

PROGRESSING TOGETHER



COURSE 109

SPIRITUAL WARFARE AND OCCULTISM



Finally, be strong in the Lord and in his mighty power. Put on the full armour of God, so that you can take your stand against the devil's schemes.

Ephesians 6:10-11

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COURSE 109: Spiritual Warfare and Occultism

Course Objectives

1. To understand that Jesus has won the final victory over Satan and his demons and now has complete authority over all creation.
2. To praise God for our freedom in Christ and our Spiritual Armor which protects us from all the attacks of the devil.
3. To turn away from all sinful and occult practices and embrace the Word of God and the fellowship of believers.

Lessons

❶	The Lord Jesus Christ has all Authority
❷	Our Position in Christ
❸	Equipped for the Spiritual Battle
❹	Resisting the Devil
❺	Renouncing Occult Practices

Introduction

Every believer finds himself in a spiritual struggle against the forces of evil (Ephesians 6:10-13). The devil and his demons, though unseen, scheme and act against us, trying to draw us away from the Lord, and even to destroy us. However, God has not left us defenceless. He protects us and he has given us the means to resist these enemies and to have the victory. In fact, the Lord has already conquered our spiritual enemies and has given us his victory. (Romans 8:37-38). This struggle against the spiritual hosts of evil is often called spiritual warfare.

Occultism, on the other hand, is the study and pursuit of these hidden, supernatural powers with the aim of exploiting them for personal advantage. As you will see, all forms of occultism are the devil's domain, and the believer must not take part in them. It is surprising how much our cultures include various forms of occultism – whether in secret or out in the open – in daily life. Therefore, you will find this study practical and necessary for your walk with the Lord.

Testimony

Your group leader will have you watch or listen to a testimony related to the topic of this Course.



Lesson ①: The Lord Jesus Christ Has All Authority

Name: Date:

Lesson Objectives

1. To experience the joy that comes from knowing that Jesus has complete authority over all creation.
2. To understand that Satan and his demons were defeated at the Cross.
3. To commit to living in freedom from fear, habitual sin and the accusations of the enemy.



① JESUS HAS AUTHORITY OVER ALL CREATION.



Read Ephesians 1:17-23 carefully.



What is the extent of Christ's authority?

.....

.....



Jesus' authority extends over Satan himself. Satan is a created angel who has led a host of other angels to revolt against God. These angels (called demons) form a powerful army under Satan's orders; but this finite army cannot stand against God and his angels. (Ezekiel 28:12-15; Revelation 12:7-9) See **APPENDIX 1** for the names used for the devil in the Bible.



For whom does God exercise this power and authority through Christ?

.....

.....



Does this include you? Why?

.....

.....

② JESUS HAS AUTHORITY OVER SATAN AND HIS DEMONS.



Read Colossians 2:6-15 carefully.



Who did Christ triumph over and how did He accomplish His victory? (v12-15)

.....

.....



What is the “record of debt” standing against us that Christ took away?

.....



How was the enemy disarmed when Christ took that "record of debt" away?

.....

.....



What was your condition when you were in your trespasses?

.....

.....



How did your condition change when the record of debt was cancelled?

.....

.....



What does this victory mean for us? Contrast our condition before Christ’s victory with our new position in Christ by completing the chart below. (The first is provided as a model.)

Spiritual domain	Our natural condition	Our new standing in Christ
Capacity to resist sin (v12-13)	“Dead”, totally enslaved to our own sinful desires	“Alive” with Christ and duly empowered for righteous living.
Standing before God (v13b-14)	Guilty, condemned by a long list of personal sins
Influence of evil powers (v15)	Subjected to their domination in our daily lives



Reread v15 and tick the sentence that best describes the true strength of Satan and his armies compared to that of Christ and those in His Kingdom.



They are in an equal battle with the Lord’s army and are winning in some places and being driven back in others.



They are going to lose the war eventually, but for now they are nearly as strong and seem to dominate in most areas of the world as Satan is the ruler of this world.



They have already been humiliatingly defeated and disarmed, but they have not yet surrendered and they seek to destroy us.



They have already been defeated, humiliated, disarmed and have surrendered. They are no longer a threat to us.



Were you surprised by your re-reading of Colossians 2:15 and the answer above?



How does this change your understanding of evil powers?



JESUS HAS DEFEATED THE WORKS OF SATAN.



Read 1 John 3:7-10 carefully.



This passage refers to habitually practicing sin and not occasionally giving into temptation.



Why did the Son of God come?



What is the devil's work?



What does Jesus' authority over Satan and the defeat of his works mean for us today?



Optional activities

1. Listen several times to Colossians 1:15-22 and draw what this passage teaches while you listen to it. Draw everything that is under Jesus and then, draw where you are in the picture. Put your drawing in a place where you can look at it throughout the week. Each time you look at it, remember that Jesus has authority over everything.
2. Watch the [Lumo Video of Luke 4](#). As you watch it, note how Jesus deals with the devil and with evil spirits. Then, share what you observed with the group.



Applications

1. Celebrate Christ's victory over our spiritual enemies together! Sing one of the songs listed below, or another song of your choice, to praise Jesus for his victory and his complete authority over Satan and his armies.
 - [What a Beautiful Name](#) by Hillsong Worship
 - [Above All](#) by Lenny LeBlanc
 - [Our God](#) by Chris Tomlin
 - [Every Victory](#) by Danny Gokey
 - [There is Power in the Name of Jesus](#) by Noel Richards

Sing this song throughout the week and memorise it.

2. Consider your answer to the last question in section 2. Pray and ask God to show you what needs to change in your beliefs and practices regarding evil powers. Share with the group what God has shown you. Then, pray for each other.
3. Pray and ask God to show you if there are some habitual sins that have been plaguing you and that you need to overcome. In groups of 2 or 3, share about this (in as much or in as little detail as you want) and pray for one another to overcome these. During the week, continue to pray for each other.



Sharing

This week, share with others what you have learned in this lesson. You can also redo the lesson with someone.



Lesson ②: Our Position in Christ

Name: Date:

Lesson Objectives

1. Rejoice in the truth that believers have a new citizenship in the heavenly kingdom.
2. Grow in freedom from the fear of Satan and his accusations.
3. Recognize the privilege and honour of our calling to serve him.



How are you getting on?

1. What were the main points of the last lesson?
2. What happened when you shared with others what you learned?
3. What changed in your lives as a result of these teachings?



When a person believes in Jesus Christ, he becomes a citizen of a new kingdom (Philippians 3:20) with all the rights, privileges, and protections of that citizenship. Even though the believer remains physically in this world, he still has all the benefits associated with his new heavenly citizenship in the same way that someone visiting a foreign country is still a citizen of his home country. When the enemy attacks a member of God's kingdom, he attacks someone who is under the protection of his king, who is God Himself.



Read Colossians 1:12-14 and Ephesians 2:1-10 carefully.



To what kingdom did we belong before we believed in Christ? (Colossians 1:13)



To whose kingdom do we now belong? (Colossians 1:13)



Describe your place in this kingdom. (Ephesians 2:5-6)



Describe your purpose in this kingdom. (Ephesians 2:10)

**Read 1 John 5:18-21 carefully.**

Why should the Christian not fear the evil one?



What must we do to fully benefit from the protection of the Son of God?

**Read Zechariah 3:1-5 carefully.**

Many of the great truths that we have been learning about are represented in the vision that was given to the prophet Zechariah. How did Satan oppose Joshua before God?



Who defended Joshua?



In whose name was Satan rebuked?



Recall from lesson 1: Why is God's authority and power greater than Satan's?



What do Joshua's garments symbolize?



How does Joshua symbolize the believer in Jesus Christ?



Optional activities

1. Ask the participants to listen again to Zechariah 3:1-5 and to mime the scene as they listen to the passage. Each one should take it in turn to mime the role of Joshua. (The group leader will bring a dirty item of clothing, a festive outfit and a clean turban.) Then, spend some time in thanksgiving for the full forgiveness and cleansing you have received and for Christ taking your defence.
2. Memorise 2 Thessalonians 3:3. Then, compose a song using these words as the chorus.
3. God's word affirms our rights as citizens of His kingdom and explains how we can benefit from them. Do the activity in **APPENDIX 2** to discover the Psalms of Deliverance and to prepare to memorise a portion of a Psalm.



Applications

1. By faith in Jesus Christ, you are now a member of the kingdom of God and under the protection of the Son. Write a prayer of gratitude based on the truths that you have learned in this lesson. Don't forget to mention your place in the kingdom of God, the protection that you have against the devil, and the purity with which you are clothed. This week, continue to pray this prayer daily.
2. Sing the song [Before the Throne of God above](#). Then, spend some time in praise and worship thanking Jesus Christ for being your high priest interceding for you.



Sharing

This week, share with others what you have learned in this lesson. You can also redo the lesson with someone.



Lesson ③: Equipped for the Spiritual Battle

Name: Date:

Lesson Objectives

1. Be able to recognize various attacks of the enemy and accept responsibility to oppose them.
2. Identify the various spiritual resources provided by God and explain their usefulness in countering attacks.
3. Identify the enemy's current attacks and develop a strategy to counter them using God's armour.



How are you getting on?

1. What were the main points of the last lesson?
2. What happened when you shared with others what you learned?
3. What changed in your lives as a result of these teachings?



Read Ephesians 6:10-20 carefully.



Who are our spiritual enemies according to the above passage?



How can we prepare for their attack?



Below is a list of the various pieces of armour that God has given the believer for this warfare. For each piece of armour explain what it symbolizes, and give one or several "schemes" of the devil which it protects us from. (See the cover picture of this course.)

Armour	Symbolizes	Scheme(s)
Belt	Truth	Lying, casting doubt concerning God's word
Breastplate
Shoes
Shield

Helmet	Uncertainty, feeling of not being forgiven
Sword



Which piece of armour can also be used for attack? Explain. (See also Hebrews 4:12)

.....

.....

.....



In verse 16, Paul states that with the shield of faith, we can extinguish all the flaming arrows of the enemy. Name some arrows the enemy shoots at us and explain why they are '*flaming*' arrows.

.....

.....

.....

.....



Explain how the shield of faith can help you extinguish them.

.....

.....

.....

.....



In Ephesians 6:18-20, prayer is not specifically listed as armour, but it is presented as absolutely essential in our spiritual struggle. This is demonstrated by the use of the Greek word (*pas*) 'all' in verse 18.



In this verse, what are the four uses of this word?

1.
2.
3.
4.



How and for whom should we pray?

.....

.....



What happens if we are not equipped with our spiritual armour when the enemy attacks?



Can you think of a time in your own life when you 'dropped' your armour and were not able to stand against the enemy's attack? Explain.



Optional activities

1. Draw the outline of a person on a sheet of paper. Read or listen to Ephesians 6:10-12. As a group, mention the attacks from the spiritual forces of evil that this person could encounter (temptations, persecutions, accusations from Satan, addictions, slander, curses, etc.). For each attack, draw a flaming arrow pointed at the person. Now, close your eyes and imagine yourself in that person's position. What emotions are you feeling? Share this as a group.
Now, read or listen to Ephesians 6:13-17. Put the full armour of God on the person you drew. When you add the shield of faith, 'extinguish' the flames at the end of the arrows by erasing them from your picture. Now, close your eyes and imagine yourself as this believer now wearing the full armour of God. What emotions are you feeling now? Share this as a group. Then, spend some time in thanksgiving, expressing your gratitude to God who has equipped you with all the armour you need for the spiritual battle and will enable you to stand firm.
2. We are not to fight our enemy alone. Note that the commands to put on the armour are in the **plural** in the original Greek language. Furthermore, the Ephesian readers would have understood that Roman shield armour was designed to lock together to provide common protection for groups of soldiers. In what practical ways can we combat our common enemy together as a Church?



Applications

1. Spend time with God in prayer. Thank him for providing such wonderful protection and ask him to teach you how to use it in actively resisting the enemy.
2. This week, ask the Lord to show you any areas of your life where you are tempted, weak or fearful. Ask God to show you which part of the armour you need most to be victorious in this area. Actively use it to resist the devil.
3. Reflect back on the previous month and try to remember the various attacks whether from others or your own thoughts.
 - Write them down in a list.
 - Circle those which occur most frequently or are the most troubling to you.

- Recall the list of spiritual armour and for the most important attacks you circled, identify 2 or 3 items that can help.
- Then, for each, write what you can do practically to overcome the devil's scheme thanks to that piece of armour.

Now get together in groups of 2 or 3. Present your lists to one another and review together your proposed ways of using your armour. Make any adjustments or additions. Then, write down a few action points for the coming week and pray for one another. During the week, meet again to pray for each other.



Sharing

This week, share with others what you have learned in this lesson. You can also redo the lesson with someone.



Lesson ④: Resisting the Devil

Name: Date:

Lesson Objectives

1. *Recognise the devil as the specific enemy of believers and the importance of resisting him and his tactics.*
2. *Understand our vulnerabilities and how our enemy can use these to deceive us.*
3. *Commit to overcoming enemy attacks.*
4. *Learn to use both defensive and offensive weapons to overcome enemy attacks.*



How are you getting on?

1. What were the main points of the last lesson?
2. What happened when you shared with others what you learned?
3. What changed in your lives as a result of these teachings?



Read 1 Peter 5:5-11 and James 4:4-10 carefully.



Why does Peter compare the devil to a roaring lion?

.....

.....



If we resist the devil, what do these verses say he will do? (James 4:7-8)

.....



Explain what it means to resist the devil.

.....

.....

.....



Note that, in fact, we may never be attacked by the devil himself. As a fallen creature he is neither all-knowing nor omnipresent. His attacks come from the army of demons (other fallen angels) in his service.



Why do you think Proverbs 3:34 is quoted in both of these passages?

.....

.....

.....



Note that both Peter and James address believers as a group in these passages.



Reread 1 Pe 5:5-10. How does Peter show the importance of resisting enemy attacks alongside our Christian brothers and sisters as a communal battle?



We do not fight our enemy alone but are strengthened by the encouragement of other believers.



If we resist the devil, what does God promise to do in our lives based on the above passages in James and 1 Peter? Check all the boxes that apply:

☐

God will keep you from ever being tempted again.

☐

God will draw near to you

☐

God will exalt you.

☐

God will give you health and material blessings.

☐

God will restore, confirm, strengthen and establish you.

☐

God will never let you suffer again.



Read Revelation 12:7-12 carefully.



What are the different names for the devil?



See Appendix 1 for a fuller list of the names given for the devil in Scripture and what they reveal about his character and actions.



What does he do to the world?



What does he do to the believers?



Identify the 3 means John mentions by which believers overcome the devil in the chart below. Then, explain how we can apply each one to our lives.

How they overcame Satan according to Rev 12:11	Applying it in our lives
.....
.....
.....



Read Psalm 91 carefully.



Psalm 91 is a powerful 'sword of the Spirit' for many believers in the hour of struggle with spiritual hosts of evil.



List the images which illustrate the attacks of the enemy.

.....

.....



List the ways that the Lord promises to protect his children.

.....

.....



Verse 13 promises that the believer will "tread on the lion and the adder (snake)". Who do these beasts symbolize?

.....



These verses do not say we will never face trials or tribulations but that God will stand with us, protect us, and help us overcome them (Ps 91:14-15). Trials and tribulations will come (Psalm 91:5), but as a citizen of God's kingdom you do not need to fear them.



Optional activities

SPIRITUAL FREEDOM SELF-CHECK EXERCISE

1. When do you feel most vulnerable to fierce attacks by evil spirits?

☐

When alone at home

☐

When neighbours threaten to cast spells against me

☐

When invited to a meal by someone I do not trust

☐

When in a place where sorcery and devil worship are practiced

☐

When I give public testimony for my faith in Christ

☐

When I am successful in school or at work

☐

..... (Another situation)

Remember a time when God helped you overcome a fear of evil spirits in the past. Note down when this was:

Name any fears you have currently. Go back over the lesson material to identify what can help you overcome them. Declare God's victory and pray.

2. When are you most likely to be vulnerable to demonic seduction? (When are you weak and most likely to be overcome by temptation?)

☐

When tired and alone on the internet

☐

When illness strikes

☐

When travelling alone

☐

When angry and unable to forgive others

☐

When in a worship service or fellowship meeting with other believers

☐

When unexpectedly disappointed by fellow believers

☐

..... (Another situation)

Remember a time when God helped you overcome any of these temptations. Note down when this was:

Name any temptations you have currently. Go back over the lesson material to identify what can help you overcome them. Declare God's victory and pray.



Applications

1. James 4:7 says "Resist the devil and he will flee from you". How can we resist the devil and his evil forces? Complete the chart below by reading the verses in the list below and matching them with the strategy it exemplifies. (A number of answers have been given to you.)

~~Ephesians 6:14 and 16-17~~

~~Romans 6:11~~

Acts 16:16-40

~~Ephesians 4:27~~

~~John 16:23~~

~~2 Corinthians 10:4-5~~

~~Psalms 100~~

~~Nehemiah 8:10~~

~~Ephesians 6:18~~

Romans 12:1

Luke 4: 1-13

Ephesians 6:16

~~Matthew 10:1~~

STRATEGIES FOR RESISTING SATAN

2 Corinthians 10:4-5	Examining every thought and rejecting those that are evil. See APPENDIX 4.
Ephesians 4:27	Not giving any opportunity to the devil. Not putting ourselves in compromising situations or lingering on bad thoughts. See APPENDIX 3
John 16:23 Ephesians 6:18 Matthew 10:1	Praying with authority in Jesus' name; depending on God's guidance to confront the devil and his evil forces when they attack.
Ephesians 6:14,16-17	Having a working knowledge of Scripture and understanding our position in Christ. Putting on the belt of truth, the breastplate of righteousness, the helmet of salvation, and the sword of the Spirit. See lesson 3.
.....	Trusting God by faith in every circumstance and extinguishing every temptation the devil shoots against us thanks to the shield of faith.
.....	Singing songs of praise to God in good or bad times. This should be our daily habit. See lesson 1 application
.....	Citing Scripture aloud from memory at times of temptation. See APPENDIX 2.
Romans 6:11	Considering ourselves as dead to sin and alive to God and therefore being empowered to overcome sin.
.....	Offering ourselves to God as a living sacrifice. Commit to living a life holy and acceptable to God. See end of APPENDIX 3.
Psalms 100 Nehemiah 8:10	Having a mindset of joy and thankfulness to God for his care, protection, and many specific blessings.

2. Pair up with someone in your group and agree to meet at least once during the week to encourage one another and to challenge one another to resist demonic attacks.
3. Make a list of passages you want to keep as reference for your encouragement in the Lord and defence against personal attacks. Write them out.
4. As time allows, review together with one of the other participants the passages that each one of you has started to memorise and that you plan to present during the last lesson of this course.



Sharing

This week, share with others what you have learned in this lesson. You can also redo the lesson with someone.



Lesson 5: Renouncing Occult Practices

Name: Date:

Lesson Objectives

1. To recognize sinful and occult practices in the society where we live.
2. To take an inventory of such practices in one's own life experience and family, to acknowledge them as sinful, confess our participation in them and renounce them completely.
3. To embrace God's promises in the Word of God through the power of the Holy Spirit and wage the spiritual battle alongside our fellow believers.



How are you getting on?

1. What were the main points of the last lesson?
2. What happened when you shared with others what you learned?
3. What changed in your life as a result of these teachings?



Read Deuteronomy 18:9-14 carefully



List the different occult practices mentioned in verses 10-11. A description of these practices is given to you in the second column. For each occult practice, indicate (to your knowledge) if it is practiced today in your country and how.

Abominable Occult Practices		
Practices mentioned in Deuteronomy	Description of these ancient practices	Corresponding modern practices
Sacrificing children in the fire	Ritualistic sacrifice of children by burning with fire (ex. sacrifice to Moloch)	Ritualistic blood sacrifice of children in Satanic worship is reported in many western countries; abortion; sexual abuse of children
.....	Predicting the future or seeking knowledge that is not from God (especially in the satanic realm)
.....	An event or occurrence that is taken as a sign of something to come. Ex. Reading the entrails of animals or the flight of birds for guidance.	Astrology; good luck or bad luck events, superstitions, folklore. (Ex. If an acorn falls on you, it is a sign of good luck).

Practicing witchcraft or sorcery	The use of supernatural power apart from God usually for selfish purposes or to harm others	
	Attempting through words, rituals or objects to use supernatural power to obtain a desired effect on someone	
Consulting ghosts or spirits, acting as a medium, holding séances	Someone who tries to communicate with the spirit world, often with the purpose of gaining knowledge (divination)	
	A medium who claims to communicate with spirits of the dead (in reality these are likely demons)	



Which of the above practices are most common among those around you?

.....

.....



What does God think of occult practices? (v12)

.....



What are his commands to his people regarding them? (vv13-14)

.....

.....

.....



Read Acts 19:11-20 carefully



The events of Acts 19 took place in the city of Ephesus where occultism was practiced in many forms. Because of this and the many idols they worshipped, evil spirits were quite active.



Why was Paul able to make evil spirits leave people, while the seven sons of Sceva were unable to? (Instead they received a beating from the spirits they tried to send away.)

.....

.....

.....



According to Acts 19:18-19, some who had practiced occultism believed in Christ. What two things did these new believers do regarding their past occult practices?

1)

2)



Are there some occult practices that you need to renounce in this fashion?

.....

.....



“But in your hearts set apart Christ as Lord!” 1 Peter 3:15

OCCULTIC PRACTICES AND HOW TO BREAK FREE FROM THEM

Here are some practical aspects taken from Bernard Collinson’s study "Occultism in North Africa," ERB Marseille, 1992.

“Occult practices are those which, belonging to the domain of Satan, transcend or appear to transcend all that is perceivable by the five senses. Occultism as a part of folklore has been practiced for thousands of years. Though the practices take many varied forms, the underlying principles remain the same. Occultism is blasphemy against God, disobedience to his first commandment and rebellion against his authority.”

Examples of common occult and esoteric practices in North Africa include the following: The evil eye, the hand of Fatima, amulets, special ceremonies involving new-born babies or the fear of djinn, astrology, card reading, palmistry, pendulum, mediums, saints and saints' tombs, magic (both black and white), fetishes, charms, potions, sorcery, spells and counter spells, magical healing, non-Biblical exorcism, speaking with the dead, clairvoyance, communication with spirits, dervishes, etc. (For more details on occultic activities to avoid refer to **APPENDIX 3**.)

The person oppressed must be led to Jesus Christ his only hope.

STEPS TO RECOVERY FROM DEMONIC OPPRESSION

- 1) In the spirit of repentance, he needs to openly confess as sin to the Lord, all known occult involvement.
- 2) Then all contact with the occult must be broken. This means stopping contact, for as long as necessary, with friends and family members involved in occult activity.
- 3) He should declare before witnesses that he/she believes in the powerful purification of the blood of Christ.
- 4) He should declare his separation from evil. He should declare his rejection of all the devil's claims and works on and in his life.
- 5) Then he can trust fully in God's forgiveness and protection. (It is generally helpful for a mature believer witnessing the confession and renouncement of occultic practices to pronounce the Lord's forgiveness to the one repenting at this point.)
- 6) Finally, it is important for the one restored to give praise and thanks continually to God for his grace.



Optional activities

1. Do an inventory to identify any signs of spiritual bondage. Use this in preparation for application question 2. (Parts of the list below are sourced from lesson 18 of *Come, Follow Me*¹).
- Have your parents practiced sorcery or magic or participated in secret societies?
- Have you been influenced by New Age philosophy or participated in New Age practices? (contacting angels, use of crystals, energy healing, out of body experiences, and contact with “chakras” through yoga, among many others).
- Have you ever tried to cast a spell or consulted mediums as far as you can remember?
- Do you experience recurring fears or anxieties?
- Do you experience recurring physical pains or mental blocks when trying to worship?
- Do you have occultic symbols or amulets in your home? (See list in **APPENDIX 3**)
- Are you plagued by sinful tendencies/addictions (i.e. Pornography and lustful thoughts, gambling and lottery, gaming, alcohol and drug abuse, gluttony, cursing, superstition, lying and rationalisation, envy, anger? See Gal 5:19-21.)
2. Every culture has its own occultic practices. Make a list of some of the practices mentioned in this course. Ask older members of your church what the people of their generation believed about the spirit world. Write down what they say. Do you see evidence of these practices today? Do they have testimonies about believers who have renounced and overcome them? What are ways that you can combat these influences?



Applications

1. If you realised during this lesson that some of the practices which are common to your family and culture are detestable in God’s eyes, confess this to God, ask him to help you to renounce them and to set you free from all ties with evil powers by his mighty power.
2. Pray and ask God to show you any practices you may need to confess and eliminate in order to be freed from spiritual bondage. (The list in optional activity 1 could help you identify them.) Share these in groups of 2 or 3. Review the steps to get free from these influences as outlined at the end of this lesson and determine how and when to best apply them. (You should meet with a mature believer or pastor to go through this process.) Then, read Galatians 5:22-25 and pray that God would fill each one with His Spirit.



Review of Course 109

Review the five lessons of this Course. What is the most helpful thing you have learned? Share your discoveries with the group.

Then, recite the psalm or passage that you have memorised.

¹ Tim Green. *Come, Follow Me*. Ed. Lulu.com, North Carolina, USA, 2017.



Sharing

This week, share with others what you have learned in this lesson. You can also redo the lesson with someone.



APPENDICES

Spiritual Warfare Resources and Where to Find them

NAMES USED FOR SATAN IN THE BIBLE	APPENDIX 1
PSALMS OF DELIVERANCE (GOD'S HELP AND PROTECTION)	APPENDIX 2
OCCULTIC ITEMS AND PRACTICES	APPENDIX 3
RECOVERY FROM OCCULTIC INFLUENCES, LIES AND DESTRUCTIVE THOUGHTS	APPENDIX 4
STRATEGIES FOR RESISTING SATAN (Summary of the list from lesson 4)	APPENDIX 5
SELF-ASSESSMENT OF SPIRITUAL FREEDOM CHECK-UP EXERCISES (See end of Lesson 4.)	
STEPS TO RECOVERY FROM DEMONIC OPPRESSION (See end of Lesson 5.)	

APPENDIX 1: NAMES USED FOR THE DEVIL IN THE BIBLE

Below is a list of names used in the Bible for the devil. Note that several are descriptive words rather than names as such. Each of them highlights different aspects of the devil's character or actions.

Names or descriptions	Meaning	Insights	Bible references
The devil	'Accuser', 'slanderer' (from the Greek ' <i>diabolos</i> ')	The devil accuses or slanders Job (Job 1:9-11), Joshua, the high priest (Zechariah 3:1) and all the believers before God, day and night. However, we have an advocate with the Father, Jesus-Christ, who intercedes for us and defends us: Romans 8:34; Hebrews 7:24-25; 1 John 2:1.	Used 34 times in the NT. See Revelation 12:9-10, etc.
Satan	'Adversary', 'enemy' or 'opposer'	He is God's enemy and he hates God's people. He does all he can to oppose God's plan of salvation and blessing. Jesus used this name when rebuking Satan.	Name most often used for the devil in Scripture: 18 times in the OT; 36 times in the NT. See Job 1 and 2; Matthew 4:10, etc.
The evil one		His nature and actions are evil through and through.	Matthew 6:13; Matthew 13:19 and 38; John 17:15; Ephesians 6:16; 2 Thessalonians 3:3; 1 John 2:13-14; 1 John 5:18-19
The deceiver		Since the beginning, he uses ruses to deceive. He leads the whole world astray. He masquerades as an angel of light	Genesis 3:13; 2 Corinthians 11:3, 13-14; 1 Timothy 2:14; Revelation 12:9; 20:8-10
The tempter		He tempts people into rebellion against God by cunningly presenting more attractive options than obedience to God.	Genesis 3:4-5; Matthew 4:3; 1 Thessalonians 3:5
A liar, the father of lies		Lying is part of his nature, as there is no truth in him.	John 8:44
A murderer, a thief		From the beginning, his aim has been to steal, kill and destroy.	Genesis 3:1-5; John 8:44; 10:10

The (great) dragon		He is ferocious. He unleashes relentless persecution against those who are faithful to God.	Used 14 times in Revelation. See Revelation 12:7, 9, 13-17; 20:2, etc.
The (ancient) serpent		Satan first appeared as a serpent in the garden of Eden to tempt Eve.	Genesis 3; 2 Corinthians 11:3; Revelation 12:9, 20:2, etc
The ruler (or prince) of this world and the god of this age		Since the fall, the whole world lies in his power. He blinds people so that they look for satisfaction apart from God. However, he has no hold over Jesus. He already stands condemned and he will be driven out.	John 12:31; 14:30; 16:11; 2 Corinthians 4:4
The prince (or ruler) of the kingdom of the air		He is at work in people who refuse to obey God. 'The air' probably refers to the 'heavenly places' where Satan and his demons live.	Ephesians 2:2 (See also 6:12.)
Beelzebul (or the variant Beelzebub)	Meaning uncertain, close to the name of an ancient Philistine deity 'Baal Zebub' (2 Kings 1:2) meaning 'lord of the flies' or 'Baal the Prince'	Jesus is accused by the religious authorities of casting out demons by the power of Beelzebul /Beelzebub, 'the chief of the demons'.	Matthew 12:22-27; Mark 3:22; Luke 11:14-19
Belial (or the variant Beliar)	'Worthlessness' or 'wickedness' (from the Hebrew ' <i>beli ya'al</i> ')	The devil is called 'Beliar' because he is entirely wicked and his purposes are worthless. There can be no agreement or partnership between Christ and the devil.	2 Corinthians 6:15
The day star or the star of the morning	Translated ' <i>Lucifer</i> ' (bearer of light) in the Latin Vulgate	Before his fall, the devil was a magnificent angel. The name 'morning star' reflects his great glory before his rebellion against God. Despite having become synonymous with 'Satan' in common usage, the name was actually not referring to the devil! The same words 'morning star' are used for Jesus in 2 Peter 1:19.	Isaiah 14:12

APPENDIX 2: PSALMS OF DELIVERANCE

God's help and protection

In the optional exercises in lesson 2, you are encouraged to study the Psalms of Deliverance and find a passage to memorise. Also, in lesson 4, you study Psalm 91 which assures the Lord's protection of those who trust in Him.

A. You will find below a listing of Psalms of Deliverance found in the first 20 psalms of the book.

In each case the first verse is provided as a key to remembering and finding the psalm, if not the first verse to memorise. (Hebrew saints would often recall the contents of the entire psalm upon hearing the first line. Thus, many who were present at Christ's crucifixion could recite the rest of Ps 22 when Jesus said "My God, my God, why have you forsaken me?" as it was being fulfilled before their eyes).

Then, a key verse is selected that highlights God's protection and care.

Take time to read these verses carefully and receive by faith the promises God makes.

Title Verses and Selected Key Verses from the Psalms of Deliverance in Psalms 1-20		
Psalm 3	v.1	O Lord, how many are my foes! How many rise up against me!
	v.5	I lie down and sleep; I wake again, because the Lord sustains me.
Psalm 4	v.1	Answer me when I call to you, O my righteous God.
	v.8	I will lie down and sleep in peace, for you alone, O Lord, make me dwell in safety.
Psalm 5	v.1	Give ear to my words, O Lord, consider my sighing.
	v.11	But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you.
	v.12	For surely, O Lord, you bless the righteous; you surround them with your favour as a shield.
Psalm 6	v.1	O Lord, do not rebuke me in your anger or discipline me in your wrath.
	v.10	All my enemies will be ashamed and dismayed; they will turn back in sudden disgrace.
Psalm 7	v.1	O Lord my God, I take refuge in you; save and deliver me from all who pursue me.
	v.10	My shield is God Most High, who saves the upright in heart.
Psalm 11	v.1	In the Lord I take refuge. How can you say to me: "Flee like a bird to your mountain"?
	v.4	The Lord is in his holy temple; the Lord is on his heavenly throne
Psalm 16	v.1	Keep me safe O God, for in you I take refuge.
	v.8	I have set the Lord always before me; because he is at my right hand I will not be shaken.

Psalm 17	v.1	Hear O lord my righteous plea; listen to my cry...
	vv.8-9	Keep me in the apple of your eye; hide me in the shadow of your wings, from the wicked who assail me, from my mortal enemies who surround me.
Psalm 18	vv.1-2	I love you O Lord, my strength. The Lord is my rock, my fortress my deliverer; my God is my rock in whom I take refuge, He is my shield and the horn of my salvation, my stronghold. I call to the Lord, who is worthy of praise, and I am saved from my enemies.
	vv.33-34	He makes my feet like the deer; he enables me to stand on the heights. He trains my hands for battle; my arms can bend a bow of bronze.
Psalm 20	v.1	May the Lord answer you when you are in distress; may the name of the God of Jacob protect you.
	vv.6-7	Now I know that the Lord saves his anointed; he answers him from his holy heaven with the saving power of his right hand. Some trust in chariots and some in horses but we trust in the name of the Lord our God.

B. Now, read Psalm 91 carefully. The first verse is given as a title theme. Choose a key verse that encourages you to trust in the Lord. Meditate on it and learn it by heart.

Psalm 91

Title verse: He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.

Key verse:

.....

.....

.....

C. Now, search in the rest of the Psalms for a Psalm of Deliverance. Then, write the psalm number, the title verse and a key verse.

Psalm:

Title verse:

.....

.....

.....

Key verse:

.....

.....

.....

D. Next, from any of the psalms above, choose one psalm and a key verse to learn by heart.

To help you remember these verses in the context of the psalm, copy below the first (title) verse of the psalm chosen and the key verse along with the 3-5 surrounding verses.

Psalm:

Title verse:

Key verse and 3-5 surrounding verses:

APPENDIX 3: OCCULTIC ITEMS AND PRACTICES

“The seventy-two returned with joy, saying, ‘Lord, even the demons are subject to us in your name!’ And he said to them, ‘I saw Satan fall like lightning from heaven; I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you. However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven.’” (Luke 10:17-20).

The purpose of the following presentation of some objects and works associated with Satanic magic and worship is to be able to recognize them, to confess any association we may have had with them, to uproot them in our lives, and to free us from their influence to serve the living God. We do not fear or dread them thanks to Christ’s definitive victory, but we renounce them so that we can rejoice fully in our fellowship and security in the presence of our God and Father.

Suspected Occult Items in the Home

Check your home for items that should be removed (Acts 19:19), because of association with the occult, especially (1) if they have previously been used for this purpose by family members (even a generation or two ago) or (2) if they are gifts from people who might have used them this way. Some such items are as follows:

- Books promoting or giving instruction in the use of magic and occult practices.
- Baphomet-headed (goat-headed) items such as door knockers, candle-holders, etc.
- Amulets, fetishes, and charms
- Hand of Fatima
- The evil eye
- “New-Age” associated items
- Tapestries showing occult art, tarot cards, pentagrams, etc.
- Crystal balls and palmistry
- Meditation crystals
- Pendulums used for divination
- Witch Bells
- Altar cloths not known to be only used in church
- Ouija boards and occult games (D&D, Riki, etc.)
- Dream-catchers

If you share your home with non-believers, pray for wisdom as to how to deal with these items. The power of these items may not come from their physical presence but from people’s allegiance to them.

How to Deal with Wrong Practices

1. **Renounce loyalties to or membership of any secret associations**, especially if they involve secret oaths that may involve occult elements or beliefs (ex. Freemasons).

“Do not be unequally yoked!” (2 Cor. 6:14)

“Rather, we have renounced secret and shameful ways; we do not use deception (...). On the contrary, by setting forth the truth plainly we commend ourselves (...).” (2 Cor. 4:2)

2. **Do not invoke protection from angels.**

- **Move away from new-born ceremonies that involve authorities other than the Bible.** Do not even invoke ‘protection’ from supposedly biblical ‘angels’. Satan is a false angel of light.
- **Do not invoke djinn.**
- **If your region has “saints” and “saint tombs”, do not worship there.** Remember Jesus’ words in John 4:21-23, “... the hour is coming when neither on this mountain nor in Jerusalem [i.e., not in any special location] will you worship the Father (...) the hour (...) is now here when the true worshipers will worship the Father in spirit and truth.”
- **Do not consult mediums**, banned by the Bible.
- **Do not practice magic**, not even “white magic”.

3. **Move away from astrology.** This practice substitutes the reliance on God by a reliance on stars and planets (a form of worship of the creation)
4. **Do not use potions** other than from honest and open medical practice. Preparations of other potions may have been done through occultic appeal.
5. **Do not do use spells or counter-spells. Do not practice sorcery. Avoid magical healing.** Rather, pray to God for healing (James 5:13-16).
6. **Do not do non-biblical exorcism.** When dealing with dark and demonic forces we need to be confident in God's presence. If you think that confronting evil powers directly may be necessary, it is recommended to consult with church leaders. Much discernment is needed, as physical and emotional factors also need to be considered.
7. **Do not attempt clairvoyance or speaking with the dead, or any communication with spirits or dervishes.**
8. **Discern all spiritual messages or prophecies.** Has any Christian, through the above actions, come under demonic influence or oppression? Have you or any other Christian, trying to help minister to that other Christian, come under such undue influence (1 Thess 5:20-21)?

The Bible provides two tests.

- 1) The person should be able to easily say—to proclaim as a vital Christian truth—that Jesus Christ is God come to earth in the flesh, the fullness of the Godhead dwelling in him (1 John 5:1-3; Col. 2:9).
- 2) Likewise, they should be able to say that Jesus is Lord. Only Christians abiding in the Holy Spirit can truly say that (1 Cor. 12:3).

9. The following activities are doorways to occultic influences. These activities also need to be shunned and renounced.

- Pornography / personal or family history of promiscuity
- Gambling, lotteries, etc., especially if these lead into a focus on “lucky numbers” and the numeric values of the kabbalah.
- Lying—even “white” lies. God hates lies (see Acts 5:1-11).
- Harboursing bitterness and seeking revenge or vendetta. (Our ultimate tribal or family allegiance is to God. We are his adopted children.)

Important Final Note

We have the victory in Christ! He disarmed the enemies on the cross (Col. 2:15). Let us not focus on the darkness and give way to fear when items such as those in the above list are used to attempt to put curses on us. For example, in the Emirates one may find a ribbon from a cassette tape spread in front of the residence of the targeted person. These tapes are commonly recorded curses directed against the resident.

Instead, let us fix our attention on Christ and his promises and let us aim to be filled with the fruit of the Spirit. (Gal. 5:22-25). Also meditate on 1 Timothy 6:3b and on Phil. 4:8-9:

“Finally, brothers, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.”

APPENDIX 4: RECOVERY FROM OCCULTIC INFLUENCES, LIES AND DESTRUCTIVE THOUGHTS

What the Bible records as our struggle against Satan cannot all be assigned directly to Satan himself, since he cannot be everywhere at the same time. Only God is all-present (omnipresent). Let us not perceive Satan to be more than he is. However, demonic fallen angels are active in many areas and can even harass Christians. We can struggle with unhealthy thoughts and perspectives.

This struggle *doesn't* have to start with occultic practices—though disobedient, occultic practices by the believer will lead to these bad thoughts. A Christian trying to walk with God can struggle with issues such as strained relationships with another believer, a harsh attitude towards his or her marriage partner (1 Pe 3:1,5,7-9), or disdain for political authorities (1 Tim 2:2), which if not addressed can open the door to demons who make the struggle worse. In dealing with the issue, the believer and any involved counsellors should first ask God—through the power of the blood of the Lamb (Rev. 12:11)—to remove/bind any possible demonic presence. Then, root causes of the troublesome issues need to be addressed.

Until lies, wrong thoughts and attitudes are corrected, the believer will constantly be vulnerable to counterattacks from the enemy.

Here are some particular unhealthy, destructive thoughts and how to address them:



Destructive Thought 1:

Because of my failures and sins, as a Christian...



I am unworthy to be loved anymore by God.



I have no way back.



I deserve to be demonically attacked and shouldn't try to stop such attacks.

I need to work a long time (making up for my failures) before I can expect God to love me again.

Antidotes: We need to remember...

Romans 5:8-9

"But God shows his love for us in that while we were still sinners, Christ died for us. Since, therefore, we have now been justified by his blood, much more shall we be saved by him from the wrath of God."

2 Corinthians 5:21

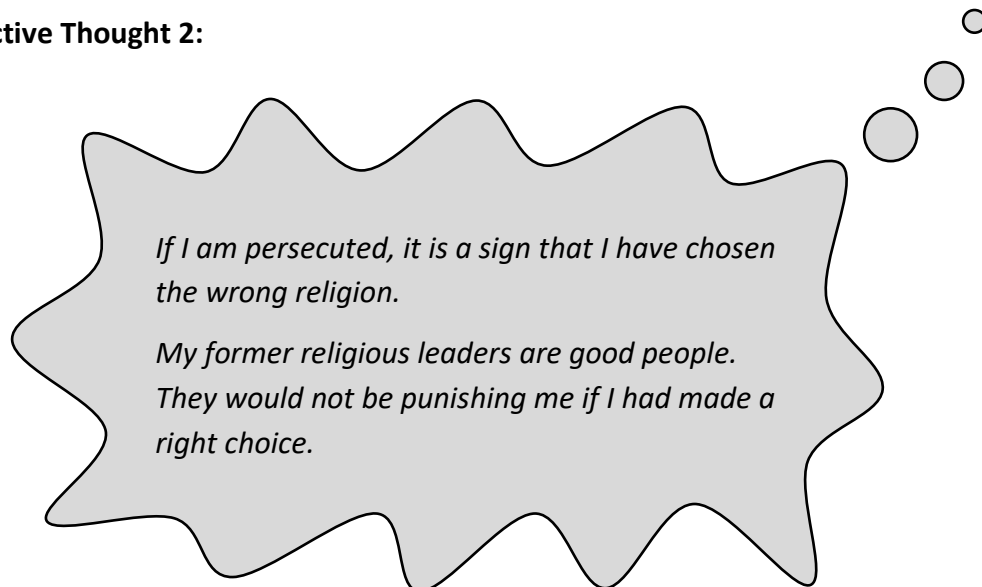
"... that we might become the righteousness of God."

2 Timothy 1:9	"... who saved us and called us to a holy calling, not because of our works but because of his own purpose and grace, which he gave us in Christ Jesus before the ages began."
2 Timothy 2:13	"If we are faithless, he remains faithful— for he cannot deny himself."
Revelation 3:20	"Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me."

Meditate on these verses. Believe them. Confess sins. Be very thankful as you receive all divine restoration. Do any needed acts of repentance or restitution to which the Spirit of God points you. Ask for prayer, counsel and fellowship from mature believers. Repeat to yourself that you are an anointed, adopted child of the King of Kings. Repeat biblical truths, many times. Quote the Bible.



Destructive Thought 2:



Antidote: We need to remember...

Luke 21:12	"But before all this they will lay their hands on you and persecute you, delivering you up to the synagogues and prisons, and you will be brought before kings and governors <u>for my name's sake.</u> "
Matthew 10:17&21; John 16:2	"... they will deliver you over to courts and flog you in their <i>synagogues</i> , ... brother will deliver brother over to death, and the <i>father</i> his child, and children will rise against parents and have them put to death, ... they will put you out of the <i>synagogues</i> . Indeed, the hour is coming when <u>whoever kills you will think he is offering service to God.</u> "

Experiencing a beating or a flogging, by parents at your home, or by religious leaders whom you have respected for years, at the place of former worship, is NOT a reliable sign that you have chosen the wrong path. You have indeed chosen the right and straight path.

**Destructive Thought 3:**

I must trust all authority figures about “facts”.

This trust even extends to scientists such as Maurice Bucaille and his “The Bible, the Quran and Science”.

I must trust all religious leaders, past as well as present.

I must trust all labels such as “scientific”, “unscientific”, “proven”, “corrupted”, “unlawful”, “true”, “false”.

Antidote: The Bible is the only fully reliable source of truth!

1 Thessalonians 5:21	“But test all things , hold fast the good” (See also Romans 12:2, where the same Greek word for “test” / do due diligence is used); these should be read in light of 2 Thessalonians 2:2: “not to be quickly shaken in mind or alarmed, either by a spirit or a spoken word, or a letter seeming to be from us...”
Acts 17:11	Let’s follow the example of the believers of Berea who “ examined the Scriptures every day ” to see if what they were taught was true.
John 5	Beware of false accusations, test all labels and popular interpretations as well as all direct truth claims. The rulers told the invalid by the pool for Bethesda that the carrying of his bedroll was “unlawful”. The actual Old Testament Law never forbade such a thing—it only forbade the carrying out of a regular day’s work on the Sabbath. The goal was specially to forbid the ordering of other people to work 7 days a week. (Deut. 5:14 “so that your male and female servants may rest, as you do”) The religious rulers’ use of “unlawful” was a false use of a label.

Once again, the Bible is our standard for truth. The more we obey the testing command of Romans 12:2 and 1 Thessalonians 5:21, the more we experience God’s pleasure as we expose the lies of the devil and run the race set before us unhindered (Hebrews 12:1).

APPENDIX 5: RESISTING SATAN

The following is a summary of activities listed at the end of lesson 4 that strengthen the believer in his battle against Satan and all evil forces through confident waiting upon the Lord. (For more details, revisit lesson 4.)

- Praying with authority in Jesus’ name (fully relying on the power of Jesus’ name).
- Citing Scripture aloud from memory.
- Putting on and using our spiritual armour (from Lesson 3).
- Considering ourselves dead to sin, but alive to God in Christ (Ro 6:11).
- Being filled with the Spirit and giving ourselves to God (Ro 12:1; Ga 5:16).
- Rejecting evil thoughts aloud.
- Singing hymns of praise to God. Remember Paul & Silas in the Philippi jail (Acts 16:25)!
- Thanking God for his care, protection and many specific blessings.

The Agency of Angels

To conclude, we recommend an encouraging study to consider the various ways angels protect and serve us in our spiritual struggle in this world.

Hebrews 1:14 describes angels in this way:

“Are not angels ministering spirits sent to serve those who will inherit salvation?”

How well do you understand what God’s angels do for us today? As you read the Bible, seek to recognize and note down the various actions by angels that ministered to God’s people. The Lord has given us his angels who work for us even when we are totally oblivious to them! (Hebrews 13:2)