

# 10-Point Devotional Worksheet: How to Fight and Overcome in the Spiritual Realm

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## 1. Know Your Identity in Christ

**Key Scripture:** Ephesians 2:6 - “And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus.”

- **Principle:** Understanding your authority as a child of God is foundational. You are seated with Christ, above all powers and principalities.
  - **Reflection Questions:**
    - What does it mean to you to be seated with Christ?
    - How can you grow in your understanding of this identity?
  - **Action Step:** Write down three Scriptures affirming your identity and meditate on them this week.
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## 2. Understand Your Enemy

**Key Scripture:** Ephesians 6:12 - “For we do not wrestle against flesh and blood, but against principalities, powers, rulers of darkness, and spiritual hosts of wickedness in the heavenly places.”

- **Principle:** Recognize that your fight is spiritual, not physical. Satan’s tactics include deception, accusation, and temptation.
  - **Reflection Questions:**
    - How have you seen spiritual battles manifest in your life?
    - Are there areas where you need greater discernment?
  - **Action Step:** Spend 15 minutes in prayer asking God for clarity and wisdom in recognizing spiritual warfare.
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## 3. Put on the Full Armor of God

**Key Scripture:** Ephesians 6:13-18

- **Lesson Points:**
  - Belt of truth: Stand on God’s Word.
  - Breastplate of righteousness: Guard your heart through holy living.
  - Shoes of peace: Stay grounded in the gospel.
  - Shield of faith: Quench fiery darts of doubt and fear.
  - Helmet of salvation: Protect your mind from lies.

- Sword of the Spirit: Use Scripture as your weapon.
  - **Reflection Questions:**
    - Which piece of armor do you struggle to “put on” daily?
    - How can you make this a practical habit?
  - **Action Step:** Pray through each piece of armor every morning for the next week.
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#### 4. Develop a Strong Prayer Life

**Key Scripture:** James 5:16 - “The prayer of a righteous person is powerful and effective.”

- **Principle:** Prayer is your spiritual weapon that releases God's power into situations.
  - **Reflection Questions:**
    - How consistent is your prayer life?
    - In what areas do you need to strengthen your prayers?
  - **Action Step:** Set aside 15 minutes daily for focused prayer, including intercession and declarations.
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#### 5. Declare God's Word with Authority

**Key Scripture:** Matthew 4:4 - “It is written: Man shall not live on bread alone but on every word that comes from the mouth of God.”

- **Principle:** The Word of God is your sword. Jesus defeated Satan in the wilderness by declaring Scripture.
  - **Reflection Questions:**
    - Are you confident in declaring Scripture over your life?
    - What Scriptures can you memorize to use as spiritual weapons?
  - **Action Step:** Choose one Scripture to memorize and declare it aloud daily.
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#### 6. Walk in Obedience and Holiness

**Key Scripture:** James 4:7 - “Submit yourselves, then, to God. Resist the devil, and he will flee from you.”

- **Principle:** Obedience strengthens your spiritual authority, while sin gives the enemy a foothold (Ephesians 4:27).
- **Reflection Questions:**
  - Are there areas of disobedience that you need to address?
  - How does living in holiness impact your spiritual battles?

- **Action Step:** Identify one area where you need to submit more fully to God and take action this week.
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## 7. Engage in Worship and Praise

**Key Scripture:** 2 Chronicles 20:22 - “As they began to sing and praise, the Lord set ambushes against the men of Ammon, Moab, and Mount Seir who were invading Judah, and they were defeated.”

- **Principle:** Worship shifts the atmosphere, invites God’s presence, and confuses the enemy.
  - **Reflection Questions:**
    - How can worship become a more active part of your spiritual life?
    - What songs or Scriptures inspire you to praise?
  - **Action Step:** Create a playlist of worship songs and spend 10 minutes daily in worship.
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## 8. Fast for Breakthrough

**Key Scripture:** Matthew 17:21 - “This kind does not go out except by prayer and fasting.”

- **Principle:** Fasting intensifies your prayers and aligns you with God’s will, breaking strongholds.
  - **Reflection Questions:**
    - What has been your experience with fasting?
    - Are there specific breakthroughs you’re seeking through fasting?
  - **Action Step:** Plan a one-day fast and focus your prayers on a specific spiritual battle.
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## 9. Surround Yourself with a Community of Believers

**Key Scripture:** Ecclesiastes 4:9-10 - “Two are better than one, because they have a good return for their labor. If either of them falls down, one can help the other up.”

- **Principle:** Spiritual warfare is not meant to be fought alone. The support of other believers strengthens and protects you.
  - **Reflection Questions:**
    - Who in your life can support you in prayer and accountability?
    - Are you actively engaged in a faith community?
  - **Action Step:** Join or start a small group focused on prayer and spiritual growth.
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## 10. Stand Firm in Faith

**Key Scripture:** 1 Corinthians 15:58 - “Therefore, my dear brothers and sisters, stand firm. Let nothing move you.”

- **Principle:** Spiritual battles may not always end quickly, but perseverance ensures victory.
  - **Reflection Questions:**
    - How can you remain steadfast during prolonged spiritual battles?
    - What promises of God give you hope?
  - **Action Step:** Write down three promises from God’s Word and declare them when you feel discouraged.
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## Conclusion

**Key Scripture:** Romans 8:37 - “In all these things, we are more than conquerors through Him who loved us.” Victory in the spiritual realm is assured through Christ’s authority and power. By applying these principles, believers can stand firm, overcome the enemy, and walk in victory. Commit to practicing these steps and watch God move mightily in your life.

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