## MARY SORRENTINO A JOY ON PURPOSE BOOK

# IN THE BATTLE

EXPERIENCING VICTORY IN AN INVISIBLE WAR

## Joy in the Battle

## Joy <sub>in the</sub> Battle

## Mary Sorrentino



ATLANTA, GEORGIA

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Published in Atlanta, Georgia by Joy on Purpose.

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ISBN: 978-0-9973328-0-3

Library of Congress Control Number: 2016906481

#### To Paul, Sarah, and Ted

My prayer for you, my precious family, is that each of you will discover the unparalleled JOY of experiencing God's victory every day of your life.

For the LORD your God is the one who goes with you to fight for you against your enemies to give you victory. Deuteronomy 20:4

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#### Introduction

For our struggle is not against flesh and blood ... Ephesians 6:12

I am continually amazed by how frequently God's plans take us in a direction we never could have dreamed or imagined. (1 Corinthians 2:9) In my own life, God has taken me from the world of corporate information technology to the new and exciting adventure of Professional Life Coaching, writing and speaking. Who would have thought? The truth is I never planned to write a book on spiritual warfare, although for many years God had been nudging me to write on the subject I've been passionate about most of my adult life – finding God's *joy* in the midst of life's most difficult circumstances. But with a passion for joy, why in the world would I write a book on this topic?

At every turn, I meet Christian men and women who find it almost impossible to sustain joy. In my book called *Joy on Purpose*, I explored how we can intentionally find joy in the midst of life's difficulties. One key principle taught in the book is to never forget we are in a spiritual battle. As followers of Christ, we have an enemy who seeks to steal our joy and separate us from the One who saves us and gives our lives meaning and hope. (John 10:10) After sharing the chapter on "The Battle" with a number of women's groups, I realized that most of us are not armed for battle. Not only do we fail to fully grasp the Bible's teaching on the war raging between the powers of God and Satan, but many don't really understand, or possibly don't believe, that there truly is another dimension – a parallel world existing outside what we can see, hear and touch. (Ephesians 6:12) But we certainly do feel its effects. Week after week, month after month, women told me of the struggles they experience in their lives and asked, "Do you think this is spiritual warfare?"

My answer to their question was, "Perhaps it is. What do you know about the topic?" And far too many replied, "Not much." Although most were Christians for many years, they were novices in the fine art of battle. And if you asked, most of them would tell you they are pretty uncomfortable with the whole idea of being a soldier for Christ. It is not a role we really want to play. But the Bible says, as followers of Christ we have made an enemy for ourselves and have joined God's army, whether we planned to do so or not. Hmmm ... there's that planning idea again! God's plan for us is often different from our own. But the good news is, as warriors in this cosmic battle, God has given us everything we need to fight and win against our enemy, Satan.

I confess I have asked myself and God over and over again, "Who am I to write a study on spiritual warfare? I'm not a pastor or theologian." Many books and studies have been written on this topic and the last thing I wanted to do was re-create the wheel. So I began to dig and study and research. I found that there are, in fact, many extremely good studies and books on spiritual warfare, including *Lord, Is It Warfare? Teach Me to Stand* by Kay Arthur, *The Battlefield of the Mind* by Joyce Meyer, *The Invisible War* by Chip Ingram and *The Bondage Breaker* by Neil Anderson.

But none of these directly addressed the passion God has placed on my heart, the core of my ministry and the question on the hearts of the women I spoke to about our spiritual war. None of these books asked the question, "How do I find joy in the midst of this battle?" So after many months of deep prayer, and hour upon hour of research, I finally realized I could not say *no* to the Almighty, even if I was a bit nervous about putting myself on the front lines of war. The battle is the Lord's, and He has asked this soldier to fight with pen in hand.

The book you're about to read is truly a work of obedience. In it, with God's constant help and the truth of His Word as our compass, we will tackle this tough topic and ask the question, "How do I find joy when a war rages around me?" Before we begin, however, let me say just a word about joy. Our goal in this, or any other *Joy on Purpose* book, is not to find happiness or prosperity. God's Word doesn't promise us either, at least not within the material or earthly context that we would expect. But it has so much to say about *joy* – real *inner joy* that comes from having an intimate relationship with the God who created and saved us. This joy runs so deep that no matter what our external circumstances, it cannot be taken away – not by people, not by events and not even by Satan himself. That is the joy we want to find and keep through all the battles of our lives. The enemy comes to steal, kill and destroy. But God promises us peace, life and yes, even joy! (John 10:10; John 16:33; John 15:11)

Thank you for joining me on this exciting and challenging adventure. Together let's discover how to arm ourselves for the spiritual battles we inevitably face as believers in Jesus Christ, and hold tight to the One who *is* our armor, our protector and our joy.

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 6:10–13)

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#### An Invisible World

There is a visible and an invisible world that intersect, and we live in the intersection. Chip Ingram<sup>1</sup>

#### What Happened to My Joy?

Have you ever known a person who seemed to be continuously filled with joy? It's hard to think of anyone like that, isn't it? Most of us try very hard to be positive, to look at the glass as half-full instead of half-empty. But it is difficult to maintain that kind of attitude. Bad things happen. Our "luck" runs out. We deal with illness or the loss of a job or dysfunctional family relationships and *poof* – there goes our joy. We fight to keep ourselves from becoming depressed, or we struggle to maintain positive thoughts about those we love or others in our lives. It's a roller coaster of emotions. Why does it seem so hard to hold on to joy? Perhaps part of the problem is we're confusing joy with happiness. Are they the same? Can you have joy even when the circumstances of life make you unhappy? And how do you cling to joy when things go wrong, people disappoint you, or life just seems way too tough to manage? Our minds tend to spiral into negative thinking far too quickly, frequently running down a path of bitterness, anger and even despair. Truly, there is a significant difference between happiness and joy. This is what the New Bible Dictionary says about joy:

In both the Old Testament and New Testament, joy is consistently the mark both individually of the believer, and corporately of the church. It is a quality, and not simply an emotion, grounded upon God Himself and indeed derived from Him (Psalm 16:11; Philippians 4:4; Romans 15:13), which characterizes the Christian's life on earth (1 Peter 1:8), and also anticipates the joy of being with Christ forever in the kingdom of heaven (Revelation 19:7).<sup>2</sup>

Did you get that? "Joy is... a quality, and not simply an emotion, grounded upon God Himself..." No wonder God's Word speaks far more often about joy than happiness. The Hebrew words translated as "happy" are used twenty-nine times in the New International Version of the Bible. But the Greek and Hebrew words translated as "joy" are used two hundred forty-seven times. Why? I believe it is because God *promises* us joy. He does not tell us we'll be happy or that we won't have trouble in our lives. Quite the opposite is true. In the gospel of John, Jesus tells us, "... In this world you will have trouble. But take heart! I have overcome the world." (John 16:33)

We can be sure that trouble will always be part of our lives here on this earth. But God's Word promises, encourages and even celebrates the *joy of the Lord!* (Nehemiah 8:10) If that is true, why is it so hard to stay joy-filled? Why are we so quick to think negative thoughts and allow our hearts and minds to be torn away from the truth and from the only One who brings us joy?

#### It's a Battle

God's Word tells us over and over again, that we have an enemy who would love to *kill* our spirits, *steal* our joy, and *destroy* our relationship with God and each other. (John 10:10) The moment we chose to become followers of Christ, whether we were aware of it or not, we enlisted in God's army. As believers we are now enemies of Satan. His mission is to destroy his enemies, and the battlefield where he does much of his destructive work is in our minds. (Romans12:2) Have you ever found yourself thinking a negative, or perhaps even an evil thought, when suddenly you say to yourself, "Where in the world did *that* come from?" Do you ever catch your thoughts running down a slippery slope of negativism, or even anger or hate, and then realize this mindset just *happened* without consciously choosing to dwell on these kinds of thoughts?

I have to admit, I do. And so did one of my coaching clients. We'll call her Sara. Sara is a Christian woman who is passionately pursuing God and the restoration of her marriage, which was on the brink of divorce. She has purposely chosen to love her husband God's way and has decided not to give up even though most of her friends, even Christian friends, and family have been telling her to end their marriage of seven years. But God is so much bigger than any of our problems. He has given Sara some amazing miracles in the last year, and her marriage relationship, although not totally restored, is in a place that would have seemed impossible just a year ago.

However, in a recent coaching session, as Sara shared how well things were going in her relationship, she also spoke of how her mind keeps going back to the time when she was terribly hurt and angry at her husband. Just when she begins thinking about the changes in her husband and their strengthening marriage, she suddenly finds herself thinking, "Yes, but remember when he did this ...?" The old feelings of anger well up within her for offenses that were forgiven and healed long ago, offenses she thought were long forgotten. What keeps drawing Sara's mind back to closed chapters? What makes her keep thinking about things her husband did wrong, even though both of them have changed so dramatically in the past year? I believe there is a war taking place on the battlefield of Sara's mind. The enemy surely does not want this marriage and family to be restored and to honor God. Satan loves nothing more than to destroy marriages and families, leaving children with broken homes, and painting a picture for the whole world to see of yet another failure of this God-created institution.

So, once again Sara and I talked about *living in the truth*. We spoke about the importance of not allowing the enemy to take her mind back to a place God had healed long ago. The truth is this marriage is on its way to restoration by the grace and power of a mighty God. And the enemy's schemes to draw Sara back into anger and pain of the past will not work, as long as she stands firm in the truth and power of God.

Many of us are like Sara. The enemy plants seeds of doubt, fear, anger, envy and a host of others in our minds to pull us away from God and victory. Our Father in heaven warned us in His Word that Satan will use his most clever schemes to lie, twist the truth, manipulate and deceive us. And many of those schemes take place in the mind. The joy we seek so much to keep is undermined when we allow ourselves to be deceived by the enemy's lies, instead of holding steadfastly to the truth. Real joy, the joy that comes from our intimate relationship with our Creator, can't be taken away from us by anyone or anything. But if Satan can make us believe his lies, he has accomplished his purpose. He can hide the joy of the Lord so well in deception and twisted thinking that, although we are children of the King, we act like spiritual paupers, living under the bondage of his lies instead of walking in the power and victory that is ours as God's own children.

That is the battle. It takes place twenty-four hours a day, seven days a week in every country, every city, every home and every mind across the entire world. Our purpose in this book is to learn how to recognize the enemy's lies, cover ourselves in God's armor, and stand firm so that no one and nothing can steal the joy that God *promises* in our relationship with Christ. But before we can learn how to recognize Satan's schemes and lies, it's important that we first talk about the reality of this invisible battle and the unseen world in which the war takes place.

#### Two Worlds

Let's play a game. How many things can you name that are invisible to our senses, yet are as real as this page? As time marches on, science has given us the ability to know and understand more and more about our physical world. We have uncovered the mysteries of worlds that are completely undetectable to our human senses – the distant galaxies, the intricate design of the atom, and even something as simple (or perhaps I should say as complex) as air itself. We know it's there. We breathe it. We need it to exist, and yet, have you ever *seen* air? Actually, when I lived in southern California, I thought I could see the air as I drove down the freeway and saw the thick brown blanket of haze hanging over the city. Of course, I wasn't really seeing the air. It was the muck we humans had spewed into it that made it visible to my eyes and even perceptible to my sense of smell. The air itself remained invisible. What else do you know for certain is real, even though you can't see, feel or touch it?

So, with the scientific *reality* of an invisible world all around us, why is it so hard to believe the spiritual realm is just as real as what we see, and don't see? The Bible tells us this invisible spiritual world is in fact, very real. For example, in the book of Daniel the angel Gabriel appeared to Daniel and encouraged him not to be afraid. Gabriel told him why there was a delay in God's answer to his prayer.

Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them. But the prince of the Persian kingdom resisted me twenty-one days. Then Michael, one of the chief princes, came to help me, because I was detained there with the king of Persia. Now I have come to explain to you what will happen to your people in the future, for the vision concerns a time yet to come. (Daniel 10:13–14)

The Bible Knowledge Commentary explains Daniel 10:13-14 this way: "When Daniel first began fasting and mourning in response to the vision of a great war, God had dispatched the angel Gabriel with a message for him, but Gabriel was hindered by the 'prince of the Persian kingdom.' Since men cannot fight with angels... the prince referred to here must have been a satanic adversary."<sup>3</sup>

In the three years that Christ ministered here on earth before His death and resurrection, Jesus himself frequently spoke of and interacted with the kingdom of the enemy. In the gospel of John, we see Jesus talking to a group of Jews who are questioning where His power came from. He says to them:

Why is my language not clear to you? Because you are unable to hear what I say. You belong to your father, the devil, and you want to carry out your father's desire. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies. (John 8:43–44)

It's quite obvious that to Jesus, the invisible world and His enemy, the devil, are without a doubt very real. And He clearly knows His adversary. Jesus had many interactions with Satan's army as well. In the fifth chapter of Mark, Jesus speaks directly to the demons, or *"evil spirits."* 

They went across the lake to the region of the Gerasenes. When Jesus got out of the boat, a man with an evil spirit came from the tombs to meet him. This man lived in the tombs, and no one could bind him anymore, not even with a chain. For he had often been chained hand and foot, but he tore the chains apart and broke the irons on his feet. No one was strong enough to subdue him. Night and day among the tombs and in the hills he would cry out and cut himself with stones.

When he saw Jesus from a distance, he ran and fell on his knees in front of him. He shouted at the top of his voice, "What do you want with me, Jesus, Son of the Most High God? In God's name don't torture me!" For Jesus had said to him, "Come out of this man, you evil spirit!" Then Jesus asked him, "What is your name?" "My name is Legion," he replied, "for we are many." And he begged Jesus again and again not to send them out of the area. (Mark 5:1–10)

In what is probably Jesus' most famous interaction with the kingdom of darkness, we read the details of His temptation in the desert by Satan recorded in the gospels of both Matthew and Luke. (See Matthew 4:1–11; Luke 4:1–13) Read these accounts for yourself, and be sure to take note of how Jesus fights the lies of His enemy. Over and over again He declares "*It is written* …" Jesus himself fights Satan's lies with the truth of God's Word.

#### Know Your Enemy

The Bible is clear. The spiritual world is very real and a cosmic war is being fought there, a war with eternal consequences. This battle is being waged for the heart, soul, mind and life of every human being who ever lived or will live. As in any battle or competition, the key to winning is to know your opponent. Know his strategy, strengths and weaknesses, and know your own strengths and weaknesses as well. In Chapter Two we will look more closely at our strength and power in Christ and at the strategies and tactics of our enemy. But first, let's examine who our enemy is and how he works in this

world. In *The Bible Exposition Commentary*, Warren Wiersbe says this about Satan:

Who is Satan? The enemy has many different names. Devil means "accuser." The Bible tells us he accuses God's people day and night before the throne of God (Revelation 12:7-11). Satan means "adversary." He is the enemy of God. He is also called the tempter (Matthew 4:3), the murderer and the liar (John 8:44). He is compared to a lion (1 Peter 5:8), a serpent (Genesis 3:1; Revelation 12:9), and an angel of light (2 Corinthians 11:13–15). He is called "the god of this age" (2 Corinthians 4:4). Where did he come from, this spirit-creature that seeks to oppose God and defeat His work? Many people believe that in the original Creation, he was "Lucifer, son of the morning" (Isaiah 14:12–15) and that he was cast down because of his pride and his desire to occupy God's throne.

Many mysteries are connected with the origin of Satan, but what he is doing and where he is going is certainly no mystery. Since he is a created being, and not eternal as God is, he is limited in his knowledge and activity. Unlike God, Satan is not all-knowing, all-powerful, or everywhere-present. Then how does he accomplish so much in so many different parts of the world? The answer is in his organized helpers.<sup>4</sup>

Satan works in our world through people and through his private army of spiritual beings, fallen angels that are often called demons.

#### Satan Works Through People

Wow! Can that be true? Does our enemy really work through people here on earth? Jesus Himself said, "He who is not with me is against me." (Matthew 12:30) When you think about the depravity of this world since the fall of Adam, it seems pretty evident that the *prince of this world* is using many who are not "with God" to accomplish his destructive and evil purposes. Those who don't follow God, whether they are an evil, depraved lunatic like Adolf Hitler, or simply someone who does not listen to the Spirit of God, all are in fact capable of becoming pawns in a very important war game. The most well-known example in Scripture is Judas Iscariot, who betrayed Jesus.

Then Satan entered Judas, called Iscariot, one of the Twelve. And Judas went to the chief priests and the officers of the temple guard and discussed with them how he might betray Jesus. (Luke 22:3–4) And there are many other biblical examples including the story of the sorcerer Elymas in the book of Acts.

But Elymas the sorcerer (for that is what his name means) opposed them and tried to turn the proconsul from the faith. Then Saul, who was also called Paul, filled with the Holy Spirit, looked straight at Elymas and said, "You are a child of the devil and an enemy of everything that is right! You are full of all kinds of deceit and trickery. Will you never stop perverting the right ways of the Lord?" (Acts 13:8–10)

It is apparent that the enemy can use those who turn their backs on God like Judas and Elymas the sorcerer or other evil individuals like Hitler but what about regular people? Can the enemy use even a Christian for his purposes? Yes. Satan does use people every day who make choices in their lives that don't honor God, from what they watch on television to how they treat others. Many biblical examples demonstrate that Satan can and does use even believers in his schemes when we are not armed with the truth. Think about our Lord's response to Peter after he told Jesus he would never allow Him to suffer and die.

From that time on Jesus began to explain to his disciples that he must go to Jerusalem and suffer

many things at the hands of the elders, chief priests and teachers of the law, and that he must be killed and on the third day be raised to life. Peter took him aside and began to rebuke him. "Never, Lord!" he said. "This shall never happen to you!" Jesus turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me; you do not have in mind the things of God, but the things of men." (Matthew 16:21–23)

If Satan could use Peter, who walked with Jesus in the flesh every day, surely we must be alert. (1 Peter 5:8) We must arm ourselves for the battle. Arm yourself with truth. *Live* in the truth. Put on the *full armor of God* and never take it off. (Ephesians 6:11) We will spend the majority of our time in this book learning how to do just that.

#### Satan Works Through Demons

Satan's army is not made up solely of human beings. He also works through his spiritual agents – fallen angels, or demons. The Bible teaches that when Satan rebelled and fell from heaven, he took many of the angelic host with him. And there was war in heaven. Michael and his angels fought against the dragon, and the dragon and his angels fought back. But he was not strong enough, and they lost their place in heaven. The great dragon was hurled down – that ancient serpent called the devil, or Satan, who leads the whole world astray. He was hurled to the earth, and his angels with him. (Revelation 12:7–9)

Those fallen angels chose to follow Satan and honor him over God. According to the Bible, our one and only source for God's truth, this army of spiritual agents will be employed full-time doing Satan's work until they are destroyed along with Satan himself at the end of time.

Then he will say to those on his left, "Depart from me, you who are cursed, into the eternal fire prepared for the devil and his angels." (Matthew 25:41)

How important are demons in the enemy's strategy and schemes? There are more than eighty references to demons or demon possession in the Word of God. That should tell us these fallen angels are alive and very active in the invisible world. Do we need to be afraid of them? No! Jesus has power over *every power and authority*, (Colossians 2:10) and as believers we stand *in Christ*  (John 17:26) and have His power and authority to resist the enemy and his army.

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 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. (Romans 8:38–39)

#### Our Battle Strategy

Before we finish this first leg of our journey to finding *Joy in the Battle*, it's important that we talk a little about how we will fight this war. In any battle or competition, the best way to fight is to know your opponent's strategy. In his book, *The Invisible War*, Chip Ingram writes,

It's Super Bowl Sunday, and both teams are ready. They have dreamed about this all season, but the last two weeks they've done a lot more than dream. They have watched films. Hour after hour after hour they've sat in front of a screen, clicking the remote to speed the film forward, pressing it to rewind it back a few seconds, watching their opponent's plays over and over again ... They know the opposition. They have learned the schemes ... They have spent some of their time running drills, but they have spent more time on their homework. There will be no surprises because they've done the math. Why? Because they want to win. <sup>5</sup>

The Bible tells us everything we need to know about how our enemy fights this war. We'll discuss Satan's methods and schemes in more detail in Chapter Two, but for now let's look at some of what God's Word reveals to us about his methods.

- He is a liar. (John 8:44)
- He accuses believers. (Revelation 12:10)
- He misuses Scripture. (Matthew 4:6; Luke 4:10)
- He is a deceiver. (2 Corinthians 11:14)
- ✤ He tempts Christians to fall away. (Luke 22:31)
- He blinds unbelievers. (2 Corinthians 4:4)

These are just a few of the methods used by Satan in his attempt to defeat God's children. No wonder God's Word warns us to stay alert. (1 Peter 5:8) But, let's not make the mistake of attributing more power to the enemy than he actually has, or see demons around every corner. Instead, let's celebrate the *truth* that our enemy is a defeated foe!

 Christ's death and resurrection defeated Satan. (Hebrews 2:14–15)

- Jesus Christ is stronger than the enemy. (John 14:30)
- Jesus Christ's name is powerful against Satan. (Luke 10:17)
- Satan's power is limited. (Job 1:12)
- God protects people from the enemy.
  (2 Thessalonians 3:3)
- Christians can resist Satan. (James 4:7)
- Christians can overcome Satan. (1 John 2:13–14)
- Satan cannot separate us from God. (Romans 8:38–39)
- The enemy and his agents will be destroyed. (Revelation 17:14)
- Satan's final destiny is sealed. (Revelation 20:1–3, 10)

We have taken some important first steps in our journey to find *Joy in the Battle*. Joy is ours through the intimate and incredible relationship God wants to have with each and every one of us. Yes, we have an enemy who would like to stop us and steal our joy, but thank God, in His great love and mercy He has given us all we need for victory – His armor for the battle. Here is our strategy:

- \* Know your enemy and his schemes.
- Know your position and your strength in Christ.

- Know the truth so well that you recognize the enemy's lies.
- \* Put on God's armor and stand in Christ.

In Christ's fervent prayer to His Father in John 17:17, He prayed for you and for me, saying "Sanctify them by the truth; your word is truth." Don't ever forget how Jesus fought back when Satan lied to Him in the desert. (Matthew 4:1–22; Luke 4:1–13) Jesus counteracted Satan's lies with truth. He said "It is written ... It is written ... It is written ... It is written ... It is written with Scripture, what better way for us to experience the joy of victory in our own battles, than by fighting back the same way Christ did? The enemy flees where truth and the name of Jesus abound.

At the end of each chapter you will find a *Key Takeaway* to help you hold on to what you learned, a *Memory Verse* to fight the enemy the same way Christ did, and *Study Questions* for individual or group study to help you dig more deeply into God's Word. I strongly encourage you to use these resources to build up your spiritual arsenal. We are at war, but you already have all you need to win.

#### An Invisible World - Reflections

Key Takeaway:

The moment we chose to become followers of Christ, whether we were aware of it or not, we enlisted in God's army.

Memory Verse:

"But the Lord is faithful, and he will strengthen you and protect you from the evil one."

(2 Thessalonians 3:3)

Notes:

#### An Invisible World – Study Questions

- 1. Do you ever feel as if there is a battle going on in *your* mind? How do you fight your battle?
- 2. Read Philippians 4:8. The word used in this passage for "think about" is the Greek term *logizomai* which means to reason about, or ponder. What does *how you think* have to do with holding on to God's promise of joy?
- 3. Read John 8:44 and 1 John 2:20–21. What do these verses tell you about how the enemy works and how to fight back?
- 4. In Revelation 12:10 the enemy is referred to as "the accuser of the brethren." How does Satan accuse you? How will you respond the next time the enemy whispers accusations in your ear?
- 5. In 1 John 3:8, we are told, "The reason the Son of God appeared was to destroy the devil's work." How do you feel about continuing to fight battles, even though Christ defeated Satan at the cross?
- 6. Read 2 Peter 3:9. What does it tell you about why the battles continue?