Spiritual Warfare for Blended Families



A 7-day Bible study to unite blended families, defeating strife and rejection through God's power and spiritual truth.





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Introduction

Spiritual warfare is a reality in the life of every believer, but it takes on a deeper urgency when families are blended by marriage. When two separate family histories merge into one, the enemy often attacks with spirits of strife, rejection, and division. This study aims to equip you with biblical truths and spiritual strategies to *unite your family* and break down strongholds that hinder love and peace.

Blended families can experience unique challenges—children adjusting to new parental figures, parents navigating relationship dynamics, and old wounds surfacing through past hurts. However, the Bible calls us to remember that our battle is ultimately not against flesh and blood, but against spiritual forces seeking to destroy what God has created (Ephesians 6:12). By applying God's Word and putting on His armor, you can protect your family and foster a home marked by love, grace, and unity.

Each day in this study centers on a key aspect of spiritual warfare in the context of blended families. We will explore Scripture about standing firm in faith, overcoming rejection with God's love, making peace in conflict, and praying with authority. As you engage each day, allow the Holy Spirit to reveal areas needing healing and strength. Remember, God desires peace for your home and victory over any division or strife.

Let's embark on this journey with hearts open to God's healing power, trusting that with Him, your blended family will not just survive but thrive in







unity and love. *Get ready to take spiritual authority, embrace God's peace, and walk forward as a united family under His protection and blessing.* A

















Day 1: Understanding the Battle We Face

Your Verse

Ephesians 6:12 - "For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms."

Supporting Scriptures

- 2 Corinthians 10:3 "For though we live in the world, we do not wage war as the world does."
- James 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you."







Day 1: Understanding the Battle We Face

Devotional: Recognizing the Spiritual Battle Within

Spiritual warfare begins with understanding who our true enemy is. In blended families, it's easy to blame people for conflicts and disunity. Yet Scripture reminds us the real battle is spiritual, not merely relational. The enemy seeks to create division, strife, and rejection within your family unit because he knows unity is powerful.

Today, reflect on this truth: Your struggles with family tension are part of a larger spiritual conflict. By recognizing that you are not fighting against your family members but against unseen evil forces, you can start to pray and act effectively. Instead of reacting in anger or bitterness, you can leverage God's power by resisting the devil and submitting to God's authority.

Begin this study anchoring your heart in the reality of spiritual warfare. Put on the full armor of God daily to stand firm against the enemy's schemes (Ephesians 6:13–17). Know that as God's child, you possess the authority to resist every attempt to divide and harm your blended family.

Today's battle cry: Stand firm in faith, resist the devil, and watch him flee from your family!







Day 1: ① Understanding the Battle We Face

Reflect and Apply

1.	How does understanding the spiritual nature of your family struggles change your perspective?
2.	Who or what have you mistakenly seen as the enemy in your family conflicts?
3.	What does it look like practically to 'resist the devil' in your blended family relationships?







Day 1: ① Understanding the Battle We Face

Journaling Prompts

1.	Write down some instances where you feel spiritual forces impacted your family dynamics.
2.	List areas where you need to submit more to God's authority in your family.
3.	Record any prayers or declarations you want to use to resist the enemy's attacks.







Day 1: ① Understanding the Battle We Face

Prayer for Today

Father God, thank You for revealing the true nature of the battles we face in our blended family. Help us to see beyond the surface conflicts and recognize the spiritual forces at work. Give us your armor and strength to stand firm, resist the enemy, and bring unity where there is division. Teach us to submit fully to Your authority and walk in peace. Shield our family from strife, rejection, and all plans of the enemy. We declare that through Jesus, our family is covered and victorious. *Thank You for Your love and protection*. Amen.







Day 2: Overcoming Rejection with God's Love









Day 2: Vovercoming Rejection with God's Love

Your Verse

Romans 8:38–39 – "For I am convinced that neither death nor life... will be able to separate us from the love of God that is in Christ Jesus our Lord."

Supporting Scriptures

- 1 John 4:18 "There is no fear in love. But perfect love drives out fear, because fear has to do with punishment."
- Psalm 27:10 "Though my father and mother forsake me, the Lord will receive me."







Day 2: V Overcoming Rejection with God's Love

Devotional: Healing Rejection Through God's Unfailing Love

One common battle in blended families is the spirit of rejection. Children and adults alike may feel abandoned or unloved because of changes and adjustments. The enemy uses rejection to create walls and division, but God's love is stronger than any feeling of not belonging.

God's love is perfect, unconditional, and never rejects. When we dwell in this truth, we build confidence and healing. Remember Paul's assurance that nothing can separate us from the love of God—not even family challenges or past wounds.

If rejection lingers in your heart or others' hearts within your blended family, bring it to God. Ask Him to replace fear and loneliness with His perfect love. Pray that every family member would experience the healing presence of God's acceptance and belonging.

Embrace God's love today and extend it to your family, knowing it has power to break rejection's hold.







Day 2: Overcoming Rejection with God's Love

Reflect and Apply

1.	What feelings of rejection are present in your family relationships?
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	How does understanding God's unconditional love help heal those feelings?
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	In what ways can you actively show God's love to family members who feel rejected?
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Day 2: Overcoming Rejection with God's Love

Journaling Prompts

1.	Write about a time when you or a family member felt rejected and how God's love brought healing or could bring healing.
	List practical ways you can demonstrate God's unconditional love in your home.
3.	Pray words of acceptance and love over each family member and journal the experience.







Day 2: V Overcoming Rejection with God's Love

Prayer for Today

Lord Jesus, thank You for Your unchanging love that embraces us even when we feel rejected or alone. Heal every hurt and fear of rejection in our hearts and our blended family. Teach us to love as You love — perfectly and without conditions. Bring unity where rejection has caused separation, and fill our home with Your peace. Help us to be vessels of Your love to one another. We trust in Your promise that nothing can separate us from Your love in Christ. Amen.















Your Verse

Matthew 5:9 - "Blessed are the peacemakers, for they will be called children of God."

Supporting Scriptures

- Romans 12:18 "If it is possible, as far as it depends on you, live at peace with everyone."
- Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger."







Devotional: Becoming a Peacemaker in Your Family

Blended families naturally encounter conflict due to different personalities and histories. But God calls us to be peacemakers — proactive in bringing reconciliation and harmony rather than fueling discord.

Peace does not mean ignoring conflict but addressing it with love and wisdom. Matthew 5:9 praises those who pursue peace as God's own children. This day challenges you to evaluate how you respond in family disagreements: Are you seeking to understand and heal, or escalating strife?

Practice humility and gentleness in your words. Take responsibility for your part in conflicts and pray for God's guidance to resolve tensions. Remember, peace is a fruit of the Spirit, cultivated by surrendering to God and valuing relationships over pride.

Choose to be a peace ambassador in your blended home, standing against the enemy's attempts to sow division.







Reflect and Apply

1.	How do you typically respond to conflict in your blended family?
2	What are some practical ways you can promote peace rather than strife?
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3.	How can humility and gentleness change your family dynamics?







Journaling Prompts

1.	Reflect on a recent family conflict and write how you could be a peacemaker in that situation.
2.	List qualities of a peacemaker and which ones you want to develop more.
3.	Pray for peace in specific areas of your blended family and note any impressions.







Prayer for Today

Heavenly Father, help us to be peacemakers in our blended family. When conflict arises, give us the wisdom to respond with humility and gentleness. Teach us to cherish unity and to work towards reconciliation, not division. Guard our hearts against pride and anger, and fill our home with Your peace. May we reflect Your love as we pursue harmony and healing. Thank You for being our ultimate peace. Amen. **\mathref{Y} \times \mathref{\mathref{P}}















Your Verse

Luke 10:19 – "I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you."

Supporting Scriptures

- Mark 16:17 "These signs will accompany those who believe: In my name they will drive out demons."
- James 4:7 "Resist the devil, and he will flee from you."







Devotional: Claiming God-Given Authority as a Family

God has given believers spiritual authority over the enemy's attempts to harm our families. This authority is not passive—it requires us to actively exercise it by faith and obedience.

In a blended family, this means uniting in prayer and declaring God's power over any spirits of division, strife, or rejection. Luke 10:19 reminds us that nothing can harm when we act in Jesus' authority. Together, your family can pray with confidence, binding what is evil and loosing peace and love.

Don't underestimate the power of collective faith. When your family agrees in prayer, the spiritual impact is multiplied. Practice speaking aloudScripture over your home, rebuking lies, and declaring God's truth about identity, love, and unity.

Stand boldly as a spiritual family, overcoming every force that seeks to destroy your unity.







Reflect and Apply

1.	How confident do you feel exercising spiritual authority in your family?
2.	What fears or doubts might be holding you back?
	How can your family come together to pray and fight spiritual battles collectively?







Journaling Prompts

	Write out declarations of authority from Scripture you can pray over your home.
	Reflect on past situations where God's authority brought victory in your family life.
3.	Plan a family prayer time focusing on spiritual protection and unity.







Prayer for Today

Lord Jesus, thank You for the authority You have given us to overcome the enemy. Help us, as a blended family, to stand united in faith and use that authority boldly. Teach us to resist every evil force, to speak Your truth with power, and to protect our home from division and harm. Strengthen our faith, remove fear, and help us walk victoriously in Your Name. Amen. § 6 🙏















Your Verse

Proverbs 6:16–19 – "There are six things the Lord hates... a quarrelsome person who stirs up conflict among brothers."

Supporting Scriptures

- Galatians 5:19-20 "The acts of the flesh are obvious: sexual immorality, impurity... discord, jealousy, fits of rage..."
- James 3:18 "Peacemakers who sow in peace reap a harvest of righteousness."







Devotional: Identifying and Overcoming Strife's Grip

The spirit of strife seeks to ignite fights and create discord in blended families. It thrives on jealousy, anger, and bitterness, which poison relationships and rob homes of peace.

Proverbs warns us how much the Lord hates conflict among brothers and sisters. Therefore, guarding your heart and home against this spirit is crucial. Recognize the signs of strife — harsh words, gossip, envy — and reject them in Jesus' Name.

Ask the Holy Spirit to reveal any attitudes or behaviors in your family that feed strife and commit to uprooting them. Promote kindness, patience, and forgiveness as antidotes.

When strife is confronted and replaced with peace, your blended family will thrive in righteousness and love.







Reflect and Apply

1.	What are common triggers of strife in your blended family?
	How can you personally avoid fueling conflict and instead promote peace?
	What forgiveness or reconciliation needs to take place to break cycles of strife?







Journaling Prompts

1.	List attitudes or words you want to stop using that increase conflict.
2.	Write a prayer of forgiveness or reconciliation toward a family member.
	Journal about moments when peace overcame strife in your family and how it felt.







Prayer for Today

Father, protect our blended family from the spirit of strife and all its manifestations. Help us to recognize when conflict is stirred up and give us grace to respond with love and patience. Heal any wounds caused by discord and empower us to be peacemakers who foster unity. Break every root of bitterness, jealousy, and anger. Fill us instead with Your Spirit, bearing fruit that honors You. Amen. 1















Your Verse

Philippians 4:6 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Supporting Scriptures

- Colossians 4:2 "Devote yourselves to prayer, being watchful and thankful."
- 1 Thessalonians 5:17 "Pray continually."







Devotional: Unifying Your Family Through Daily Prayer

Prayer is our most powerful weapon in spiritual warfare, especially for blended families. When life gets complicated, turning to God in persistent and thankful prayer invites His presence and power into your home.

Paul encourages believers to present every worry, every need, and every hope through prayer. A blended family that prays together builds spiritual unity and resilience. Prayer changes hearts, breaks chains, and aligns your family with God's will.

Set time aside as a family to pray daily — for protection, healing, understanding, and love. Encourage each member to share their burdens and lift one another in prayer. When you seek God together, you create a strong spiritual foundation that the enemy cannot shake.

Keep your family connected to God through the power of prayer, and watch Him work miracles in your home.







Reflect and Apply

1.	What role does prayer currently have in your family life?
2.	How can daily prayer transform the challenges in your blended family?
3.	What specific prayer needs can you bring together as a family?







Journaling Prompts

1.	Write down a prayer schedule or plan you want to start with your family.
2.	Journal specific prayer requests for each family member.
3.	Reflect on answered prayers and how they encouraged your family.







Prayer for Today

Gracious God, help us to make prayer a consistent and joyful part of our blended family's life. Teach us to bring every worry, hurt, and hope to You with thanksgiving, trusting You hear and answer. Unite us in prayer, strengthen our faith, and anchor us in Your peace. May our hearts be open to You as we seek Your guidance and healing each day. Fill our home with Your presence and power as we fight spiritual battles through prayer. Amen.

















Your Verse

Psalm 133:1 – "How good and pleasant it is when God's people live together in unity!"

Supporting Scriptures

- 1 Peter 5:8-9 "Be alert and of sober mind. Your enemy the devil prowls... Resist him, standing firm in the faith."
- John 17:21 "That all of them may be one, Father, just as you are in me and I am in you."







Devotional: Living United in Faith and Victory

After a week of understanding spiritual warfare in blended families, the goal is clear: unity and victory. God delights when families live together in harmony, reflecting His own unity within the Trinity.

Walking in unity requires vigilance against the enemy's schemes, steadfast faith, and daily commitment to love. The family that stands together resists the devil and claims victory through Jesus Christ.

As you close this study, declare unity over your home. Embrace each member's unique role and identity in God's family. Celebrate progress made and keep pressing forward in faith, knowing that the battle belongs to the Lord.

Let your blended family be a powerful testimony of God's ability to produce peace, love, and victory over every obstacle.







Reflect and Apply

1.	How has this study shifted your view of spiritual warfare in your family?
2.	What steps will you take moving forward to maintain unity?
	How can your family support one another in walking victoriously day by day?







Journaling Prompts

1.	Write a declaration of unity and victory over your blended family.
	List commitments each family member can make to foster peace and love.
	Pray and journal about God's ongoing work in your family's spiritual journey.







Prayer for Today

Lord, we rejoice in the unity You are building within our blended family. Help us to walk firmly in faith, resisting every attack from the enemy together. Bind us in love, understanding, and forgiveness. May our home be a beacon of Your peace and victory, showing the world Your power to reconcile and heal. Keep us vigilant, hopeful, and committed to You always. Amen.









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