

Spiritual Warfare

5-Day Devotional

Discernment

Day 1 Testing What Is Influencing You

Scripture: 1 John 4:1-3

Not every spiritual experience or internal pressure comes from God. Scripture calls us to slow down, test what we are experiencing, and measure it against the truth of who Jesus is. Discernment protects us from fear, confusion, and misplaced blame.

- What pressures or thoughts have been shaping your emotions lately?
- How do you usually respond when you feel spiritually unsettled?
- What would it look like to intentionally test those influences against Scripture?

Prayer: God, give me wisdom to discern what is truly from You. Help me not react out of fear but respond with truth and trust. Amen.

Day 2 Recognizing the Enemy's Tactics

Scripture: 1 Peter 5:8-9, Romans 8:38-39

The enemy works through lies, accusation, and fear, but Scripture reminds us that nothing can separate us from God's love. Awareness does not mean obsession. Confidence in Christ allows us to stand firm without panic.

- What lies tend to surface when you feel weak or discouraged?
- How does knowing you are secure in God's love change how you face spiritual opposition?
- What helps you stay alert without becoming fearful?

Prayer: Jesus, thank You for securing my identity and my future. Help me stand firm in Your truth when lies try to take root. Amen.

Day 3 When the World Wears You Down

Scripture: Ephesians 2:1-3, 1 John 5:19

Life in a broken world brings pressure, conflict, and pain. Not every hardship is a direct attack, but all hardship invites us to rely on Jesus. Understanding the brokenness around us helps us respond with compassion rather than resentment.

- Where have you felt worn down by the world recently?

- How do you usually respond when people hurt or disappoint you?
- How might God be calling you to respond differently with grace and hope?

Prayer: God, help me see people through Your eyes. Guard my heart from bitterness and lead me to live as a light in a broken world. Amen.

Day 4 Owning the Struggle of the Flesh

Scripture: Romans 13:11-14

Sometimes the battle is not external at all. Scripture invites us to wake up, take responsibility, and clothe ourselves with Christ. Growth begins when we stop shifting blame and allow God to shape our habits and desires.

- What patterns or habits might be contributing to your current struggles?
- Where have you been tempted to blame the enemy instead of taking responsibility?
- What is one intentional step you can take to align your life more closely with Jesus?

Prayer: Lord, give me honesty and humility. Help me walk in the light and rely on Your strength to live differently. Amen.

Day 5 Living in Jesus' Authority

Scripture: Romans 2:1-11

Not every hard season is spiritual attack or personal failure. Sometimes God uses conviction, closed doors, or discomfort to gently lead us back to Himself. His kindness is not permissive but purposeful, inviting repentance that leads to life, freedom, and deeper trust in Him.

- How does this passage describe the difference between God's judgment and His kindness?
- What emotions surface for you when you experience conviction or correction from God?
- Where might God be using discomfort in your life to draw you closer rather than push you away?

Prayer: Father, thank You for Your kindness that leads me toward life. Help me recognize Your loving guidance and respond with humility, repentance, and trust. Amen.