

Lesson 1

She who kneels before
G O D
can stand before
A N Y O N E

r o m a n s 8 : 3 1

We need to stand firm against the enemy. When things get tough in your life, he's going to think he's getting the best of you. But God assures us that this simply isn't true!

In this lesson, we are going to search God's Word for his assurances that He is capable of fighting for us. We are going to remember that He is stronger than any enemies that we face, and understand why prayer is so important in all of this.

We need to arm ourselves for the battle in front of us. And we do that through prayer. Alone, we are not strong, but God is strong, powerful and already prepared for whatever is in front of you. We will learn why we need to immerse ourselves in His Word and meet with God in prayer.

One thing that we need in battle is hope. And knowing God will be victorious reminds us that we have nothing to fear. Read the following verses and say one thing that gives you hope.

Romans 8:18-27:

Ephesians 4:1-5

Colossians 1:10-12

1 Thessalonians 1:3

1 Peter 3:13-15

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Daily Readings

Psalm 138:7

God can stop armies with an outstretched hand.

Romans 4:5

We can not work harder to be saved more. Jesus already did all of the work at the cross.

Ephesians 6:12

Satan and his demons are real, we need to take that seriously. But we shouldn't live in fear because....

Colossians 2:15

Jesus death and blood shed on the cross already defeated them. We still have a battle to fight, but we do not fight alone.

Ephesians 1:18-21

God promises us His power and protection. Satan will not be able to pull you from God's protective hand.

Philippians 2:9-11

The enemy will think he is getting the best of you, but one day, even those who deny Christ will confess His name and bow before Him.

Psalm 30:1

We need to be in a habit of going to God in prayer for all things. When we talk to Him and recognize his work in our lives, we will be able to look for and expect God's providence and grace when things get tough.

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Our time in prayer is a special time. It is our one on one facetime with God! The Bible tells us many things about what prayer is and how we are to do it. It can feel overwhelming, and you may feel like there are so many rules to follow. But if I can only get one thing across to you today, it's this: ***Don't stress. Come as you are, present your heart to Him. He wants to hear from you!***

As you work through your War Room Journal this week, you'll notice that our scripture passages will focus on prayer. It is my hope that as you read through these and grow in your understanding of how much God wants to talk to you, that you will find prayer becoming more and more a part of your day. Some prayer will be focused and intentional. War room prayer. Where you talk seriously with God about your needs and the needs of those around you. Some prayer will be spontaneous as you tell God little things throughout your day. All of this is perfect!

In today's lesson, I want to focus on having a mind of gratitude in our prayer. Last lesson we looked at a handful of promises that God made in His Word that assure us that He is in complete control and will fight with us. He gives us a reason to hope.

In this lesson, let's build on that and make a habit of entering our prayer time with gratitude for answered prayer. Whether it's protection, strength, comfort, love...whatever you bring before Him, we learned that He is able and will give us provision and protection. Let's explore that deeper.

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Psalm 57:2-2

Psalm 23:4

Philippians 1:4-6

1 Corinthians 10:13

Luke 18:1

Matthew 6:25-34

Psalm 147:1-11

My Bible (the Life Application Study Bible) had a really great footnote that I wanted to share with you.

6 GUIDELINES TO HELP YOU PREPARE FOR AND SURVIVE SPIRITUAL ATTACKS:

- **Take the threat of spiritual attack seriously**
- **Pray for strength and help from God**
- **Study the Bible to recognize Satan's style and tactics**
- **Memorize Scripture so it will be a source of help no matter where you are**
- **Associate with those who speak the truth**
- **Practice what you are taught by sound spiritual leaders**

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Daily Readings

Psalm 138:7

We live for our eternal life, not this life. So no matter what we walk through, no matter how difficult it is, God is always with us.

Matthew 6:13

We will always struggle with temptation. It comes from Satan, not from God. We need to seek God's strength when we feel pressed.

2 Thessalonians 3:3

Our main defense in spiritual battle is prayer. God is faithful to those He calls to Himself (1 Corinthians 1:9)

Jude 4-5

God takes care of all judgement. We don't need to worry about justice. He has it all taken care of. (2 Peter 2)

Matthew 6:6

Jesus makes a point to tell us that prayer needs to be an intentional action, not an afterthought. Intentional serious meetings with Him, one on one are an important part of our relationship with God.

Ephesians 6:18

We are also called to talk to God in all places and on all occasions. Just as intentional and serious prayer are important, it's also important we keep communicating with Him throughout our daily lives.

Philippians 4:6

We can diminish worry by drowning it in prayer. Knowing God hears us, we can gratefully and confidently ask God for help, already knowing He is there.

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Do you ever pray feeling like you are alone? Does it sometimes feel like when you pour out your heart, God might be too big to listen?

He understands our small minds, sister. He knows our doubts, our insecurities and our tendencies to try to do things ourselves when our faith waivers a bit. So guess what He did? He created a system of support so that we don't have to fight alone!

Today's lesson we're going to look at the different ways that God sends us reinforcements in our time of need, and also how we can be that reinforcement for those who He placed in front of us.

Part of fighting an on-going battle is relying on the resources we have and the reinforcement of those around us when we grow weary. This was never meant to be a life-long battle fought alone.

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Discussion

- 1 Peter 2:9 - We are called as "a people" not as a person. God gave us His church.
- Luke 18:1-8 - Jesus tells us of a widow who persisted. We can't give up when things get tough. persistence when it feels futile will take us a long way.
- James 4:7-10- When we fight, the enemy loses. Because Jesus fights for us, and He has already won
- 2 Timothy 4:10-17- God equips us and supports us, even when others leave us.
- Jeremiah 1:5-10 - Our mouth and our hearts can be useful tools (but can also hurt!)
- 1 Timothy 1:15-17 - We fight knowing where we are going. Understanding what Christ did will humble you and make you want to press on.

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Daily Readings

James 5:16

We need to be accountable to each other. Finding someone safe who we can confess to and pray with is important.

Ephesians 6:10-18

We need to stand strong for ourselves, but also for others. We use the armor to be ready to defend ourselves, or stand in the gap for someone else.

1 Peter 5:8-9

We are not in this alone. God made us people, and we have each other.

John 10:10

Jesus came to defeat, He came to give us life. Eternal life begins now, so we press on towards it.

2 Corinthians 10:4-5

Our hearts and minds are part of the battle. We can win or lose with them. We need to take control of both and fix them on God. Capture your thoughts and submit them to Him

James 4:7

Submit to God, and the devil will flee, because he knows he doesn't stand a chance.

1 Timothy 6:12

Faith is active, not passive. Eternal life is what we work towards and look forward to.

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All that you've read and all that you've prayed throughout this study are empty and meaningless without God's Spirit. He is what makes you strong. He is the one who promised to fight for you. He is the One who lives inside of you.

Every believer at some point has to accept what Jesus Christ did for them on the cross. And when you do that, nothing can stop the work He is doing in and through you. That's where His promises are complete; that moment where your eyes are opened to who He is, what He did AND what that all means...it is finished. And once it's finished, it's finished. No one can pluck you from His hand. No one can stand against Him. Your fate in Him is sealed, your promise of eternity is definite.

In the weeks you've spent working your way through this book, you have discovered that this world isn't easy. And as a professing Christ follower, it can be even tougher. The enemy will ramp up his attacks when he feels threatened. But Jesus said in His Word, "In this world you will have trouble, but take heart! I have overcome the world."

As we finish this book, I pray that your heart sees just how true to His Word God is.

He isn't going to leave you. And when things get tough He's still there with you fighting with a strength that only He has. We lean on Him and trust in Him.

Lesson 4

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Discussion

- Isaiah 54:10- He always has us!
- Romans 8:38-39 He stands against anything we fear
- Philippians 4:19 - God will meet any need we have.
- **John 8:42-47- Wake up call...do you Know Christ?**
- Jeremiah 29:13-14- Look for Him, He is already there. Call upon Him, He's already listening.
- Romans 8:15-17- When we accept what Christ did for us we receive His Spirit and inherit and share in His Glory.
- Hebrews 13:5-6 We don't need to fear, God promised ***He will never EVER leave. EVER.***

Lesson 4

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Daily Readings

Isaiah 54:17

No one can stand in battle against the Lord.

Romans 8:37

God without a doubt is 100% reliable, HE is our security. We can feel safe in Him.

Philippians 4:13

Alone we are weak, but we can do anything He calls us to in His strength alone.

John 8:32

Anything God says in truth, we learn to trust by knowing and studying His Word.

Matthew 7:7-8

When we seek Christ, we find Him. He doesn't hide from us, He wants us with Him

2 Timothy 1:7

When the spirit is in you, you will begin to display those characteristics of Him

Deuteronomy 31:6

Once it's done, it's done. You can be assured that once you invite the Spirit in,
He's there to stay!