

# SELF-GUIDED COURSE



WELLSPRINGS OF FREEDOM INTERNATIONAL

*People of Prayer Series*

## PRAYING WITH AUTHORITY

PRAYING BOLDLY IN THE POWER OF CHRIST'S AUTHORITY

### Class Four Reflection Exercises: “Confronting Darkness: Prayer and Spiritual Warfare”

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This exercise is designed to help you personally apply the foundational truths from Class Four: “Confronting Darkness: Prayer & Spiritual Warfare” in the “Praying With Authority” course.

#### 1. Personal Inventory: Are You Battle Ready?

Scripture: Ephesians 6:10–18

Read through the Armor of God passage slowly. Which “piece” of the armor do you feel is strongest in your life right now? Which one feels weakest or neglected?

Write one practical way you will strengthen your “weakest piece” this week (e.g., memorizing a truth to resist lies, recommitting to daily prayer, etc.).

#### 2. Real-Life Stronghold Mapping

Scripture: 2 Corinthians 10:4–5

Think of an area in your life or someone you care about where there’s a persistent struggle (fear, addiction, shame, bitterness, unbelief, etc.).

Name the lie or stronghold involved. Write a truth from God’s Word to counter it. Turn it into a declaration prayer, e.g., “In Jesus’ name, I declare that [Truth]. I tear down the lie that [Lie]. I take every thought captive to Christ.”

#### 3. The Blood and Boundaries Exercise

Scripture: Revelation 12:11, Exodus 12:13

Reflect on the power of the blood of Jesus in creating a spiritual boundary of protection.

Exercise: In prayer, apply the blood of Jesus over specific areas of your life—home, family, relationships, ministry, etc. Speak aloud: “By the blood of Jesus, I cover \_\_\_\_\_. No weapon formed against it shall prosper.” Write down what areas of your life you feel called to stand guard over in prayer more intentionally.

## **4. Worship as Warfare**

Scripture: 2 Chronicles 20:21–22; Psalm 149:6–9

Reflection: When has worship shifted the spiritual atmosphere in your life?

Exercise: Set aside 10 minutes to worship intentionally today. Choose a song that declares Jesus’ authority or victory. As you worship, pray: “Jesus, bring breakthrough where Your name is lifted up.” Journal what you sense shifts internally or spiritually during or after worship.

## **5. Binding and Loosing Practice**

Scripture: Matthew 16:19

Is there an ongoing influence, attack, or voice that you sense is not of God?

Exercise: Write a prayer of binding and loosing, e.g., “In the name of Jesus, I bind every spirit of fear and intimidation that is not from God. I loose peace and truth into my heart and mind.” Say it out loud with authority.

## **6. Discernment Activation**

Scripture: 1 Corinthians 12:10, Philippians 1:9

Have you ever sensed something “off” spiritually, even when everything seemed fine outwardly?

Exercise: Ask God: “Holy Spirit, increase my discernment. Give me spiritual eyes to see what You see.” Sit quietly and journal what images, impressions, scriptures, or phrases come to mind. After praying for someone specific, ask God for insight into what may be influencing their spiritual situation.

## **7. Testimony of Victory**

What's a time when you or someone else experienced breakthrough through spiritual warfare prayer?

Exercise: Write a 1-page testimony of a time you: Confronted darkness, used spiritual weapons, saw God bring victory. Then, share it with someone else this week to build their faith.

## **8. "Do Not Fear" Reflection**

Scripture: Romans 8:31, 1 John 4:4

What fears or hesitations do you carry when it comes to confronting spiritual darkness?

Exercise: List those fears. Now write God's truth next to each one. Then pray: "God, I choose to stand on Your truth instead of fear. If You are for me, who can be against me?"