

## *Suggestions Regarding Spiritual Protection*

- I. Cover yourself with the armor at the beginning of the day and again if you face a difficult situation.

This is not an act of incantation. The words themselves do not have a "magic value." It is not necessary to do this as a constant activity. It is important to recognize in the armor the redemptive provision the Lord Jesus has made for us and also a pattern as to how we are to live our daily life.

- II. Learn to worship, praise, and thank God regularly through the day.

In particular do so in regard to Who He is and in reference to all of His great work. Do so for each member of the Trinity.

- III. A simple and easy way to implement worship and emphasize truth is to utilize the better hymns and worship choruses.

Memorize them and sing them whenever you have opportunity. Some examples: *All Hail the Power of Jesus' Name; Holy, Holy, Holy; I Will Praise Him; Worthy Is the Lamb; All Hail King Jesus; We Are Standing on Holy Ground; Be Exalted O God; Let There Be Glory and Honor and Praises; etc.*

- IV. Memorize passages of the Bible that summarize the victory of the Lord Jesus over the enemy.

Recite these passages regularly, meditate on the message they contain, and express your thanksgiving and worship to God.

- V. Utilize the Warfare Prayer and the Daily Affirmation of Faith as a pattern for prayer and devotions.

At first, use them once a day for a week, and then only once a month.

- VI. When aware of a condemning, accusing, erroneous, or tempting thought, respond to such activity with the truth.

Consider the thought as a threat and meet it with the sword of the Word of God (Ephesians 6:17). It is very helpful to "take charge" of your thinking, emotions, bodily desires, will, and life itself by the use of some statement. Be very firm and bold in refusing the feelings of depression, despair, hopelessness, etc. *In the name of the Lord Jesus Christ, I take charge of my thought life (emotions, bodily desires, will, family, finances, job, etc.). I choose, in dependence on You, to bring all my thoughts (etc.) into subjection to Jesus Christ. I refuse that thought (etc.) of \_\_\_\_\_.*

- VII. When you have something in your life and you're not sure of its origin (or whether it is right or wrong), the following prayer and affirmation reflecting James 4:7 may be helpful.

*Heavenly Father, if this \_\_\_\_\_ (headache, sickness, responsibility, relationship, feeling, etc.) is of You, if it is a way of the cross for me, if it is the ministry of the Holy Spirit, then I accept it and thank you for it. However, if this \_\_\_\_\_ is not from you, but is from the enemy, then I reject it and will not have it in my life. I pray that You will guide me in this matter so I may have the freedom to live for Your glory.*

VIII. In order to limit what the enemy can do through other people, it is often helpful to break the spiritual relationships that the enemy may have set up. (Note—These are spiritual relationships. I am not saying that one should stop talking to a relative, etc.)

- A. Make a list of the names of parents and grandparents (if living), close relatives who are influential in your life, individuals who lived in your home when you were growing up, pastors, people with whom you have (or have had) a hurtful relationship, etc., and by use of the following statement, cancel all relationships set up by the enemy.

*In the name of the Lord Jesus Christ, I cancel and break all relationships set up by Satan and wicked spirits between \_\_\_\_\_ and me. I smash down all those relationships and all the effects those relationships have had upon me.*

- B. If you are going through a very tense time spiritually and do not know where the pressure is coming from, then use the above every day until things are better. In normal times, do this once a week.
- C. This is not a prayer, so you need not do it during prayer. I would advise you to use it when you are doing something you must do each day and which can serve to remind you of its necessity (like shaving or washing dishes).

IX. The recitation of the truth as an affirmation is always very helpful as a form of protection.

When you have a negative thought or emotion then respond to it with an appropriate statement of truth. For example, if you have a thought that you are not a Christian, then respond, "*I affirm that I am a true believer because I have, by the grace of God, received Jesus Christ as my Lord and Savior.*" Then quote a verse like John 1:12.

- X. It may be necessary, if you have some contact with a person or organization in which you are aware the enemy is working in a very strong way, to distance yourself from that person or organization.

It is not unusual for a very fine person to be a channel of Satanic pressure and to be quite unaware of it. If you cannot resist the pressure successfully, then it may be necessary to put some distance between you and that person.

- XI. If the enemy is specifically invited into a house or organization, as in some occult ceremony, and then you move into that house or join that organization, you may become aware of demonic problems in your life that you cannot pinpoint.

If it is your house, then after prayer and putting on the armor, go from room to room, command the enemy to leave, cancel all permission and invitations that were given, and command they may not return. Then cover all the house and possessions with the redeeming blood of the Lord Jesus. Make sure you do not have in your house some artifact, picture, or books that have been used in an occult practice or that advocate doing such.

- XII. After you counsel with someone regarding the enemy, or have been in some place where you sensed pressure, refuse any burden placed upon you by the enemy and command all wicked spirits to go back where they came from,

Make sure you put on the armor every day and live in harmony with each piece. Do it by faith.

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