

Prayer Ministry Small Group Study Guide

Exercise: Spiritual Warfare

Take a few minutes to complete a spiritual warfare inventory and assessment. This will not lead to a diagnosis of demonic influence, but provides a framework through which you can pray and investigate. Ask the Holy Spirit to guide your thinking.

On a scale of 1 to 5, where 1 is no exposure and 5 is high involvement, what has been your exposure or involvement in each of the following:

| | | | | | |
|---------------------------------------|---|---|---|---|---|
| Inability to hear God or know truth | 1 | 2 | 3 | 4 | 5 |
| Persistent dark or unwanted thoughts | 1 | 2 | 3 | 4 | 5 |
| Persistent unwanted emotions | 1 | 2 | 3 | 4 | 5 |
| Uncontrolled behavior | 1 | 2 | 3 | 4 | 5 |
| Intentional oaths or vows | 1 | 2 | 3 | 4 | 5 |
| Experimentation with the occult | 1 | 2 | 3 | 4 | 5 |
| Contracts or agreements with evil | 1 | 2 | 3 | 4 | 5 |
| I suffered abuse | 1 | 2 | 3 | 4 | 5 |
| Evidence of a generational curse | 1 | 2 | 3 | 4 | 5 |
| Membership in secret society or group | 1 | 2 | 3 | 4 | 5 |
| Exposure to hexes or spells | 1 | 2 | 3 | 4 | 5 |
| Self-harm thoughts or actions | 1 | 2 | 3 | 4 | 5 |
| Regular panic attacks or anxiety | 1 | 2 | 3 | 4 | 5 |
| Fear of rejection | 1 | 2 | 3 | 4 | 5 |
| Uncontrollable outburst of anger | 1 | 2 | 3 | 4 | 5 |
| Blackouts or mental lapses | 1 | 2 | 3 | 4 | 5 |
| Undiagnosed disease or infirmity | 1 | 2 | 3 | 4 | 5 |
| Other: _____ | 1 | 2 | 3 | 4 | 5 |

Take a moment, either alone or with a witness, to pray about the results of this exam. Identify any demonic influence by name, step into your authority as a believer and follower of Christ, and ask Jesus to command the spirit to leave you alone. Listen for confirmation, and take any remedial steps indicated by Jesus.

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Sharing: Spiritual Warfare

Discuss these points and questions in your small group.

- What personal evidence can you share that convinces you God is a person and not just a force or law?
- What has been your understanding of demons, demonization, demonic possession, and demonic oppression?
- How did Jesus interact with the spiritual beings in His ministry?
- Explain the basis of your authority when it comes to spiritual warfare.
- How will you encourage others to hold the territory against the enemy?
- What spiritual disciplines help you discover and destroy legal ground that could otherwise be used against you?

Caring: Spiritual Warfare

Get into groups of four or five and take some time to minister to one another. Ask the Lord to reveal the breach that led to the enemy's claim of legal ground, and ask for the prayer strategy to reclaim that territory. This may include confession, forgiveness, and an act of repentance such as revoking a vow or proclaiming a freedom in the name of Jesus.

Use this format for a cleansing prayer:

- a) Thank the Lord for His forgiveness and cleansing work.
- b) Specifically confirm the spiritual transactions that have been taken.
- c) Proclaim authority in these areas.
- d) Confirm the cleansing in the spiritual realm by the blood of Jesus.
- e) Pray for the blood to cover any remaining legal ground issues and strongholds.
- f) Invite God to assign warring angels to protect everyone that participated.
- g) Ask for a hedge of protection in the physical, emotional, and spiritual realms.
- h) Thank the Lord for His protection and provision.