

Stop, Look, Listen Ministries – Spiritual Inventory - Monday

- Make sure the person you are dealing with is a Christian.
- Make sure that your personality doesn't get in the way of the message.
- Satan's primary goal is to get us to focus on ourselves or our situation.
- Satan's ultimate goal is to destroy people and their relationships. John 10:10
- Our primary message is Christ and His Word.
- Read Scripture out loud as much as possible in every session. God's Word heals.

Step One

There are three types of thoughts. God's thoughts, Satan's thoughts and our own thoughts. We must learn to distinguish between these thoughts.

Harassing thoughts in the second person are not our own thoughts. Harassing thoughts that keep coming back when we don't want them to are from Satan.

- A. 1 Tim. 4:1 shows us that they come to seduce (deceive) us.
- B. We are told to take them captive. 2 Cor. 10:5
- C. Satan's thoughts are not peaceful but bring confusion. Jer. 29:11
- D. Satan's thoughts are imaginations. 2 Cor. 10:5

What to do...

- We will stay in bondage if we believe lies.
- If we don't act on the truth we receive we are giving ground (or a legal right) for the devil to harass us. Eph. 4:27
- If continue to reject truth the ground will become a stronghold. This is an area which has a "strong hold" on us and refuses to let go. Strongholds are the result of mortal wounds. Wounds from parents are most often the cause but any trauma can produce a stronghold.
- Respecting God's Word as my guide is the first step out of bondage. Prov. 16:6
- Satan's first attack is always, "Did God really say...?"
- Without confirming God's Word in the mouth of two or three witnesses, we are guiding ourselves. Matt. 18:16
- We are given specific guideline as to what constitutes proper thoughts in Phil 4:8
- Tell God that you are taking back any ground you gave to Satan and that you are tearing down any strongholds that Satan has built in your life. Ask God to build a hedge of thorns around you like Job had. Job 1:6-10

If you intentionally walk outside this hedge you are leaving yourself open for attack. Satan doesn't need permission to attack you when you purposely enter his territory. Leaving the hedge is an act of rebellion. Demons are attracted to rebellion like flies to garbage.

If you are unwilling to confess your sins to God and make a declaration against Satan that you are rejecting his thoughts then there is no use in having further counseling sessions until you are tired of listening to Satan's thoughts and ignoring God's Words in the Bible. Josh. 24:15

Stop, Look, Listen Ministries – Spiritual Inventory – Tuesday

- All problems are spiritual problems. We are tempted to think that people are the problem. Read Eph. 6:12.

Here are the main reasons people are harassed by Satanic thoughts:

- A. They enjoy the false “power” that the demons tell them they now have.
- B. Some form of immorality or pornography.
- C. They would rather be guided by lying demonic voices than God’s Word.
- D. They have been told that Satan can heal their sickness or emotional pain.
- E. They think that following these voices will “protect” them from worse demons.
- F. Occult objects, games or music.

Step Two

All of these things must be rejected in a prayer asking forgiveness and repenting (also known as pulling your finger out of the fire) of all hidden secret thoughts.

Other reasons for attacks:

Bitterness (also known as self torture) – Heb. 12:15

Unforgiveness – Matt. 18:21-35

Anger – Ecc. 7:9, Eph. 4:26

Traumatic events – 2 Tim. 1:7

What to do...

- Burn or destroy any occult objects. Cleanse your house of anything which Satan may use to regain control. Ask God to guide you in revealing what has to go.
- Make a list of people you need to forgive. What if they were making a list? Would your name be on it?
- Commit your future to Christ knowing that you have to live with whatever has happened and that He will give you the grace.

Stop, Look, Listen Ministries – Spiritual Inventory – Wednesday

Step Three

The first sin in the universe was Satan's pride. ONLY by pride comes contention. Prov. 13:10

Pride is setting yourself in the place of God. Pride is the first of the three main sins that are in the world. 1 John 2:16

You cannot rest in your pride saying that your sins are someone else's fault. James 1:14

There is a difference between Temptation and Deception. Jesus was tempted. Heb. 4:15
Eve was not tempted, she was deceived. 1 Tim. 2:14

If you have been deceived then just ask God to help you know the truth so you can be undeceived. John 8:32, 1 Cor. 10:13

What to do...

- If you humble yourself you are promised a special infusion of power. James 4:6
- Make it a point to avoid things that take you backwards. Rom. 13:14
- Make a commitment to God being the boss of your life. Col. 3:3, Rom. 6:11

Stop, Look, Listen Ministries – Spiritual Inventory – Thursday

Rebellion is as the sin of witchcraft (1 Sam. 15:22-23). Rebellion is saying, “God has no right to tell me what to do!” Stubbornness is related to rebellion. If you resist godly authority (parents, police, etc.) you are resisting God.

God uses authorities to protect us. Rebellion takes out of the hedge of protection. Satan’s purpose is always to destroy. He has to get us out from under our protection in order to destroy us. Ask God to show you ways that you have been rebellious.

- Challenging the right of authorities to make the rules.
- Knowing what is right and not doing it.
- All forms of laziness.
- Slowly responding to authority.

Step Four

Pray and confess specific areas of your rebellion to God:

- Family, church, government, school, etc.

What to do...

Get a clear conscience. 1 Tim. 1:18-20

- Make restitution if necessary for things destroyed or stolen
- Ask forgiveness for offense you have committed. Ask God to bring those you’ve offended across your path if you don’t know where they are.

Get freedom from immorality

- Confess to God if you have used your body in an immoral way. Rom. 6:13
- Has someone else used you in this way? Rom. 8:1
- Have you had harassing homosexual thoughts? Tell God you don’t give consent to these thoughts.

Dedicate your entire body to God in prayer. Rom. 12:1

- Your head (mind)
- Eyes (Job 31:1)
- Ears (music) Matt. 11:15
- Mouth (edify only) Eph. 4:29
- Your spirit (command any evil spirits to leave you)
- Hands – 1 Tim. 2:8
- Feet – Isa. 52:7
- Body – (everything else) 1 Cor. 3:16

Pray that God would clear out your body, soul and spirit of any generational sin, and familiar spirits, any curses against your family, any seducing spirit thoughts, any religious spirits, and any demons associated with the body. Invite God’s Holy Spirit to fill you and to replace these things. Ask God to reveal anything else that needs to be dealt with in a short prayer right now. If you feel that something is still there then pray again and ask God to make it clear.

Stop, Look, Listen Ministries – Spiritual Inventory – Friday

Step Five

Ask God to place on you the armor of the spirit. Eph. 6:10-18

We are told that we NEED to wear this armor or we may stumble. Eph. 6:10

The idea is to “get dressed” every morning!

It’s interesting to note how we are to put on this armor in a certain order. Let’s take a look at how we can use this armor during an actual thought attack...

What to do...

The Belt of Truth

We put on the belt truth first because any attack on our minds will include a lie. We have to know what is true before we can spot a lie.

First of all, we test the spirit behind an attacking thought.

Beloved, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world.

1 John 4:1

... examine everything carefully; hold fast to that which is good...

1 Thess. 5:21

How can we test a spirit?

By the mouth of two or three witnesses every fact may be confirmed. Matthew 18:16

All we need to do is find two or three dependable witnesses (mature Christians, Bible verses) to confirm whether something is true. 1 Corinthians 2:11-16

It should be evident that we are unable to discern spiritual things with our minds. The way to eternal life is the death of certain things in us. The way to become great is to become a servant.

We tend to fall back on the known when we face the unknown. Good, let it be that we fall back on what is known of Christ and His ways.

We have noticed that there have been those who seemed to be making progress and have prayed every prayer and made every commitment that can be thought of yet there is still something wrong.

There is no formula to extract from your local Christian televangelist. The Lord Jesus Christ must be personally invited to take control of the situation or there will be no solution.

Only the absolute TRUTH will set you free. John 8:32

If it can't be proven to be true, we reject that thought. This is how the belt is used.

Many cults and problems can be traced to people who listened to the twisting of Scripture by the enemy. 2 Peter 1:20 tells us that no verse stands on its own. We need the support of other Scriptures in order to prove the truth of something.

Here are some suggestions which can be used to discern the truth of anything we encounter that is not specifically alluded to in the Bible:

- Does this information contradict the Bible?
- What would be the result of acting on this information?
- Can we find any mature Christians who can confirm this information?
- What happens when we ask God to confirm this information in our spirit through prayer?

Jesus promised that the Holy Spirit would guide us into all truth so all that is needed is to test everything before we act on it. Otherwise, it would be a pretty miserable existence if we could not depend on our God to guide us.

Who in the Bible wore such a belt?

The Bereans were complimented by Paul because they checked out everything he said before they believed it. Acts 17:11

Breastplate of Righteousness

We wear a suit of armor which shows Christ's righteousness, not ours. We wear it because we know that we are unable to fight this battle without the Lord Jesus Christ. Without Him we can do nothing (John 15:5).

Actually we are wearing Christ's armor –not ours. Isa. 59:17

This breastplate guards our hearts and it is made out of the materials of His love for us and our trust in Him. *1 Thess. 5:8*

We "put on" this piece of armor every time we remind ourselves that we are not standing in our own strength but in His. 2 Cor. 4:7

Who in the Bible used the breastplate?

There was a man named Joshua whom God took from some kind of bad environment (it says he was plucked from the fire) and made him high priest over Israel. Zech. 3:3-4

Joshua knew that he didn't deserve to be used by God. He learned that he was not standing in his own goodness but was wearing robes which belonged to Christ.

Putting Your Shoes On

This weapon is not seen as a noun. The text literally says, "Shoeing your feet or putting your shoes on." Isa. 52:7, 1 Peter 3:15

Who in the Bible was prepared to share the Gospel?

Philip was a man who was enthusiastic about telling others what Christ had done for him (Acts 8). He had prepared himself so that God was able to use him at a moment's notice. We learn from church history that Philip's family continued to be a valuable resource to people seeking the truth for many years.

We are told how to prepare ourselves to live a life of telling the truth to others. 2 Tim. 2:15

Shield of Faith

Paul may have been thinking about the Roman guard who was chained to him in prison as he wrote this. The Roman soldiers carried shields which they could lock together for protection as a unit.

We need to "lock shields" with other Christians in order to have greater protection from the enemy.

Who "locked" his shield in the Bible?

David had to dodge spears that were thrown at him by Saul. As Saul chased him around the countryside, David had to continually hide behind the Lord as his only defense. David wrote many Psalms which describe this chase and how it brought him to a place of total dependence on God (see Psa. 3:3).

David is an example of the feeling of hopelessness being transformed into genuine faith. He knew there was no hope for him unless God came through. David had nowhere else to turn. This happens to all of us eventually.

God loves it when we trust Him this way. The next time a difficult problem comes up, try this experiment and see what happens: make up your mind that you will do nothing about it. Retreat into the Word and prayer and demonstrate to God that if anything is going to be done it will have to be Him doing it because you have taken your hands off of the situation. God will honor your faith; just watch and see what happens. This is how you use the shield.

Faith is seeing the invisible hand of God shielding you when it doesn't look like it at all. Faith is the evidence of results that happen when you totally trust God alone. These results prove that your faith was real. Heb. 11:1

The Helmet of Deliverance

Satan constantly tries to make us doubt that we are Christians. He conveniently forgets to mention that many people were attacked by doubts in the Bible but they held onto the Lord and were vindicated later.

1 John 5:13 tells us that if we are born-again we have eternal life no matter what the devil says about us. The helmet is used to keep out the wrong thoughts and to keep the Lord's words in our head instead.

Who in the Bible wore this helmet?

Before he became a Christian, Paul was responsible for the deaths of other people. Later, he was the victim of false Christian plots against him and lies about his ministry. He felt unworthy to be a Christian. He had to constantly remind himself that it was Christ living in him that was the answer to his past and present problems.

There are many examples (Rom. 7, 1 Cor. 4, 2 Cor. 12) of Paul forcing himself to think properly about his true position in Christ, regardless of what was happening in his life.
Romans 6:11

The Sword of the Spirit

There are many places where God's Word is called a sword. It is used to go on the offense against attacking thoughts. We cannot defeat our enemy with our words but only with God's words.

We quote these words, we sing these words, we repeat them to ourselves and the enemy flees from us.

Who in the Bible used this Sword?

Jesus was attacked in the desert (Matthew 4) and He answered each attack with a quote from the Bible. If we have not trained ourselves to do this we will be tempted to think that it can't do much good.

We must remember that this is an invisible battle and that evil spirits are repelled by God's Word whether we can see it happening or not. Later we will see examples of how God's words can be used to answer specific thought attacks.

Weapon of All-Prayer

Most Christians are not taught how to pray. Prayer is a powerful weapon which we find ourselves driven to in times of crisis. All of a sudden we want to pray and to learn how to pray better.

If we follow these thoughts out to their logical conclusion we will find that the best thing we can do is to make it a daily habit to cry out to God each morning. We are instructed to pray all day long:

Pray without ceasing [like a hacking cough]. 1 Thess. 5:17

Here are some guidelines for a prayer life which invites the Holy Spirit to participate in any problem-solving exercise:

- **Has anything ever happened in the Bible which can shed light on the problem?**
- **Which Bible character faced the same obstacle?**

There are no experts in prayer. None of the biographies of great Christians make any mention that they were satisfied with their prayer lives.

Prayer is the last remaining mystery to the Christian who thinks he has everything else figured out.

Prayer is one of those things that cannot be taught. We just have to do it the best way we can (based on familiarizing ourselves with all that the Bible has to say on the subject) and find out what works and what does not.

When our prayers seem to go unanswered we need to consider the possibility that they are working together for good to get us to quit trusting in ourselves.

The Lord's Prayer is the only pattern given in the Bible. Amy Carmichael's prayer may be the best that humans have come up with: "Lord give us what you want us to have."

Charles Spurgeon said, "He who prays without fervency does not pray at all." God always hears our prayers. The answer is on its way and don't forget that He is looking for consistency (Luke 18:1-8).

Cry out to God

Our God is a good God who wants us to ask Him about everything. In fact, He may have brought a conflict into our lives for the purpose of causing us to cry out.

We can think of this as similar to a baby in a back room who is softly crying and maybe even playing at the same time. The parents will ignore this behavior unless the crying suddenly becomes intense. If the crying is mixed with extreme panic the parents will run into the room as fast as possible. God operates the same way.

To cry out with a loud voice for help -with the unleashing of emotion that often comes with it -can be a humbling experience.

That's why we often resist it. We tend to be proud; we want people to think we're competent. We don't like to admit we have a problem, much less publicly acknowledge our need for outside help to resolve it.

We often seem to forget that it was in the process of crying out that we were saved.

Cry out to God from the bottom of your heart and He will reveal every solution to your need.