



LIVING IN A SPIRITUAL WORLD

EPHESIANS 6:10-13

Finally, 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.

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.

EPHESIANS 6:14-18

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.

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

ROMANS 7:18 AMPLIFIED

For I know that nothing good lives in me, that is, in my flesh [my human nature, my worldliness—my sinful capacity]. For the willingness [to do good] is present in me, but the doing of good is not.

- “Not against flesh and blood.”
- “Nothing good dwells in me, that is, in my flesh.”

1. SPIRITUAL WARFARE: WHEN THE ENEMY IS ACTIVELY OPPOSING US

INDICATORS OF SPIRITUAL WARFARE MIGHT WELL INCLUDE:

- Feeling really low or weighed down for no obvious reason, even when life seems okay
- Persistent lies that challenge our identity in Christ
- Division in relationships that previously bore fruit
- Barriers to life effectiveness that seem more than circumstantial
- Accusations that won't go away, even when confessed

2. THE FLESH: WHEN THE STRUGGLE COMES FROM WITHIN

GALATIONS 5:17

“For the desires of the flesh are against the Spirit.”

**TEMPTATION THAT KEEPS RETURNING, OFTEN ROOTED IN
UNRESOLVED PAIN OR AREAS OF PERSONAL VULNERABILITY**

RESISTANCE TO THE WORD OF GOD OR WHEN CONVICTED

HABITUAL SIN THAT WE EXCUSE OR JUSTIFY

**FRUSTRATION THAT TURNS INWARD OR LASHES OUTWARD—
LEADING TO BLAME OR SELF-PITY**

3. THE FALLEN WORLD: WHEN SUFFERING IS SIMPLY PART OF LIFE

**THIS IS WHERE WE NEED THEOLOGY THAT INCLUDES
SUFFERING, LAMENT AND HOPE.**

MARKS OF LIVING IN A FALLEN WORLD:

- Grief over loss or injustice that has no moral cause
- Chronic illness or limitations that don't reflect personal fault
- Natural disasters, systemic brokenness, or economic hardship
- Waiting in the “already/not yet” of God's promises

**1. DOES THIS STRUGGLE DRAW ME AWAY FROM PRAYER,
SCRIPTURE, OR MY FAITH COMMUNITY?**

**2. IF WHAT WE ARE FACING IS DRIVEN BY UNHEALTHY
DESIRE, PRIDE, JEALOUSY, OR A CRAVING FOR CONTROL?**

3. IS THIS PAIN OR PROBLEM SOMETHING THAT ISN'T ANYONE'S FAULT—LIKE ILLNESS, NATURAL LOSS, OR THE SIMPLE PASSING OF TIME?

**4. DOES THIS SITUATION SEEM TO ESCALATE WHEN I TAKE
STEPS TOWARD GOD OR HIS CALLING ON MY LIFE?**

**5. AM I REPEATING A PATTERN I'VE REFUSED TO SURRENDER
TO GOD—SOMETHING I KEEP BLAMING OTHERS FOR?**

**6. IS THIS HARDSHIP THE RESULT OF SOMEONE ELSE'S SIN OR
A BROKEN SYSTEM, NOT MY OWN DECISIONS?**

**7. DO I FEEL A HEAVINESS OR SPIRITUAL CONFUSION THAT
DOESN'T MATCH THE SURFACE SITUATION?**

**8. AM I JUSTIFYING SOMETHING THE BIBLE CLEARLY SAYS IS
SIN—TELLING MYSELF IT'S NOT A BIG DEAL?**

**9. AM I GRIEVING, EXHAUSTED, OR STRUGGLING IN WAYS THAT
ARE SIMPLY PART OF BEING HUMAN?**

**NOT “WHY IS THIS HAPPENING TO ME?”
BUT “WHAT KIND OF BATTLE IS THIS?”**