

1 CODEPENDENCE WORKSHOP

Chapter 15: Fortifying Our Heart

2 WHAT IS THE NATURE OF WARFARE?

- ▶ We have a real enemy – and it's not people. The enemy works through people like God works through people
- ▶ "For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places." Ephesians 6:12.
- ▶ Our best defense and weapon is always repentance and forgiveness – this represents walking with God. Without that, we are by default unprotected.
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3 HOW THE DEMONIC REALM WORKS

- ▶ The demonic realm works by strategies and assignment, much like an army.
- ▶ The power of the demonic realm lies in agreement (Adam and Eve) with its point of view.
- ▶ The demonic realm works by alliances, seeking to cause the power of number and division to fulfill purposes.
- ▶ The demonic realm works by permission – it needs legal access and rights – this usually happens in the soul, and through family ties.
- ▶ The demonic realm works by counterfeit, it can't create, it can only distort God's creation and purposes.
- ▶ ALL VICTORY AND DEFEAT IN THE SPIRITUAL REALM IS DUE TO AUTHORITY & SUBMISSION. WE MUST LEARN OUR AUTHORITY IN JESUS. WE MUST!!!!

4 POWER OF PRAISE

- ▶ The entrance of God's power is the culmination of all victory. Jesus defeated Satan, plain and simple. Thus, when He is called to the scene, of battle, the enemy must lose. He HAS to lose! Otherwise the cross is useless.
- ▶ Praise establishes an environment where God is honored. To look at the face of evil and acknowledge God's goodness and truth is more powerful than any weapon we could imagine.
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5 NEHEMIAH

- ▶ The walls of fortification – what that meant
- ▶ The internal temple versus wall building – two different purposes and processes.
- ▶ Restoration wasn't complete until the walls were back in order – the power and beauty of the city was made known and enemies were given a firm statement that Jerusalem was no longer under their control.
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6 LIVING SHIELDED

What does God's protection entail?

- ▶ A lifestyle of His leadership, trust and authority.
- ▶ A lifestyle of humility, correction and repentance.

- ▶ The desire to always turn to Him.
- ▶ It is NOT living behaviorally perfect!

7 **FIGHTING A WAR**

- ▶ Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God's righteousness. For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. Ephesians 6:13-18

8 **BELT OF TRUTH**

- ▶ Removing denial and discerning lies
- ▶ Discerning the spiritual influence
- ▶ Discernment is not judgment. Judgment is not discernment. Discernment provides information to be used to combat a spiritual battle – it will house the best interest for everyone. Judgment is a toxic poison that seeks to tear people down, label them, and find a personal benefit in their "punishment."

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9 **ARMOR OF RIGHTEOUSNESS**

- ▶ Sin brings separation – it's always something we must watch
- ▶ Our righteousness is in Christ
- ▶ We must constantly battle against self righteousness and any works we do in our own strength
- ▶ Our calling in recovery is that we live by the cleansing power of God's redemptive principles – accessing grace constantly.

10 **SHOES OF PEACE**

- ▶ The biggest witness and testimony we share to those around us isn't just the actual words we speak, but the life we live.
- ▶ God will not draw people to us personally, but to His life in us.
- ▶ Carrying Jesus may lead to persecution and even division. We must learn to understand when we are under His influence, we represent Him. When people are drawn to us, they are drawn to Him. When they hate us and reject us, they are hating Him.
- ▶ However, we can't use this as a license to blame everyone else – we need to make sure our walk aligns with our language, lest we do actually disgrace the message we carry

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11 **SHIELD OF FAITH**

- ▶ Faith is such a powerful weapon is that when we grab hold of it, we come under Divine control that exceeds anything on earth.
- ▶ Therefore, when we receive and claim God's promises at truth, our current circumstances as they play out in our practical lives are irrelevant.
- ▶ God doesn't need the physical to align with the spiritual whatsoever. After all, He can walk

on water!

- ▶ Peter walking on the water defied the practical circumstance and superseded them through the power of God.

12 **HELMET OF SALVATION**

- ▶ The enemy will gain most ground if he can disable the security and authority we have in Jesus Christ.
- ▶ If the enemy can make us doubt our right standing in God, or make us see ourselves apart from who we are Christ, he will in effect conquer the entire rest of our lives.
- ▶ Just as a brain injury could paralyze or deem us incompetent, when our identity as a child of the Most High King is replaced by doubt, fear, shame and guilt, we are paralyzed in God's Kingdom.

13 **SWORD OF THE SPIRIT**

- ▶ Temptation of Jesus – how He used the Word (truth) to combat the Enemy
- ▶ Each time Satan tempted, Jesus put him in his proper place (under His authority), thus stabbed him at the heart and let the truth conquer the situation.
- ▶ Once He accomplished using the sword accurately, Satan was forced to flee – in essence, he was defeated in that moment.
- ▶ If we really understood that we have this same authority and ability in our own lives, we might never be afraid again. Satan is like a dog without teeth or claws. All the barking and terror he wishes to impart onto us is unable to actually cause us harm unless God allows it to for His own purposes.

14 **PRAY**

- ▶ When we don't pray to God first over the circumstances we face, we will be overcome by the emotion or the need in the situation.
- ▶ But when we do pray, we gain the insight and the power of God. This power is given to us when we receive His supernatural peace to bring comfort, healing and assurance of His control.
- ▶ Prayer activates heaven – the power isn't in how or what we pray, but who we pray to.

15 **VICTORY**

- ▶ When we are on God's side, we can truly be equipped to be His warriors, mighty to defeat the Enemy, and able to bring the message of freedom to this culture in such a way as to truly impact those around us.