Psalm 69:34

Was the LORD displeased with the rivers?

Was your anger against the rivers,

or your wrath against the sea,

that you rode on your horses,

on your chariots of salvation?

⁹ You uncovered your bow.

You called for your sworn arrows.

Selah.

You split the earth with rivers.

¹⁰ The mountains saw you, and were afraid.

The storm of waters passed by.

The deep roared and lifted up its hands on high.

¹¹ The sun and moon stood still in the sky

at the light of your arrows as they went,

at the shining of your glittering spear.

Habakkuk 3:8-11

“LORD, when you went out of Seir,

when you marched out of the field of Edom,

the earth trembled, the sky also dropped.

Yes, the clouds dropped water.

⁵ The mountains quaked at the LORD’s presence,

even Sinai at the presence of the LORD, the God of Israel.

Judges 5:4-5

From the sky the stars fought.

From their courses, they fought against Sisera.

Judges 5:20

“Behold, I am against you, Pharaoh king of Egypt,
the great monster that lies in the middle of his rivers,
that has said, ‘My river is my own,
and I have made it for myself.’

⁴ I will put hooks in your jaws,
and I will make the fish of your rivers stick to your scales.
I will bring you up out of the middle of your rivers,
with all the fish of your rivers which stick to your scales.

⁵ I’ll cast you out into the wilderness,
you and all the fish of your rivers.

You’ll fall on the open field.

You won’t be brought together or gathered.

I have given you for food to the animals of the earth
and to the birds of the sky.

Ezekiel 29:3-5

Sing to the LORD a new song,
and his praise from the end of the earth,
you who go down to the sea,
and all that is therein,
the islands and their inhabitants.

Isaiah 42:10

Pray like this:

“ ‘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.
Matthew 6:9-13

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