

SELF-GUIDED COURSE



WELLSPRINGS OF FREEDOM INTERNATIONAL

People of Prayer Series

PRAYING THROUGH RESISTANCE

PERSEVERING IN PRAYER AND STANDING IN VICTORY

Class Three Reflection Exercise: “Spiritual Warfare & Resistance”

Pastor David Kelly

These exercises are created to help you identify where you are experiencing spiritual resistance, apply the armor of God, declare truth from Scripture, and engage in prayer with Christ’s authority.

Step 1 – Identify the Resistance

Take 5 minutes in quiet reflection. Ask the Holy Spirit to reveal:

- Areas in your life where you feel opposition, delay, confusion, fear, or discouragement.
- Lies you’ve been tempted to believe about God, yourself, or your circumstances.
- Patterns in your family that may be generational strongholds.

Write them down in a list.

Step 2 – Match the Armor of God to the Battle

Using Ephesians 6:10-18 as your reference, draw a table with two columns. Write down any attacks or lies you are facing and connect it with the armor you are putting on as you battle the resistance.

Attack / Lie / Stronghold

Armor of God Response

“God has forgotten me.”

Belt of Truth – Hebrews 13:5

Fear about the future

Shield of Faith – Isaiah 41:10

Temptation to compromise integrity

Breastplate of Righteousness – Proverbs 10:9

Step 3 – Declare “It is Written”

For each lie or attack, write a Scripture-based declaration beginning with “It is written...” and say it out loud. This is using your Sword of the Spirit.

- It is written, “The Lord is my light and my salvation—whom shall I fear?” (Psalm 27:1).
- It is written, “No weapon formed against you will prosper” (Isaiah 54:17).

Step 4 – Pray With Christ’s Authority

Following Luke 10:19 and James 4:7:

1. Submit yourself fully to God.
2. Resist the enemy by declaring truth out loud.
3. Command oppression, lies, or fear to leave in Jesus’ name.
4. Thank God for your identity in Him.

Step 5 – Enlist Allies

Find one trusted believer to:

- Agree with you in prayer.
- Stand with you when resistance rises.
- Remind you of truth when discouragement comes.

Challenge for the Week

Every morning for the next 7 days:

1. Verbally “put on” each piece of the armor of God (Ephesians 6:10–18).
2. Speak at least one “It is written” declaration over your life.
3. Pray for one other believer who is facing resistance.