



THE BATTLE OF SPIRITUAL WARFARE SEVEN (7) GIANTS WE MUST DEFEAT

Resources & Action-Steps E-Book & Checklist

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DISCLAIMER

This resource is designed to guide you through the spiritual journey of overcoming life's challenges and adversities. The process of spiritual growth is deeply personal and individual; there is no right or wrong way to pursue it.

This checklist and action-step guide is intended to provide you with a safe and private space to explore and strengthen your spiritual resilience. You will find prompts and exercises that can help you recognize and combat spiritual giants, reflect on your spiritual experiences, and gain perspective on your journey. This resource aims to bring comfort, empowerment, and healing as you navigate the complexities of spiritual warfare.

We encourage you to use this guide regularly and to be honest and open with your thoughts and feelings. Take your time and work through each step at your own pace. Remember that spiritual growth is a normal and natural process, and it takes time to develop and strengthen your faith. It's okay to face struggles along the way, but keep moving forward. Please know that there is no time limit for spiritual growth and healing. This resource will be here for you whenever you need it.

A glowing sword with a red blade and a white hilt, set against a blue sky background. The sword is positioned vertically, with the blade pointing upwards. The hilt is at the top, and the blade extends downwards. The blade has a bright red glow, and the hilt has a white glow. The background is a clear blue sky with some light clouds.

INTRODUCTION


Spiritual warfare is the battle between God's forces of good and Satan's forces of evil. Believers are equipped with spiritual resources to stand firm and overcome these adversaries.

SPIRITUAL POWERS & RESOURCES

- **The Holy Spirit** (*Acts 1:8*)
- **The Armor of God** (*Ephesians 6:10-18*)
 - **Belt of Truth**
 - **Breastplate of Righteousness**
 - **Shoes of the Gospel of Peace**
 - **Shield of Faith**
 - **Helmet of Salvation**
 - **Sword of the Spirit**
- **Prayer** (*Ephesians 6:18*)
- **Faith** (*1 John 5:4*)
- **Authority in Jesus' Name** (*Luke 10:19*)
- **The Blood of Jesus** (*Revelation 12:11*)
- **Word of Testimony** (*Revelation 12:11*)
- **Wisdom and Discernment** (*James 1:5*)
- **The Word of God** (*Hebrews 4:12*)



SEVEN GIANTS TO DEFEAT



GIANT #1: HITTITES

(The Giant of Fear)

Symptoms: Terror, dread, anxiety, horror, distress

Strategies:

- **Scriptures:** Psalm 91, Psalm 23, 2 Timothy 1:7
1 John 4:18, Isaiah 41:10
- **Action Steps:**
 - Reject fear as a false god.
 - Embrace God's promises of protection and strength.
 - Recite and meditate on scriptures about God's presence and love.

Practical Steps to Overcome:

Embrace Perfect Love: 1 John 4:18 -

"There is no fear in love, but perfect love casts out fear."

Stand on God's Promises: Isaiah 41:10 - "Fear not, for I am with you; be not dismayed, for I am your God."

Seek God's Presence: Psalm 91 - Meditate on this Psalm to find peace and security in God's protection.

Claim Your Sound Mind: 2 Timothy 1:7 - "For God gave us a spirit not of fear but of power and love and self-control."

Encouragement: Trust in God's perfect love, which drives out all fear. Remember that God is always with you, strengthening and upholding you.



GIANT #2: GIRGASHITES *(The Giant of Indecision)*

Symptoms: Indecision, double-mindedness, instability, lack of decisive action, can lead to unbelief

Strategies:

- **Scriptures:** James 1:8, Isaiah 28:16
- **Action Steps:**
 - Trust in God's sure foundation.
 - Reject double-mindedness.
 - Make decisions rooted in faith and God's guidance.

Practical Steps to Overcome:

Develop Trust in God: Isaiah 28:16 - "He that believeth shall not make haste."

Seek Wisdom: James 1:5 - Ask God for wisdom to make confident decisions.

Stay Anchored in Faith: James 1:8 - "A double-minded man is unstable in all his ways."

Encouragement: Place your trust in God, the sure foundation, and let His peace and confidence guide your decisions.



GIANT #3: AMORITES **(*THE GIANT OF DISCOURAGEMENT*)**

Symptoms: Gloom, negative self-talk, depression, hopelessness

Strategies:

- **Scriptures:** 1 Samuel 11, 1 Samuel 30
- **Action Steps:**
 - Reject agreements with discouragement.
 - Use authority in Jesus' name.
 - Pray for clear vision to see the enemy's lies.

Practical Steps to Overcome:

Reject Negative Thoughts: 2 Corinthians 10:5 - Take every thought captive to obey Christ.

Encourage Yourself in the Lord: 1 Samuel 30:6 - David strengthened himself in the Lord his God.

Use Your Authority in Jesus: Luke 10:19 - Declare God's truth over your situation.

Encouragement: Even in times of deep discouragement, strengthen yourself in the Lord. Reject the enemy's lies and declare God's truth over your life.



GIANT #4: CANAANITES ***(THE GIANT OF INSECURITY)***

Symptoms: Humiliation, shame, self-doubt, lack of confidence, trapped in past pain and negative thoughts.

Strategies:

- **Scriptures:** Philippians 4:13, Romans 8:37
2 Corinthians 5:20, Ephesians 6:2
1 Corinthians 2:16, Ephesians 1:6
- **Action Steps:**
 - Embrace identity in Christ.
 - Meditate on God's acceptance and strength.
 - Break cycles of past pain through prayer and scripture.

Practical Steps to Overcome:

Embrace Your Identity in Christ: Ephesians 1:6 - "He has made us accepted in the Beloved."

Declare God's Strength: Philippians 4:13 - "I can do all things through Christ who strengthens me."

Renew Your Mind: Romans 12:2 - Transform your mind with God's Word.

Encouragement: You are accepted and loved by God. Draw your confidence from your identity in Christ and His strength in you.



GIANT #5: PERIZZITES

(THE GIANT OF LAWLESSNESS)

Symptoms: Lack of self-control, procrastination, comfort zone living, and leads to spiritual unfruitfulness

Strategies:

- **Scriptures:** Proverbs 25:28, Galatians 5:22-23
Hebrews 12:1-13, John 15:7-9, John 8:30-32
- **Action Steps:**
 - Develop self-control through the Holy Spirit.
 - Reject procrastination and embrace discipline.
 - Abide in Christ and His Word for true freedom.

Practical Steps to Overcome:

Cultivate Self-Control: Galatians 5:22-23 - Develop the fruit of the Spirit, including self-control.

Stay Disciplined: Proverbs 25:28 - "A man without self-control is like a city broken into and left without walls."

Abide in Christ: John 15:7-8 - Remain in Jesus to bear much fruit.

Encouragement: Exercise self-control and discipline to break free from procrastination and comfort zone living. Stay connected to Christ to live a fruitful life



GIANT #6: HIVITES ***(THE GIANT OF DISTRACTION)***

Symptoms: Distraction, love of money, misplaced focus from God's calling

Strategies:

- **Scriptures:** Matthew 4:8-10, Matthew 18:19
- **Action Steps:**
 - Be unyielding to distractions.
 - Prioritize God's purpose over worldly gains.
 - Use spiritual authority to reject temptations.

Practical Steps to Overcome:

Prioritize God's Kingdom: Matthew 6:33 - Seek first the kingdom of God and His righteousness.

Resist Temptations: Matthew 4:10 - Worship the Lord your God and serve Him only.

Focus on Your Calling: Hebrews 12:1-2 - Run with perseverance the race marked out for you.

Encouragement: Stay focused on God's calling and resist distractions. Seek God's kingdom first, and everything else will fall into place.



GIANT #7: JEBUSITES ***(THE GIANT OF IMMORALITY)***

Symptoms: Oppression, wickedness, corruption

Strategies:

- **Scriptures:** Colossians 3:5, Romans 12:1
- **Action Steps:**
 - Present your body as a living sacrifice to God.
 - Reject immorality and manipulation.
 - Embrace holy living and righteous conduct.

Practical Steps to Overcome:

Live a Holy Life: Romans 12:1 - Present your bodies as a living sacrifice, holy and acceptable to God.

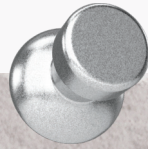
Put to Death Sinful Nature: Colossians 3:5 - "Put to death therefore what is earthly in you."

Guard Your Heart: Proverbs 4:23 - Keep your heart with all vigilance, for from it flow the springs of life.

Encouragement: Dedicate yourself fully to God, rejecting immorality and manipulation. Live a holy life, pleasing to the Lord, and guard your heart against evil influences.

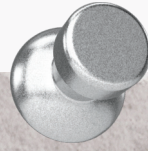
WORDS OF ENCOURAGEMENT

- Make No Covenant with the Enemy
(Judges 3:1-4, 2 Corinthians 6:14
Ephesians 5:8)
- Armor of Light (Romans 13:12)
- Guard Your Heart (Philippians 4:7)
- Walk in the Light (John 8:12
John 12:35, John 12:46, 1 Peter 2:9)



Use this resource and action-step checklist to recognize and combat each giant in your spiritual journey.

Trust God's power and promises, equip yourself with His Word, and stand firm in faith.



Thank you for taking the time to read this ebook. I hope it has provided you with valuable insights and encouraged you in your spiritual journey. To continue growing and finding inspiration, I invite you to visit my website, where you'll discover a wealth of Biblical teachings and resources. Let's continue this faith-filled journey together!

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