

# Jesus to St. Faustina on Spiritual Warfare: 25 Secrets

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In Cracow-Pradnik, June 2, 1938, the Lord Jesus directed a young Polish Sister of Mercy on a three-day retreat. Faustina Kowalska painstakingly recorded Christ's instruction in her diary that is a mystical manual on prayer and Divine Mercy. These instructions became Faustina's weapon in fighting the good fight. Jesus began, **My daughter, I want to teach you about spiritual warfare** (Paragraph 1760). (The Lord's words are in bold text; my comments follow.)

**1. Never trust in yourself but abandon yourself totally to My will.** Trust is a spiritual weapon. Trust is part of the shield of faith that St. Paul mentions in chapter six of Ephesians: the armor of God. Abandonment to God's will is an act of trust; faith in action dispels evil spirits.

**2. In desolation, darkness and various doubts, have recourse to Me and to your spiritual director.** He will always answer you in My name. In times of spiritual warfare, immediately pray to Jesus. Invoke His Holy Name that is feared in the netherworld. Bring darkness into the light by telling a spiritual director or confessor and follow his instruction.

**3. Do not bargain with any temptation; lock yourself immediately in My Heart.** In the Garden of Eden, Eve bargained with the devil and lost. We have recourse to the refuge of the Sacred Heart. In running to Christ, we turn our backs on the demonic.

**4. At the first opportunity, reveal the temptation to the confessor.** A good confession, a good confessor, and a good penitent are a recipe for victory over temptation and demonic oppression—without fail.

**5. Put your self-love in the last place, so that it does not taint your deeds.** Self-love is natural but it should be ordered, free of pride. Humility defeats the devil that is perfect pride. Satan tempts us to disordered self-love to lead us into his pool of pride.

**6. Bear with yourself with great patience.** Patience is a secret weapon that helps us to keep our peace of soul even in the great storms of life. Bearing with oneself is part of humility and trust. The devil tempts us to impatience, to turn against our selves so we become angry. See yourself from God's view. He is infinitely patient.

**7. Do not neglect interior mortifications.** Scripture teaches that some demons can only be evicted by prayer and fasting. Interior mortifications are weapons of warfare. They can be small sacrifices offered with great love. The power of sacrificial love evicts the enemy.

**8. Always justify to yourself the opinions of your superiors and of your confessor.** Christ is speaking to St. Faustina who lives in a convent. But we all have people in authority over us. The devil aims to divide and conquer, so humble obedience to authentic authority is a spiritual weapon.

**9. Shun murmurers like a plague.** The tongue is a powerful vessel that can do great harm. Murmuring, gossiping is never of God. The devil is a liar who stirs up false accusations and gossip that can kill a person's reputation. Shun murmurers!

**10. Let all act as they like; you are to act, as I want you to.** To mind one's own business is key in spiritual warfare. The devil is a busybody attempting to drag everyone down. Please God and let the opinions of others go by the wayside.

**11. Observe the rule as faithfully as you can.** Jesus is referring to the rule of a Religious Order here. Most of us have made some vow before God and Church and we should be faithful our promises—i.e., marriage vows and baptismal vows. Satan tempts to infidelity, lawlessness and disobedience. Fidelity is a weapon for victory.

**12. If someone causes you trouble, think what good you can do for the person who caused you to suffer.** Being a vessel of divine mercy is a weapon for good and for defeating evil. The devil is about hatred, rage, revenge, and unforgiveness. Others have hurt us all at some time. What good can we do in return? Returning a blessing breaks curses.

- 13. Do not pour out your feelings.** A talkative soul will more easily be attacked by the devil. Pour out your feelings to the Lord only. Remember, the good and evil spirits hear what you say aloud. Feelings are fleeting. Truth is the compass. Interior recollection is a spiritual armor.
- 14. Be silent when you are rebuked.** Most of us have been rebuked at some time. We have no control over that, but we can control our response. The need to be right all the time can lead into demonic traps. God knows the truth. Let it go. Silence is a protection. The devil can use self-righteousness to trip us up also.
- 15. Do not ask everyone's opinion, but only the opinion of your confessor; be as frank and simple as a child with him.** Simplicity of life can drive out demons. Honesty is a weapon to defeat Satan, the Liar. When we lie, we put a foot in his camp and he will try to seduce us all the more.
- 16. Do not become discouraged by ingratitude.** No one likes to be taken for granted. But when we are met with ingratitude or insensitivity, the spirit of discouragement can weigh us down. Resist all discouragement, for it is never of God. It is one of the devil's most effective temptations. Gratitude in all things wins the day.
- 17. Do not examine with curiosity the roads down which I lead you.** The need to know, and curiosity about the future is a temptation that has led too many people into the backrooms of psychics, witches, etc. Choose to walk in faith. Decide to trust in God who leads you on the path to heaven. Resist the spirit of curiosity always.
- 18. When boredom and discouragement beat against your heart, run away from yourself and hide in My heart.** Jesus delivers the same message a second time. Now He refers to boredom. Earlier in the Diary He told St. Faustina that the devil most easily tempts idle souls. Beware of boredom, a spirit of lethargy, or acedia—the noonday devil. Idle souls are easy prey for demons. Be about the business of God.
- 19. Do not fear struggle; courage itself often intimidates temptations, and they dare not attack us.** Fear is the second most common tactic of the devil (pride is the first). Courage intimidates the devil—he will flee in the face of persevering courage that stands on Jesus, the rock. All people struggle, God is our provision.
- 20. Always fight with the deep conviction that I am with you.** Jesus instructs a Sister in a convent to “fight” with conviction. She can do so because Christ accompanies her. Christians are called to fight with conviction against all demonic tactics. The devil tries to terrorize souls, demonic terrorism—resist! Invoke the Holy Spirit throughout the day.
- 21. Do not be guided by feeling, because it is not always under your control; but all merit lies in the will.** All merit lies in the will because love is an act of the will. We are completely free in Christ. We must make a choice, a decision for good or evil. What camp do we live in?
- 22. Always depend upon your superiors, even in the smallest things.** Christ is instructing a Religious here. But, we all have the Lord as our Superior. Dependence upon God is a weapon of spiritual warfare because we cannot win on our own. Proclaiming Christ's victory over evil is part of intentional discipleship. Christ came to defeat death and evil. Proclaim Him!
- 23. I will not delude you with prospects of peace and consolations; on the contrary, prepare for great battles.** St. Faustina suffered physically and spiritually. She was prepared for great battles by the grace of God who upheld her. Christ clearly instructs us in scripture to be prepared for great battles, to put on God's armor and resist the devil. Be vigilant and discerning always.
- 24. Know that you are on a great stage where all heaven and earth are watching you.** We are all on a great stage where heaven and earth are watching. What message is our life giving? What radiates from us—shades of light, darkness or grey? The way we live attracts more light or more darkness. If the devil does not succeed in pulling us into darkness, he tries to keep us in the category of the lukewarm, which is not pleasing to God.
- 25. Fight like a knight, so I can reward you. Do not be unduly fearful, because you are not alone.** The Lord's words to St. Faustina can become our mantra: Fight like a knight! A knight for Christ knows well the cause that he fights for, the nobility of his mission, the King who he serves, and with blessed assuredness of the victory, he fights to the end, even at the cost of his life. If a young, uneducated, simple Polish nun, united to Christ, can fight like a knight, every Christian can do the same. Trust is victorious.

# What Is Spiritual Warfare? By Jayson Bradley; CRU.org

The Bible tells the story of the world's creation, humanity's fall and God's plan to reconcile the world to Himself through the death and resurrection of Jesus. It goes on to explain the church's responsibility to go into the whole world and make disciples (Matthew 28:19–20).

The narrative of humanity's fall introduces us to the devil, who is also called Satan, and the forces he has brought to the world. These forces were responsible for tempting humankind to stray from God's will (Genesis 3) and have worked to undermine God's plans at every turn. In fact, the Bible repeatedly shows that the world is a warzone, and humans find themselves in the middle of an ongoing battle between God and His enemy, Satan.

Spoiler alert: God wins!

## God and the Devil Are in Conflict

In the Bible, the Gospel of Matthew offers a glimpse behind the curtain into the conflict between these two kingdoms:

**Then they brought him a demon-possessed man who was blind and mute, and Jesus healed him, so that he could both talk and see. All the people were astonished and said, "Could this be the Son of David?" But when the Pharisees heard this, they said, "It is only by Beelzebul, the prince of demons, that this fellow drives out demons." (Matthew 12:22–24, New International Version)**

The man brought to Jesus in this story is blind and mute. These are conditions naturally attributed to physical causes but not necessarily considered signs of demonic oppression. In this case, Matthew says demonic oppression was the reason for these problems.

In response to Jesus freeing the man from his demon and healing his blindness and muteness, a group of religious leaders called the Pharisees accuse Jesus of using Satan's power to drive out demons. They say He is trying to fool people into following Him. But Jesus answers them:

**Jesus knew their thoughts and said to them, "Every kingdom divided against itself will be ruined, and every city or household divided against itself will not stand. If Satan drives out Satan, he is divided against himself. How then can his kingdom stand? And if I drive out demons by Beelzebul, by whom do your people drive them out? So then, they will be your judges. But if it is by the Spirit of God that I drive out demons, then the kingdom of God has come upon you.**

**"Or again, how can anyone enter a strong man's house and carry off his possessions unless he first ties up the strong man? Then he can plunder his house.**

**"Whoever is not with Me is against Me, and whoever does not gather with Me scatters." (Matthew 12:25–30, NIV)**

Jesus tells the Pharisees that what they're saying doesn't make any sense. There's a lot at stake in this conflict, and Satan isn't playing games. The very fact that Jesus is casting out demons should be seen as a confirmation of His message that the kingdom of God has come.

Then Jesus lays out a fundamental truth: There are no sidelines in this war. The kingdom of God has come, and we're either with Jesus or against Him. There are a million ways to oppose Jesus' work in the world, but those who are with Him are focused on the same goal: building His kingdom by both knowing and following Him and by helping others to know him too.

## On the Cross, Jesus Won the War

There are multiple times in the Bible when Jesus calls the devil "the prince of this world" (John 12:31; 14:30; 16:11, NIV). Before Jesus' ministry began, He traveled into the wilderness alone. There, Satan came and tempted Him by showing Him all the kingdoms of the world and saying, "I will give You all their authority and splendor; it has been given to me, and I can give it to anyone I want to. If You worship me, it will all be Yours" (Luke 4:6, NIV).

Jesus didn't challenge the truth of this statement because the devil really does have authority over the world. Instead, He quoted Deuteronomy 6:13 in response: "It is written: 'Worship the Lord your God and serve Him only'" (Luke 6:8).

When Jesus asked the Pharisees, "How can anyone enter a strong man's house and carry off his possessions unless he first ties up the strong man?" He was addressing a significant problem. To bring humanity away from the power of Satan and back to a relationship with God, He'd have to deal with Satan's power and influence among the kingdoms of the world.

Paul, a follower of Jesus who wrote several of the books of the Bible, says that Jesus dealt with Satan's power and influence when He died on the cross. Writing to a group of Christians in one city, he said:

**You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for He forgave all our sins. He canceled the record of the charges against us and took it away by nailing it to the cross. In this way, He disarmed the spiritual rulers and authorities. He shamed them publicly by His victory over them on the cross. (Colossian 2:13–15, New Living Translation, emphasis added)**

Because people do bad things that go against God's best for them (which is what the Bible calls "sin"), they are destined for death without Christ. The "spiritual rulers and authorities" — that is, the devil and his evil forces — want to see God's creatures die because they hate God. The name "Satan" comes from a Hebrew word that means "accuser." The devil accuses people of their sins before God so that they can be punished for them.

This helps explain why Jesus described His purpose this way: "The Son of Man" — which is what Jesus often called Himself — "did not come to be served, but to serve, and to give His life as a ransom for many" (Mark 10:45, NIV).

A ransom is a payment made to free a hostage. On the cross, Jesus set people free by paying their ransom with His life. When He died, He made it possible for God to forgive people's sins. He took away the power Satan has over people when he accuses them of sin. This is how Jesus won His victory for us.

To top it off, Jesus didn't even stay dead. He rose from the dead.

### **The Devil Still Has Influence**

But God's triumph on the cross doesn't mean the conflict is over. In many ways, it has escalated. When some of the first Christians were suffering because of what they believed, another one of Jesus' followers, Peter, warned them, "Your enemy the devil prowls around like a roaring lion looking for someone to devour" (1 Peter 5:8, NIV).

Even though Jesus has demonstrated His power and glory on the cross, the devil is still hard at work. One of Jesus' early followers wrote, "We know ... that the whole world is under the control of the evil one" (1 John 5:19, NIV).

If you are a follower of Jesus, you are on the frontlines of this cosmic battle. Jesus introduced His kingdom into the world like a tiny seed (Matthew 13:31–32), and it is growing as people discover the truth of the gospel message and turn to Him. But it's pushing against a firmly established demonic structure in this world. That structure is fighting tooth and claw against people knowing Jesus personally and growing in His righteousness.

Paul explained this to another church:

**Be strong in the Lord and in His mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. (Ephesians 6:10–12, NIV)**

Paul's emphasis is on being able to withstand the devil's assault. But he also wants to make sure God's people understand the boundaries of spiritual warfare. Christians aren't to consider themselves at war with other people. The kingdom of God is in conflict with satanic authorities and the systems of oppression they use to keep people enslaved and downtrodden.

### **Spiritual Warfare Is Resistance**

The tricky thing about spiritual warfare is that you're never really instructed to attack the enemy. Paul encourages the Ephesians to put on their armor to stand against the enemy's schemes. In fact, you destroy Satan's domain not through combat but by sharing about Jesus with others and standing firm in doing good and obeying His will. But as you do this, you need to be aware that the enemy is out to trip you up and make you ineffective.

Another of Jesus' followers, James, sums up the key to spiritual warfare: "Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and He will come near to you" (James 4:7–8, NIV).

You're not equipped to fight hand to hand with an enemy you can't see, especially since that enemy wants nothing more than to distract you from growing in your knowledge of Jesus and walking with Him. Instead, you engage in this conflict by submitting yourself to God and ridding yourself of Satan's influence. The goal of spiritual warfare is to resist the devil's schemes as you give yourself to God's work.

Peter reinforces this in the letter he wrote to suffering Christians. This is how he follows up his warning that the devil is prowling around like a lion: "Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings" (1 Peter 5:9).

Like James, Peter encourages you to repel the enemy's assaults by being faithful. Peter says you resist Satan by standing firm in the faith. People often say that a good offense is the best defense. But when it comes to the enemy of your soul, the Bible wants you to understand that a good defense is the key to tearing down demonic strongholds.

## Spiritual Warfare and the Full Armor of God

One of the key biblical passages on preparing for spiritual warfare was written by Paul. It's the next part of the verses quoted from Him above:

**Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. (Ephesians 6:13–17, NIV)**

Like James and Peter, Paul's concern is the ability of the believer to stand their ground. To illustrate how to do that, he invokes armor imagery. But it's important to notice that the focus is on the protective, defensive nature of the armor. Let's take a closer look at Paul's metaphor:



**The belt of truth.** In the same way that armor is held together and supported by the belt, the Christian life is supported and held fast by truth. If you understand the truth about who God is, your identity as His child and heir and the nature of spiritual conflict, you're not easily taken in by the devil's schemes.

**The breastplate of righteousness.** When it came to protecting yourself in battle in ancient times, the focus was on protecting the heart and the head. You didn't scrimp on a breastplate; your torso was the largest, most vulnerable target. In the same way, the enemy attempts to target your good works. Not only does moral failure hurt you personally, but it undermines the gospel. So be careful to protect yourself from getting knocked out of the battle by moral carelessness.



**Feet fitted with readiness from the gospel of peace.** This readiness comes from the peace of knowing that you have been made right with God. This peace can make you ready not only to stand firm in the Lord but also to share that peace with those around you. You have been given readiness to persevere in pursuing Christ. And even though you are in a battle, you are a minister of a gospel of peace.

**The shield of faith.** Every attack Satan launches at you can be blocked by faith. By simply trusting in the Lord — and acting on that trust — you create a barrier that the enemy cannot penetrate. This doesn't necessarily mean that you'll never suffer difficulty or harm, but in the midst of these trials, don't let the enemy shake your confidence in God's goodness and plan.



**The helmet of salvation.** The head is the other vital area that a soldier needs to protect. What's interesting here is that you protect your head with what's inside of it: the knowledge of your salvation. If you are a follower of Christ, the Lord has already delivered, redeemed and liberated you. Satan's armies can never do anything to take that away from you. This means that while he may attack you, his plans are ultimately futile.

**The sword of the Spirit.** The one offensive element of God's armor is the sword. Paul tells you that the sword of the Spirit is the Word of truth. He's not telling you that you should attack people with God's Word. Rather, as Jesus demonstrated during His temptation (Matthew 4:1–11), you counter the enemy's attack by relying on scriptural truths. And as you proclaim God's truth, the Spirit goes before you.



## Taking Spiritual Warfare Seriously

Spiritual warfare is serious business. That's why you need to be careful in the way you approach it. You need to be aware that God has an enemy who is committed to making you ineffective by whatever means necessary.

But you need to remember that it's not your battle. Like a sheep surrounded by wolves, you are safest when you remain close to the Good Shepherd — Jesus. It's when you get off on your own that you are at your most vulnerable.

The enemy is on the warpath because he knows his time is short (Revelation 12:12). It's true that he's doing a lot of damage right now, but he's in full retreat. The good news is that the victory is the Lord's. He has already dismantled the enemy's kingdom. And, for that, you should rejoice.

# What Is Spiritual Warfare? By Rebecca Mashburn; Christianity.com

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

*For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ ( 2 Cor. 10:3-5)*

*Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. (1 Pt. 5:8)*

*Submit yourselves therefore to God. Resist the devil, and he will flee from you. (Jm 4:7)*

As said in Eph. 6:12, our struggle is ultimately against "spiritual forces of evil," meaning the real battle is the spiritual warfare of good versus evil. There is a spiritual war ongoing for the hearts of man, as the forces of evil want to turn us away from God and separate us from Him. But for those with God through Jesus, the battle is already won as Christ overcame death with the resurrection. We must be born again of spirit with faith in Jesus to be saved from the "second" death of the spirit (Jn 3).

The Bible tells us to be watchful and guard our hearts against the iniquity of sin. Evil can enter us when we allow it to live in our hearts, like a vampire who must be let into your house. The first step to engage in this grand spiritual warfare is recognizing it exists and to genuinely examine your heart. *"For in the gospel the righteousness of God is revealed—a righteousness that is by faith from first to last, just as it is written: "The righteous will live by faith." (Rm. 1:17)*

## The Devil Is a Liar

Admittedly, the topic of Satan and spiritual warfare is one that some Christians find challenging and even difficult to consider. However, one must consider the truth: By choosing to ignore that the devil exists and that his sole aim is to ruin us, we set ourselves up to fall victim to his ploys. In particular, his use of lies that makes us doubt God and His promises over us. In Hos. 4:6, it states, "My people are destroyed from lack of knowledge."

The devil uses our mental space as his battlefield to wage war against us. One of his favorite tactics is to tell us lies and to speak them so convincingly that we hold them for the truth. One of Satan's strategies is to present us with a worst-case scenario of our future in order to arouse fear in us. He can take advantage of our vulnerabilities and circumstances, and even use people to make us worry, instill hopelessness, and rob us of joy. However, by far the worst lie of the devil is his effort to convince us to believe him over God, and that our Father is no match for him. In addition to Satan's deception towards Eve in the Garden of Eden, the Bible reveals other instances of the devil telling lies to God's children through people or circumstances.

## The Power of Prayer in Spiritual Warfare

**Understand that there is a war and you are in it.** Like it or not, all of us are caught up in the spiritual war that's taking place between good and evil. If you don't engage in the war, you'll still be affected by it – and you'll be much more vulnerable to evil than you would if you decided to fight as God calls you to do. So be active; not passive. Engage in spiritual warfare with the confidence that God's power working through you is greater than any evil working against you. Your prayers can help prevent bad things from happening to people and usher good things into people's lives. Listen to the Holy Spirit's promptings for guidance about how best to pray for what's most needed – and then pray to advance God's kingdom on Earth and stop the spread of evil.

**Know your commander and stand on His side.** Your commander in spiritual warfare is Jesus Christ, who leads two armies: the army of holy angels in heaven and the army of prayer warriors on Earth. Jesus chose you, saves you, gives you an eternal inheritance of blessings, and lives in your soul as the Holy Spirit. Jesus wants you to choose His side in the spiritual war, and to remember that the power He gives you is more powerful than evil. Your commander Jesus is the greatest example of a prayer warrior; by studying his life on Earth you can learn how to serve God without fear.

**Recognize who your true enemy is.** Your enemy is Satan, the highest-ranked of the fallen angels who rebelled against God. Satan is your adversary, accuser, tempter, and deceiver. He works by trying to convince you to doubt God's truth and believe his lies instead. You open doors for your enemy to attack you whenever you deliberately disobey God and choose to sin. It's vital to run away from temptations to sin and pray against Satan's plans to hurt you and other people.

**Be certain of your authority in prayer.** Jesus has given you the authority to pray in His name and to know that He will answer your prayers according to God's will and at the right time. Be confident that you can pray to usher God's power into any situation.



## A Spiritual Warfare Prayer (Psalm 91)

*Whoever dwells in the shelter 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." Surely he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. You will only observe with your eyes and see the punishment of the wicked. If you say, "The LORD is my refuge," and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone. You will tread on the lion and the cobra; you will trample the great lion and the serpent. "Because he loves me," says the LORD, "I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life I will satisfy him and show him my salvation."*

The enemy will use anything and anyone to steal, kill, and destroy you (Jn 10:10). The enemy will even use the people closest to you. But God has given you armor to help defend yourself. We, as children of God, cannot go into war alone, just as an army does not go to the front lines alone. So, we need to make use of what God has given us in battle. After all, God is our strength and shield of protection (Ps 28:7). He will never leave nor forsake us (Deut. 31:6).

## Claiming Victory Over Spiritual Warfare

In Strong's Greeks concordance, it states the phrase "full armor" means "panoplia" in Greek. Specifically, to have complete armor of defensive and offensive weapons. According to HELPS word studies, God has given us these weapons to have victory over the enemy. Moreover, to "fight from His victory rather than to achieve the victory" (Helps Ministries). So, why do we war over the enemy, even our own flesh, to have victory?

Let's look at a few verses about God's victory:

*"For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world — our faith" (1 Jn 5:4).*

*"But thanks be to God, who gives us the victory through our Lord Jesus Christ" (1 Cor. 15:57).*

*"The horse is made ready for the day of battle, but the victory belongs to the Lord" (Prv. 21:31).*

Often, we forget that Jesus Christ has already given us victory over the enemy. The fact is that the enemy and our own desires have us believe we need to fight for victory. The lie tells us we never had victory in the first place. When Jesus went to the cross and died for us, the enemy was defeated. Jesus Himself even gave us authority over the enemy.

*"Look, I have given you the authority to trample on snakes and scorpions and over all the power of the enemy; nothing will ever harm you. However, don't rejoice that the spirits submit to you, but rejoice that your names are written in heaven" (Lk. 10:19-20).*

## The Whole Armor of God

*"Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God,..." (Eph. 6:14-17).*

**The belt of truth** is Jesus, continually seeking Him (Jn 14:6). When your mind is waging war, it is crucial to look to the Holy Spirit. He will guide you to all truth (Jn. 16:3). The metaphor Paul employs here reveals that God's truth will always be around you and keep everything intact.

**The breastplate of righteousness** is to continue to chase after God's righteousness (Mt. 5:6). MacLaren's Exposition states, "Christ has set our feet on the rock, and so the first requisite is secured. If we, for our part, will keep near to that Gospel which brings peace into our hearts, the peace that it brings will make us able to stand and bear unmoved any force that may be hurled against us."

**The shield of faith** is putting your faith in front of you as if you were shielding a blow from the enemy. "We walk by faith, not by sight" (2 Cor. 5:7). We go forth in the armor of faith because we know that God is already there with us.

**The helmet of salvation and the sword of the Spirit** are combined because if we do not continually renew our minds (Rm. 12:2), then we will be influenced by our own thoughts and desires. "Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes" (Eph. 4:21-23). They protect from the enemy's lies because he is the father of lies (Jn. 8:44).

Sometimes it is hard to truly comprehend a threat that comes from things that are unseen. However, God warns us that the threat of spiritual warfare is very real and to arm ourselves with what He has given us. Just as a good father protects his children, our Father God gives us all we will need to stand against the enemy so that we may love one another (1 Jn. 4) and reveal Christ to those who do not know Him (Mt. 5;14-16).