

**I. STANDING AGAINST COMMON ATTACKS**

- A. The Devil is a personal Devil not just a concept of evil, he is real and his forces are real. The Apostle Paul tells us that we are in a fight against demonic forces and not against people or circumstances (Eph. 6:13). If we do not keep ourselves aware of that fact then we can frequently find ourselves overcome by temptation and spending energy fighting against people; even people we love.

*Eph 6:12-17 “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...put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground...Stand firm then, with...truth...take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one...and the sword of the Spirit, which is the word of God .”*

- B. We can overcome the attacks of Satan through His word and His blood and in Jesus’ Name. There is no such thing as a fight against people or circumstances, that isn’t real. Satan wants us to fight against each other and whatever is in our way and keeps us receiving what we think we have coming to us.
- C. The way that demonic attacks work is that flaming arrows are fired at you and when they hit, you instantly feel a heightened demonic energy and intensified temptation toward sin.
- D. We are called to stand and not falter. We are told to resist the devil and we are promised victory if we will identify that it is attack, call it out and press through by drawing near to God in humility.

*James 4:6-10 “But he gives us more grace. That is why Scripture says: “God opposes the proud but shows favor to the humble.” 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...Humble yourselves before the Lord, and he will lift you up.”*

*1 Co 10:13 “No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it .”*

**II. YOU ARE IN A SPIRITUAL FIGHT: WATERS OF FEAR**

- A. Tonight, I want to address overcoming the waters of fear and anxiety. I realize that many anxieties we suffer from have can be from past trauma and pain. Its these past experiences that Satan takes advantage of to convince us we cannot be free. The intensity of emotion that surrounds anxiety can cause panic attacks and even cause great physical discomfort.

- B. The enemy traffics in fear and uses it to keep us from moving forward in God. He threatens us with our past and our future. When we are identifying the enemy we must know he will take advantage of sin in our life, lies we believed and areas that I have suffered wounding by others. The enemy begins to build his story or a stronghold around those areas.

***1 Jn 4:18 There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.***

***2 Timothy 1:7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.***

***2 Cor 10:3-4 For though we walk in the flesh, we do not war according to the flesh. <sup>4</sup> For the weapons of our warfare are not <sup>is</sup> carnal but mighty in God for pulling down strongholds,***

- C. The bible says the spirit of fear is a tormenting presence with many distractions. The bible has many ways to combat fear. Im highlighting two as seek to address the spirit of fear in our lives.

1. We can attack the spirit of fear not be on defense.

***1 Jn 4:4 Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world.***

***Is 54:17 No weapon formed against you shall prosper, And every tongue which rises against you in judgment You shall condemn. This is the heritage of the servants of the Lord, And their righteousness is from Me,” Says the Lord.***

2. Practice God’s presence in the midst of the attack- Reminding ourselves that we are in Christ, and we are fearless because of His spirit in us, that He will never leave us.

***Rom 8:38-39 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers,<sup>39</sup> neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.***

***Phil 1:6 being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ;***

***Heb 13:3-5 Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, “I will never leave you nor forsake you.” <sup>6</sup> So we may boldly say: The Lord is my helper; I will not fear. What can man do to me?”***

### III. THE TRAP OF ANXIETY

- A. The feelings of being overwhelmed, being under too much pressure, having anxiousness and the like are all part of the same attack aimed at debilitating us so that we are paralyzed in our walk with God and our progress in this life.

***Ps 139:23-24 Search me, O God, and know my heart; Try me, and know my anxieties; And see if there is any wicked way in me, And lead me in the way everlasting.***

*Ps 94:19 In the multitude of my anxieties within me, Your comforts delight my soul.*

- B. The issue of anxiety and overwhelmed feelings grow as we give too much power to a problem and not enough focus on the Lord who has full authority over our problem. If we focus on all the kindnesses that the Lord has given us then we will enjoy our days. Anxiety has nothing to do with circumstances; it's all about what we decide to think about.

*Luke 21:34 Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap."*

*Ph 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

#### IV. HE HEARS THE CRY OF THE NEEDY

- A. The idea needy in the Bible can apply to anyone and at some point in all of our lives it will apply to everyone. Being needy is more than about life circumstances, it can be emotional needs, relational needs, leadership needs, directional needs. It's all about the recognition of your own weakness and your need for God. The issue at it's core is accepting the humble reality that we need God in this life, and that revelation is sometimes more real to us than at other times.

*Ps 18:6 In my distress I called to the Lord; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears.*

#### V. DON'T PARTNER WITH ANXIETY AND FEAR

- A. ***Don't take on more than you can handle:*** The Lord will never give us more than we can handle but we must choose to take on more than we can handle. The extra stuff we take on that He hasn't given us can be unnecessary and opportunity for anxiety.
- B. ***Healthy Routines and know your limits:*** You need to know your limits are and what you need for things to work well. The Lord calls us to love Him fully and to work hard in this life so our lives are going to be busy and full, but we are not called to be break under that.
- C. ***We adapt to difficult seasons in life:*** Seasons come and go, you will have some good days and bad days just keep pressing through. There are some seasons which the Lord permits that are quite difficult, times where He permits increased difficulties beyond what you are used to. This may require you changing up your routines for a while so that you can navigate the increased pressures.
- D. ***Needing a Break:*** Sometimes you just need a break, an afternoon or a weekend out of the normal flow so you can reset. Take it, but get a trusted person in your life as you make those choices. If you press yourself beyond this point it can be very damaging and you will only increase the anxiety you have to fend off.

