



# Victory in Spiritual Warfare: From Lies to Truth



Over 7 days, discover freedom from occult lies, embrace your true identity in Christ, and walk confidently in spiritual victory.

---



# Table of contents

<u>Introduction</u>	3
<u>Day 1:  Recognizing the Battlefield</u>	4
<u>Day 2:  Identifying the Lies We Believed</u>	10
<u>Day 3:  Embracing Your New Identity in Christ</u>	16
<u>Day 4:  Putting on the Armor of God</u>	22
<u>Day 5:  Walking in Authority and Deliverance</u>	28
<u>Day 6:  Overcoming Fear and Doubt</u>	34
<u>Day 7:  Living in Freedom and Praise</u>	40



## Introduction

Welcome to this transformative 7-day Bible study on Spiritual Warfare, designed specifically for those emerging from New Age or occult backgrounds. Many who journey away from these paths find themselves tangled in spiritual confusion, burdened by lies that have shaped their identity and perspective. This study is a step-by-step guide to dismantle deception and replace it with God's powerful truth.

Throughout Scripture, God reveals that we are not left defenseless against spiritual forces of darkness. The Apostle Paul encourages believers to "put on the full armor of God" (Ephesians 6:11) and assures us of victory through Christ. Yet, for those with past involvement in occult practices, spiritual warfare is intensely personal and requires intentional grounding in biblical truth.

**This study will:** *equip you to recognize spiritual attacks, help you reject lies that distort your identity, and embrace the freedom and authority that come through Jesus Christ.* Each day includes Scripture, devotional reflections, and practical prompts—perfect for steady growth.

As you embark, remember: your past does not define you; your identity is now secure in Christ. Let God's Word be a lamp guiding your path out of darkness *and into remarkable deliverance.* Get ready to walk in victory!





## Day 1: 🛡 Recognizing the Battlefield



Day 1: ♡ Recognizing the Battlefield

## Your Verse

*Ephesians 6:12 NIV - "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 10:3-4 - "For though we live in the world, we do not wage war as the world does..."*
- *1 Peter 5:8 - "Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour."*



Day 1: ♡ Recognizing the Battlefield

## Devotional: Seeing the Invisible Battle Clearly

**Understanding the true nature of spiritual warfare** is the essential first step on your journey of deliverance. Many who come from New Age or occult backgrounds may have sensed unseen forces at work without having full clarity on who the enemy really is. The Bible reveals that our fight is not against people but against powerful spiritual forces that seek to deceive and enslave.

Often, the lies we believed were not random but part of this enemy's schemes to keep us bound. Knowing that the battlefield is primarily spiritual helps us shift from feelings of helplessness to standing with intentionality. It reminds us that the conflict requires spiritual tools, not mere human strength or wisdom.

As you reflect on these verses, consider how your worldview might be shifting. Are you beginning to see the spiritual dangers and your need for God's protection? *This awareness is freedom's doorway.* Your past beliefs may have disguised these forces, but now you have God's Word to expose their tactics.



## Reflect and Apply

1. Have you recognized the spiritual nature of the struggles you face?

---

---

---

2. How does knowing that the enemy's fight isn't against flesh and blood change your perspective?

---

---

---

3. What feelings arise when you imagine the enemy 'prowling like a lion'—how can you respond differently?

---

---

---



Day 1: ♡ Recognizing the Battlefield

# Journaling Prompts

1. Write about a spiritual struggle you've experienced and how you understood it before now.

---

---

---

2. List any lies you suspect came from spiritual deception in your past beliefs.

---

---

---

3. Describe what it means to you that your battle is against spiritual forces, not people.

---

---

---





Day 1: ♡ Recognizing the Battlefield

## Prayer for Today

**Dear Heavenly Father,** thank You for revealing the true nature of the spiritual battle I face. Help me to see the invisible forces at work around me and guard my mind and heart from deception. Lead me to stand firm in the armor You provide and to walk each day with boldness against lies that once held me captive. Strengthen my faith as I begin this journey of freedom, and remind me I am never alone. In Jesus' powerful name, Amen. 🙏🛡️✨





## Day 2: 🔍 Identifying the Lies We Believed



## Day 2: 🔍 Identifying the Lies We Believed

## Your Verse

*John 8:32 NIV - "Then you will know the truth, and the truth will set you free."*

## Supporting Scriptures

- *Psalm 119:160 - "All your words are true; all your righteous laws are eternal."*
- *Colossians 2:8 - "See to it that no one takes you captive through hollow and deceptive philosophy..."*



## Devotional: Truth as the Key to Your Freedom

**Every lie we once embraced has a destructive root in the enemy's schemes.** The lies from occult or New Age backgrounds often present themselves as truths but lead to confusion and bondage. Today's focus is on recognizing those untruths and contrasting them with God's Word.

The truth of Scripture serves as our foundation and weapon. When we expose lies to the light of God's Word, they lose power. Many who lived in spiritual darkness struggle to believe in the goodness and sovereignty of God because they were taught otherwise. But Jesus invites us to a deeper revelation of truth that liberates.

Ask God to reveal what lies still linger in your heart and mind. What promises from His Word counter those lies? Remember, freedom begins with truth—not feelings or experiences, but the unchanging Word of God.



## Reflect and Apply

1. What are some lies you held as truths in your past spiritual journey?

---

---

---

2. How does the promise of truth setting you free encourage you today?

---

---

---

3. Where can you see the difference between human philosophy and God's revealed truth?

---

---

---



# Journaling Prompts

1. Write down specific false beliefs you want to surrender to God's truth.

---

---

---

2. Record Bible verses that affirm God's truth over lies you believed.

---

---

---

3. Reflect on how truth has already begun to impact your life.

---

---

---



Day 2: 🔍 Identifying the Lies We Believed

## Prayer for Today

**Lord Jesus**, thank You that Your truth has the power to set me free. Help me to identify and reject the lies I have carried, replacing them with Your promises. Fill my heart with the certainty of Your Word and guide me as I walk in the freedom You provide. Teach me to hold fast to truth when doubt creeps in. In Your mighty name, Amen. ✝️ 📖 💡





## Day 3: Embracing Your New Identity in Christ





## Your Verse

*2 Corinthians 5:17 NIV – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*

## Supporting Scriptures

- *Galatians 2:20 – "I have been crucified with Christ and I no longer live..."*
- *Romans 8:1 – "Therefore, there is now no condemnation for those who are in Christ Jesus."*



## Devotional: Living Boldly as God's New Creation

**Your identity is no longer defined by past spiritual experiences or deception.** When you accept Christ, you become a new creation, restored and empowered. This truth replaces shame, guilt, and confusion with purpose and authority.

Many coming from occult backgrounds wrestle with feelings of unworthiness or fear of spiritual remnants from past involvement. Yet Scripture assures us that in Christ, we are made whole and clean. Your identity is tied to God's love and grace, not former bondage.

Meditate on the profound transformation God offers. Step fully into this identity by allowing the Holy Spirit to confirm who you truly are, not by your past, but by His promises and victory.



## Reflect and Apply

1. How does knowing you are a new creation affect your view of yourself?

---

---

---

2. What fears or doubts about your past might need God's healing touch?

---

---

---

3. In what ways can embracing your identity in Christ encourage you in spiritual battles?

---

---

---



# Journaling Prompts

1. Describe what 'new creation' means specifically for your life.

---

---

---

2. List ways your identity in Christ differs from your past beliefs.

---

---

---

3. Write a letter to yourself from God's perspective, affirming your true identity.

---

---

---



## Day 3: 🕊 Embracing Your New Identity in Christ

## Prayer for Today

**Father God**, thank You that I am a new creation in Christ. Help me to fully embrace this truth and leave behind the identity shaped by past lies and fears. Strengthen me with the Holy Spirit's power to live boldly as Your beloved child, free from condemnation and filled with hope. Renew my mind daily to reflect Your image and love. In Jesus' name, Amen. 🌿 ✨ ❤️





## Day 4: ✕ Putting on the Armor of God



## Day 4: ✕ Putting on the Armor of God

## Your Verse

*Ephesians 6:11 NIV - "Put on the full armor of God, so that you can take your stand against the devil's schemes."*

## Supporting Scriptures

- *Ephesians 6:14 - "Stand firm then, with the belt of truth buckled around your waist..."*
- *Psalms 18:2 - "The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge."*



## Day 4: ✕ Putting on the Armor of God

## Devotional: Equipped to Stand Firm and Resist

**Victory in spiritual warfare requires intentional preparation.** God instructs believers to put on His full armor—truth, righteousness, faith, salvation, the Word of God, and prayer. This armor symbolizes practical spiritual resources to stand firm against darkness.

Many from occult or New Age backgrounds may have encountered spiritual experiences without the protection God now offers. Embracing this armor means choosing daily to trust God's truth over deceptive experiences and standing in righteousness through Christ's sacrifice.

Today, reflect on each piece of armor and pray for strength to put it on daily. This is not merely symbolic, but an active engagement in the battle with a confident heart, knowing God equips you fully.





Day 4: ✕ Putting on the Armor of God

## Reflect and Apply

1. Which pieces of God's armor do you find most comforting or challenging to put on?

---

---

---

2. How does understanding this armor help you resist spiritual deception?

---

---

---

3. What practical steps can you take to 'put on' this armor each day?

---

---

---



Day 4: ✕ Putting on the Armor of God

# Journaling Prompts

1. Write about how each piece of armor applies to your life situation.

---

---

---

2. Record a prayer asking God to equip you with each part of the armor.

---

---

---

3. Journal about any resistance or doubts you have regarding spiritual protection.

---

---

---



## Day 4: ✕ Putting on the Armor of God

## Prayer for Today

**Lord, my Defender,** I thank You for equipping me with Your armor to stand strong. Help me to cherish and daily put on truth, righteousness, faith, salvation, and Your Word. Strengthen my prayer life and teach me to stand firm against the enemy's schemes. Let me never rely on my own strength but fully trust in Your protection and power. In Jesus' name, Amen. 🛡️✝️🔥





## Day 5: ✨ Walking in Authority and Deliverance



Day 5: ✨ Walking in Authority and Deliverance

## Your Verse

*Luke 10:19 NIV - "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

- *James 4:7 - "Submit yourselves, then, to God. Resist the devil, and he will flee from you."*
- *Mark 16:17 - "...they will drive out demons in my name..."*



Day 5: ✨ Walking in Authority and Deliverance

## Devotional: Living Boldly with God-Given Authority

**Jesus has given believers authority over spiritual forces.** This authority is not earned through personal strength but granted through faith in Christ. As you turn away from occult ties, step into the confidence that you can resist the enemy and walk in deliverance.

Deliverance includes freedom from fear, temptation, and past spiritual influences. It means standing firm in the name of Jesus and commanding darkness to flee. This power is available to you now.

However, walking in authority involves humility and submission to God's will. Be filled with the Holy Spirit and committed to God's ways. Your past does not disqualify you—it positions you to witness God's freedom at its deepest level.



## Reflect and Apply

1. How is God's authority different from worldly power or spiritual experiences you've known?

---

---

---

2. What areas of your life need the freedom this authority promises?

---

---

---

3. How can you daily submit to God to maintain this victory?

---

---

---



# Journaling Prompts

1. Write about what walking in Jesus' authority looks like for you personally.

---

---

---

2. Reflect on any fears or doubts that try to limit your spiritual authority.

---

---

---

3. Journal your prayers asking for boldness to resist the enemy today.

---

---

---





Day 5: ✨ Walking in Authority and Deliverance

## Prayer for Today

**Almighty God**, thank You for entrusting me with authority over darkness through Your Son, Jesus. Help me to walk in this power with humility and faith, resisting the enemy with confidence. Deliver me fully from past bondage and teach me to stand firm in Your name. Fill me with Your Spirit to lead a victorious life. In Jesus' mighty name, Amen. 👑🔥🕊️





## Day 6: 🕯️ Overcoming Fear and Doubt



## Your Verse

*2 Timothy 1:7 NIV - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*

## Supporting Scriptures

- *Isaiah 41:10 - "Do not fear, for I am with you; do not be dismayed..."*
- *Psalms 56:3 - "When I am afraid, I put my trust in you."*



## Day 6: 🕯️ Overcoming Fear and Doubt

## Devotional: Finding Courage Through God's Spirit

**Fear and doubt often linger from past spiritual strongholds.** They can hinder your walk in freedom and authority. God's Spirit is the antidote, empowering you with courage, love, and self-control.

Moving away from New Age or occult practices can bring waves of uncertainty or fear, but Scripture reassures us that God is present and powerful. Trusting Him is the key.

Take time today to consciously surrender fears to God through prayer. Replace intimidation with His peace and love. Allow His Spirit to strengthen your mind and heart, reminding you that *you are never alone* in this battle.



## Reflect and Apply

1. What fears have held you back from fully embracing freedom in Christ?

---

---

---

2. How can God's Spirit transform your fear into power and love?

---

---

---

3. What practical steps can you take to resist doubt daily?

---

---

---



# Journaling Prompts

1. List specific fears or doubts you want to give to God.

---

---

---

2. Write about a moment when God's peace replaced your fear.

---

---

---

3. Journal encouragements from Scripture that inspire courage for you.

---

---

---



Day 6: 🕯️ Overcoming Fear and Doubt

## Prayer for Today

**Holy Spirit**, fill me with power, love, and self-discipline today. Take away my fear and replace doubt with trust in God's promises. Help me to walk boldly, knowing You lead and strengthen me. Remind me of Your constant presence in times of uncertainty. In Jesus' name, Amen. 💪❤️🙌





## Day 7: 🌈 Living in Freedom and Praise





Day 7: 🌈 Living in Freedom and Praise

## Your Verse

*Psalm 34:4 NIV - "I sought the Lord, and he answered me; he delivered me from all my fears."*

## Supporting Scriptures

- *Galatians 5:1 - "It is for freedom that Christ has set us free..."*
- *Revelation 12:11 - "They triumphed over him by the blood of the Lamb and by the word of their testimony."*



Day 7: 🌈 Living in Freedom and Praise

## Devotional: Celebrate Freedom and Share Your Victory

**Deliverance is not just a one-time event; it is a lifestyle.** Walking in freedom means continually seeking God, worshiping Him, and testifying to His power over every past stronghold.

Our praise and testimony are weapons in the spiritual battle (Revelation 12:11). Sharing your story strengthens your faith and encourages others walking similar journeys. It reminds you daily of God's faithfulness.

Today, celebrate progress made. Even amidst ongoing challenges, God invites you to live in freedom, rooted in His truth and love. Your victory is assured through Jesus!



## Reflect and Apply

1. How has your understanding of spiritual warfare changed this week?

---

---

---

2. What freedoms have you experienced that you can praise God for?

---

---

---

3. How might sharing your testimony help you and others continue in victory?

---

---

---



Day 7:  Living in Freedom and Praise

# Journaling Prompts

1. Write a testimony of how God has brought you freedom.

---

---

---

2. List things you are grateful for related to your spiritual journey.

---

---

---

3. Plan ways to encourage others who are escaping spiritual bondage.

---

---

---



Day 7: 🌈 Living in Freedom and Praise

## Prayer for Today

**Gracious Father**, thank You for delivering me from darkness and setting me free in Christ. Help me to live daily in that freedom, praising You in all things. Empower me to boldly share my testimony, bringing hope to those still in bondage. Let my life reflect Your glory and victory. In Jesus' name, Amen. 🎉





## Where God's Word Meets Your Daily Life

### A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.




What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 100k+ Bible Study Plans on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

### Bonus for You:


Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

### Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.  
Email us at [info@holyjot.com](mailto:info@holyjot.com).

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.  
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.