

SPIRITUAL WARFARE MANUAL

BY PETER DATE

TREE OF LIFE

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POINTS ON SPIRITUAL WARFARE

Firstly, counselling if possible with the person is important - Check they have a spiritually clean house. Deuteronomy 7:26 (get rid of New Age books, Rock and Roll records, idols, etc.)

- List their problems and talk briefly with them about the battle for the mind, unforgiveness, bitterness, the eight weapons of Spiritual Warfare.
- Give Prayer of Commitment to look over.

FORMAT

- Short Prayer
- Bible Texts you can read for encouragement eg. John 14:14, Matthew 18:19, 20
 - Kneel – **Pray for:-**
 - Holy Spirit to control everything.
 - Pray for the holy Angels to protect all present and to fight any battle till it is finished.
 - Pray for Victory and Freedom for the person.
 - Pray that family members of those present be protected.
 - The Armour of God.
 - The Blood of Christ to cover everyone in the room.
 - Bind any powers of darkness.
 - Any evil spirits that have no right to be in the room to go.
 - Bind up the mouth of Satan and any evil angels that come around to issue orders.
 - Protection from any demonic deception or lies - (*This point is very important*)
 - Take authority over the powers of darkness Luke 10:19

NEXT

- Sit down - Person reads Prayer of Commitment.
- Go through problems and ask:- If there are any powers of darkness causingI/we command you to come forward.
- If there is reaction, you rebuke in Jesus Christ's name and cast it/them out to the pit.
A good text to quote here is Matthew 8:32. You say, **It is written, "And he said unto them, Go."**
- If impressed by the Holy Spirit you may need to ask one or more of the following questions:-
 - **What is Your Name?**
 - When did you come in?
 - What is your assignment?
 - What legal right do you have to be interfering in this person's life?
- Some statements you may be impressed to use when dealing with the powers of darkness:-
Release all holds, I/we take back the ground, Enter him/her no more.
- **Pray for the opposite in the person's life to fill the vacuum.**
- **NOTE:-** Remember that in many cases a person is not possessed, yet a reaction of some sort may take place. Once again you simply command it/them to go in Jesus Christ's name.

My Declaration of Faith

I believe that Jesus of Nazareth is the Son of God and my Saviour. I believe that my rightful inheritance in the Lord Jesus Christ includes deliverance from every evil power. I now state my desire to be completely free in the name and by the grace of the Lord Jesus Christ.

My Prayer of Commitment

Heavenly Father, I confess that I am a sinner. I repent of the sins which have controlled my life and reject the dominion of sin over me. I want to be fully your child.

By the grace and power of your son, Jesus of Nazareth, I choose to be free of every hereditary, cultivated, or transferred demonic power that has molested me physically, mentally, spiritually, emotionally, morally, sexually, socially, financially, or in any other way. I reject everything in my character that is unlike the Lord Jesus Christ.

I wish to close every door that I have ever opened to the Devil through any occult practice, or reading. I now take back the ground that I have ever given to the Devil – and give it rightfully to the Lord Jesus Christ. I am a child of God by right of creation and redemption. I choose of my own free will the rightful claim for Jesus Christ to be Lord of my life. I believe that the power of the Lord Jesus Christ is able to give me complete Freedom and Deliverance. I claim that Freedom and Deliverance now! In Jesus Christ's Name I ask it, Amen.

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An Adventist Apocalypse p34 – “The evils which have existed in all ages will continue to exist till the close of probation. We need to understand the cause of these evils, and modes of Satan’s attacks, that we may be able to resist them”.

Ev p.704 – “Over every man, good and evil angels strive”

4T p.45 – “...his whole catalogue of evil spirits”

1T p.308 – “He works most successfully in darkness, injuring those who are ignorant of his devices”

GC p.516 – “There is nothing that the great deceiver fears so much as that we shall become acquainted with his devices”

KEY TO ABBREVIATIONS OF BOOK TITLES

- AA** = **The Acts of the Apostles by Ellen G. White**
AH = **The Adventist Home**
CDF = **Counsels on Diet and Foods**
CH = **Counsels on Health**
COL = **Christ's Object Lessons**
CT = **Counsels to Parents, Teachers, and Students**
DA = **The Desire of Ages**
Ed = **Education**
EV = **Evangelism**
FE = **Fundamentals of Christian Education**
EW = **Early Writings**
GC = **The Great Controversy Between Christ and Satan**
GW = **Gospel Workers**
MCP = **Mind, Character and Personality**
MH = **The Ministry of Healing**
OHC = **Our High Calling**
SC = **Steps to Christ**
SD = **Sons and Daughters of God**
ST = **Signs of the Times**
TM = **Testimonies to Ministers and Gospel Workers**
VSS = **Voice in Speech and Song**
1T = **Testimonies For the Church vol. 1 (2T – vol. 2, etc)**
1SM = **Selected Messages Book 1**
2SM = **Selected Messages Book 2**
3BC = **The Seventh-day Adventist Bible Commentary, vol. 3**

1. SPIRITUAL WARFARE

THE OTHER 1/3 OF THE WORK

Like three legs on a tripod, remove one leg and it doesn't stand up so well. Again, two wheels on a tricycle are not as effective as three. So it is that there is 1/3 of the work little taught and little known about among God's people today, a doctrine taught and utilized by Jesus Christ, the early Christian Church and the early Seventh-day Adventist Church, which is Spiritual Warfare.

Spiritual Warfare is the other half of Medical Missionary work. This work encompasses casting out demons, rebuking demons, counselling, teaching how to use the spiritual weapons of warfare, using the spiritual weapons in our daily lives against the attacks of the enemy from temptation, right up to the Job type attacks which even Sister Ellen White herself experienced.

Consider the three part ministry of Jesus and realize that Spiritual Warfare is not an optional extra for Seventh-day Adventists. We have been asleep, and the Devil has introduced the cunning counterfeit of Psychology. Motives of those using modern psychology may be well meaning, and that has to be acknowledged, but the basic principles are wrong. God doesn't want people to cope with something but to be free. We have to appeal to a power outside of ourselves, not a power within. Punching a pillow, for example, does not get rid of anger, bitterness or hate. Only God can give true peace of mind.

The following points illustrate the three part ministry as used and commissioned by the Lord Jesus Christ, who had and has a balanced ministry:

1) War in Heaven – Revelation 12:7-9

7. And there was war in heaven: Michael and his angels fought against the dragon; and the dragon fought and his angels,

8. And prevailed not; neither was their place found any more in heaven.

9. And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him.

2) War on Earth – Revelation 12:17 – And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ.

3) 1/3rd part of Jesus' work –

Luke 4:17-19, Matthew 4:24, Acts 10:38

Preach the word, Heal the sick, Cast out devils

4) Ordained 12 – Matthew 10:1,7,8 Luke 9:1
Preach, Heal the sick, Cast out devils

5) Sent out 70 – Luke 10:1-24 Note vs 17

Preach, Heal the sick, Cast out devils
vs 9 vs 17

6) Church – Mark 16:15-18 (Note vs 17,18)

Preach, Heal the sick, Cast out devils

7) Early Writings pages 191, 192 – “Satan again counseled with his angels, and with bitter hatred against God's government told them that while he retained his power and authority upon earth their efforts must be tenfold stronger against the followers of Jesus. They had prevailed nothing against Christ but must overthrow His followers, if possible. In every generation they must seek to ensnare those who would believe in Jesus. He related to his angels that Jesus had given His disciples power to rebuke them and cast them out, and to heal those whom they should afflict. Then Satan's angels went forth like roaring lions, seeking to destroy the followers of Jesus.”

8) Early Writings page 227 – “The church is not now the separate and peculiar people she was when the fires of persecution were kindled against her. How is the gold become dim! how is the most fine gold changed! I saw that if the church had always retained her peculiar, holy character, the power of the Holy Spirit which was imparted to the disciples would still be with her. The sick would be healed, devils would be rebuked and cast out, and she would be mighty and a terror to her enemies.”

9) Ellen G. White Selected Messages Book 2 **page 353**

“Satan takes possession of the minds of men today. In my labors in the cause of God, I have again and again met those who have been thus possessed, and in the name of the Lord I have rebuked the evil spirit.” Letter 244, 1907.”

Spiritual Warfare is a Jesus focused, Jesus centered work. The Lord Jesus Christ had a balanced ministry which included Spiritual Warfare. Certainly some will be more advanced in Spiritual Warfare work, as some are more advanced in the area of Physical Medical Missionary work. Here at the end of time we are called to carry out this part of the Medical Missionary work more than ever before. Helping

people, drawing close in compassion with courage and faith in the name of Jesus Christ, this is the other 1/3 of the work God's people now must learn.

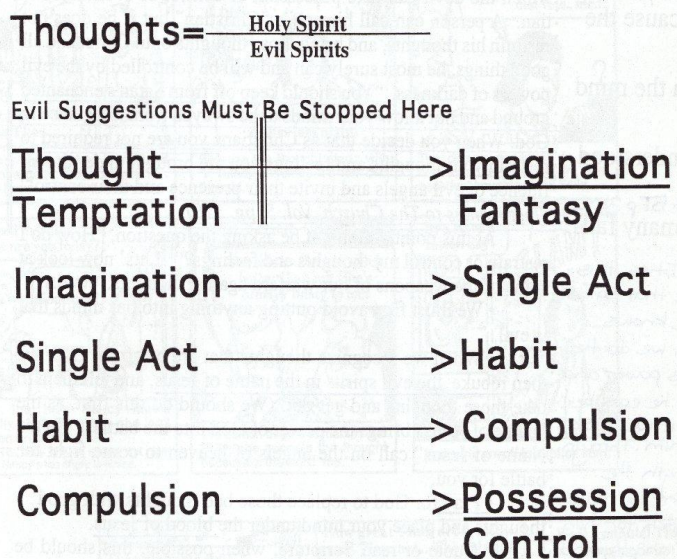
Like the Physical Medical missionary work which has eight laws of health like Sunshine, Water, Exercise, etc, so the Spiritual Warfare Medical Missionary work has eight weapons of warfare. They are as follows:

THE 8 WEAPONS OF SPIRITUAL WARFARE:-

- 1) The Name of Jesus Christ
- 2) The Armour of God
- 3) The Sword of the Spirit – The Bible
- 4) The Blood of Jesus Christ
- 5) Prayer
- 6) Personal Testimony
- 7) Praise
- 8) Singing

As in the physical Medical Missionary work, we are to reason from cause to effect. There are different degrees of problems, like a cold right up to cancer in the physical work, so in the Spiritual Warfare work there is harassment right up to and including possession. Possession is simply control by Satan. The Thought Chart I have included helps understand the way it works. We will look further at the mind in relation to this Thought Chart in this series of articles.

THOUGHT CHART



Spiritual Warfare texts from the early Christian Church

These texts listed below are worth looking up in full. In this series we will look at the different stories in the Bible and learn some principles from each of them.

<p><u>JESUS TEMPTED BY SATAN IN THE WILDERNESS</u> Matthew 4:1-11 - "Then saith Jesus unto him, Get thee hence, Satan: for it is written..." Luke 4:1-13 - "And Jesus answered and said unto him, Get thee behind me, Satan: for it is written..." Mark 1:12, 13 - "And he was there in the wilderness forty days, tempted of Satan; and was with the wild beasts; and the angels ministered unto him."</p>
<p>Matthew 4:24 - "they brought unto him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lunatick, and those that had the palsy; and he healed them."</p>
<p>Matthew 7:22 - "and in thy name have cast out devils?" Note - this verse is describing the counterfeit false casting out of demons.</p>
<p>Matthew 8:16 - "they brought unto him many that were possessed with devils: and he cast out the spirits with <i>his</i> word, and healed all that were sick:"</p>
<p><u>DEMON POSSESSED MEN OF THE GADARENES</u> Matthew 8:28-34 - Gergesenes Note vs32 "And he said unto them, Go." Mark 5:1-20 - "My name <i>is</i> Legion: for we are many." Luke 8:26-39 - "And they besought him that he would not command them to go out into the deep." (abyss, bottomless pit) (The deep is a prison for the demons)</p>
<p><u>DUMB MAN POSSESSED WITH A DEVIL</u> Matthew 9:32, 33 - "they brought to him a dumb man possessed with a devil. And when the devil was cast out, the dumb spake..."</p>
<p><u>JESUS GIVES THE 12 APOSTLES POWER AND AUTHORITY OVER ALL DEVILS</u> Matthew 10:1 - "he gave them power <i>against</i> unclean spirits to cast them out." Matthew 10:5-8 - "Heal the sick, cleanse the lepers, raise the dead, cast out devils." Mark 3:10-15 - "unclean spirits...And to have power to heal sicknesses, and to cast out devils." Luke 9:1 - "twelve disciples...gave them power and authority over all devils, and to cure diseases."</p>
<p><u>BIND THE STRONG MAN (SATAN) BY THE HOLY SPIRIT</u> Matthew 12:22-32 - "Then was brought unto him one possessed with a devil, blind and dumb: and he healed him....But if I cast out devils by the Spirit of God....." <u>bind the strong man</u> (The Holy Spirit binds the Devil). Luke 11:14, 15-26 - "And he was casting out a devil and it was dumb." Note vs 20-22- Strong man (Satan)- stronger than he - (Holy Spirit).</p>

<p><u>SEVEN OTHER SPIRITS MORE WICKED</u> Matthew 12:43-45- Seven other spirits more wicked. Luke 11:24-26- Seven other spirits more wicked.</p>
<p><u>SYROPHENICIAN WOMAN'S DAUGHTER</u> Matthew 15:22-28 - Woman of Canaan, daughter vexed with a devil. Mark 7:24-30 - young daughter had an unclean spirit.</p>
<p>Matthew 16:22, 23, Mark 8:32,33 - Jesus rebukes Satan who put a thought on Peter's mind which he spoke.</p>
<p><u>LUNATICK SON, DUMB AND DEAF SPIRIT</u> Matthew 17:14-21 - Lunatic son - oftentimes he falleth into the fire, and oft into the water - Jesus rebuked the devil. Mark 9:14-29 - Dumb and deaf spirit, <u>enter him no more</u> Luke 9:38-43 - Healed the child - mighty power of God Matthew 28:18 - All power given to Jesus in heaven and in earth.</p>
<p><u>MAN IN THE SYNAGOGUE WITH AN UNCLEAN SPIRIT</u> Mark 1:21-27 - Man in synagogue with an unclean spirit Luke 4:33-36 - Man in synagogue - "for with authority and power he commandeth the unclean spirits, and they come out." Mark 1:32-34 - Cast out many devils - they knew him. Mark 1:38, 39 - preached... and cast out devils. Mark 3:11-30 - The scribes which came down from from Jerusalem said Jesus had an unclean spirit. Mark 6:7-13 - "...and gave them power over unclean spirits....And they cast out many devils..." Mark 9:38 - "we saw one casting out devils in thy name." <u>MARY MAGDALENE - SEVEN DEVILS CAST OUT</u> Mark 16:9 - Mary Magdalene - seven devils. <u>CHRISTIAN CHURCH COMMISSION</u> Mark 16: 15-20 - "In my name shall they cast out devils." Luke 4:18, 19 - to preach deliverance to the captives... Luke 4:41 - "And devils also came out of many, crying out, and saying... And he rebuking them suffered them not to speak." Luke 6:17,18 - "And they that were vexed with unclean spirits: and they were healed." Luke 7:21 - "cured many of their infirmities, and plagues, and of evil spirits." Luke 8:2, 3 - "And certain women, which had been healed of evil spirits." Luke 10:1-11, 17-20 - The Seventy sent out - "Behold, I give you <u>power</u> to tread on serpents and scorpions, and over <u>all the power</u> of the enemy: and nothing shall by any means shall hurt you."</p>

<p><u>A WOMAN BOWED OVER TOGETHER BY THE SPIRIT OF INFIRMITY 18 YEARS LOOSED BY JESUS</u> Luke 13:10-17 - woman - spirit of infirmity eighteen years, and was bowed together... Luke 13:32 - "Behold, I cast out devils, and I do cures..."</p>
<p><u>JUDAS</u> Luke 22:3 - Then entered Satan into Judas Iscariot. John 13:2, 27 - the Devil put into the heart of Judas.</p>
<p>Acts 5:16 - "and them which were vexed with unclean spirits: and they were healed every one." (vs 12-16)</p>
<p><u>PHILIP CASTS OUT UNCLEAN SPIRITS</u> Acts 8: 5-8 - "For unclean spirits, crying with loud voice, came out of many that were possessed." Acts 10:38 - "...healing all that were oppressed of the devil."</p>
<p><u>ELYMAS THE SORCERER</u> Acts 13:6-12 - "thou child of the devil...thou shalt be blind not seeing the sun for a season."</p>
<p><u>DAMSEL WITH THE SPIRIT OF DIVINATION</u> Acts 16:16-18 - Girl with spirit of divination - "Paul, being grieved, turned and said to the spirit, I command thee in the name of Jesus Christ to come out of her. And he came out the same hour."</p>
<p><u>HANDKERCHIEFS AND APRONS MIRACLE AT EPHESUS</u> Acts 19:10-12 - Paul - special miracles. Handkerchiefs and aprons used and the evil spirits went out of the people [<i>the people that received the handkerchiefs and aprons</i>]</p>
<p><u>SONS OF SCEVA</u> Acts 19:13-20 - "And the evil spirit answered and said, Jesus I know, and Paul I know; but who are ye?" (Sons of Sceva) - the people burnt their magic books. 2 Corinthians 2:11 - "Lest Satan should get an advantage of us: for we are not ignorant of his devices." 2 Corinthians 10:4,5 - "For the weapons of our warfare <i>are</i> not carnal but mighty through God to the pulling down of strongholds." Ephesians 4:27 - "Neither give place to the devil." Ephesians 6:10-18 - Put on the whole armour of God...For we wrestle not against flesh and blood but against Satan and the evil angels. James 4:7,8 - "Submit yourselves therefore to God. Resist the devil, and he will flee from you." 1 Peter 5:8, 9 - "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: Whom resist steadfast in the faith..." 1 John 3:8 "For this purpose the Son of God was manifested, that he might destroy the works of the devil." <u>THE WAR - THE GREAT CONTROVERSY</u> Revelation 12 - "and they overcame him [Satan] by the blood of the lamb."</p>

NOTES

2. THE JOB EXPERIENCE

Whilst many associate demonic attacks with something someone has done wrong, that is not always the case.

An extra area of ministry in the Spiritual Warfare work that is little understood is that of the Job experience. In the Old Testament the story of Job tells us that when permitted, Satan could bring physical attacks upon Job (*See Job Chapters 1 and 2*). This is a story illustrating a principle which has been often repeated. Job had not done anything wrong yet God permitted this experience. In so doing, God limited Satan by saying that he could not kill him. God was glorified and the Universe witnessed something God wanted them to see. Job actually grew spiritually through the experience. Job 2:1-10:-

2:1 Again there was a day when the sons of God came to present themselves before the LORD, and Satan came also among them to present himself before the LORD.

2:2 And the LORD said unto Satan, From whence comest thou? And Satan answered the LORD, and said, From going to and fro in the earth, and from walking up and down in it.

2:3 And the LORD said unto Satan, Hast thou considered my servant Job, that there is none like him in the earth, a perfect and an upright man, one that feareth God, and escheweth evil? and still he holdeth fast his integrity, although thou movedst me against him, to destroy him without cause.

2:4 And Satan answered the LORD, and said, Skin for skin, yea, all that a man hath will he give for his life.

2:5 But put forth thine hand now, and touch his bone and his flesh, and he will curse thee to thy face.

2:6 And the LORD said unto Satan, Behold, he is in thine hand; but save his life.

2:7 So went Satan forth from the presence of the LORD, and smote Job with sore boils from the sole of his foot unto his crown.

2:8 And he took him a potsherd to scrape himself withal; and he sat down among the ashes.

2:9 Then said his wife unto him, Dost thou still retain thine integrity? curse God, and die.

2:10 But he said unto her, Thou speakest as one of the foolish women speaketh. What? shall we receive good at the hand of God, and shall we not receive evil? In all this did not Job sin with his lips.

Thus this is an important story because it illustrates not all sickness is physical. Our Medical Institutions

generally do not understand about this area of the Medical Missionary work.

In the New Testament we have the story of the woman bowed over with the spirit of infirmity for 18 years, which is recorded Luke 13:10-17:-

13:10 And he was teaching in one of the synagogues on the sabbath.

13:11 And, behold, there was a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in no wise lift up herself.

13:12 And when Jesus saw her, he called her to him, and said unto her, Woman, thou art loosed from thine infirmity.

13:13 And he laid his hands on her: and immediately she was made straight, and glorified God.

13:14 And the ruler of the synagogue answered with indignation, because that Jesus had healed on the sabbath day, and said unto the people, There are six days in which men ought to work: in them therefore come and be healed, and not on the sabbath day.

13:15 The Lord then answered him, and said, Thou hypocrite, doth not each one of you on the sabbath loose his ox or his ass from the stall, and lead him away to watering?

13:16 And ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo, these eighteen years, be loosed from this bond on the sabbath day?

13:17 And when he had said these things, all his adversaries were ashamed: and all the people rejoiced for all the glorious things that were done by him.

In researching this subject, the Lord led me to find this excellent quote to illustrate what happened in this experience.

The Signs of the Times, April 23, 1896,

**Article Title: The Glory of God Revealed
in Mercy. - By Mrs. E. G. White.**

“ And he was teaching in one of the synagogues on the Sabbath. And, behold, there was a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in nowise lift up herself. And when Jesus saw her, he called her to him, and said unto her, Woman, thou art loosed from thine infirmity. And he laid his hands on her; and

immediately she was made straight, and glorified God." The compassionate heart of Christ was touched at the sight of this suffering woman, and we should suppose that every human being who looked upon her would have rejoiced that she was loosed from her bondage, and healed of an affliction that had bowed her down for eighteen years. But Jesus perceived by the lowering, angry countenances of the priests and rabbis that they felt no joy at her deliverance. They were not ready to utter thankful words because one who had been suffering and deformed by disease was restored to health and symmetry. They felt no gratitude that her deformed body was made comely, and that the Holy Spirit made glad her heart till it overflowed with thankfulness, and she glorified God. The psalmist says, "Whoso offereth praise glorifieth Me." But in the midst of the words of gratitude is heard a discordant note. "And the ruler of the synagogue answered with indignation, because that Jesus had healed on the Sabbath day." He was indignant that Christ had caused an unhappy woman to sound a note of joy upon the Sabbath. In a loud voice, harsh with passion, he said to the people, "There are six days in which men ought to work; in them therefore come and be healed, and not on the Sabbath day."

The rabbis had taught the people that all who were of Jewish extraction were holy and peculiarly favoured of heaven. Why did they not lift up their voice in gratitude to God because this suffering daughter of Abraham was freed from her long bondage? The woman had not been possessed in spirit, but the Lord had suffered Satan to exercise his will in bringing disease upon her; for God was demonstrating the character of his kingdom before the whole universe of heaven. This opportunity must be given him to reveal the character of apostasy. The inhabitants of worlds unfallen could view in this case the attributes of Satan and the character of God. The law of God is a transcript of his character. The rebel leader was in opposition to the law of God, and revealed the fact that his principles were those that actuated one who is lawless, disobedient, unholy, an accuser, a liar, and a murderer. The true character of the ruler of the synagogue was laid bare, and it was made manifest that he was on the side of the great rebel, tho sanctimoniously professing to be very punctilious concerning the law of God. He knew not the principle of love that underlies the commandments, and preferred that the woman should suffer rather than that Jesus should work a miracle to heal her, and thus counteract his work of misrepresentation. Tho the rebuke of Jesus brought reproach upon his adversary, and tho the people rejoiced because of all the glorious things that were done, yet the ruler never forgave Christ for departing from the maxims, customs, and commandments of men, with which the rabbis had burdened the law of God and obscured its spiritual significance."

Note importantly that "The woman had not been possessed in spirit, but the Lord had suffered Satan to exercise his will in bringing disease upon her; for God was demonstrating the character of his kingdom before the whole universe of heaven."

This really helps in explaining many sicknesses where every natural remedy has failed, and sometimes for many years people have suffered, and yet the possibility of the problem maybe being a problem caused by Satan has never even been considered at all. Interesting isn't it?

One important point I will mention here is that I find the safest path in praying for people, if they request prayer, is to always include the word 'IF' when it is not clearly a demonic problem. "Lord if the powers of darkness have anything to do with this problem please reveal it". This helps protect from fanaticism. In cases where people have suspected problems and it is not clearly demonic, then the word 'IF' is sensible and simple to include.

In relation to sickness, sometimes problems are physical, sometimes spiritual, sometimes both, where Satan makes a physical or mental condition worse. Satan is certainly not our friend at all but our enemy. Praise God that Jesus defeated him at the cross. There is power in the name of Jesus Christ to bring relief.

Maybe you didn't realize that Sister Ellen White experienced this Job type of physical attack. Sister Ellen White had not done anything wrong but it helps us understand that in our day the Job experience continues amongst Christians. God has His reasons for allowing things - all will be explained in Heaven.

ELLEN WHITE AND DEMONIC HARASSMENT

There is one almost universally held misconception that must be forever set aside. Many people believe that Christians have total immunity from demonic attack. The opposite is true—we are the *special* objects of satanic wrath.

Demonic Pain and Ellen White

"Since coming to this meeting, I have passed through a strange experience. One day, after appearing before the conference to read some matters to you, the burden that was upon my soul continued to press upon me after I returned to my room. I was in distress of mind. That night I could not seem to lose myself in sleep. It seemed as if evil angels were right in the room where I was. And while I was suffering in mind, it seemed as if I was suffering great bodily pain. My right arm, which through the years has nearly always been preserved from disease and suffering, seemed powerless. I could not lift it. Then I

had a most severe, excruciating pain in the ear; then most terrible suffering in the jaw. It seemed as if I must scream. But I kept saying, 'Lord you know all about it.'

"I was in perfect agony. It seemed that my brain and every part of my body was suffering. At times I would rise up and think, 'I will not lie here another moment.' Then I would think, 'You will only arouse those that are in the house, and they cannot do anything for you.' And so I kept looking to the Lord, and saying, 'You know all about this pain.' The suffering continued, at times in the jaw, and then in the brain, and then in other members of the body, until nearly daylight. Just before the break of day I fell asleep for about an hour.

"My arm is all right this morning. Legions of evil angels were in that room, and if I had not clung by faith to the Lord, I do not know what might have become of me.

"I shall never be able to give you a description of the satanic forces that were in that room,...but since standing before you the next morning, I have had no suffering.

"Light has been coming to me that unless we have more evident movings of the Spirit of God, and greater manifestations of divine power working in our midst, many of God's people will be overcome. Satanic agencies will come in as they came to me. But we cannot afford to yield to the power of the enemy." *Manuscript 25 Jan. 28 1910, "An Address to the Workers Assembled at the Pacific Union Conference" ('This Day with God' p36).* (underline emphasis added)

Note: Ellen White used her own painful experience to predict that direct satanic attacks on God's people would become more common. Like her's, these attacks might come in the form of pain — mysterious, irrational, undiagnosable pain. If a pain moves from one part of the body to another in an unpredictable pattern, as described in the experience of Ellen White, it is suspiciously demonic. In these cases when the demon leaves, the pain he has caused is gone.

Allergy

"The first of October, 1858, Mrs. White was given a vision in which she was shown that at some place in our contemplated journey Satan was going to make a powerful attack upon her....

"While journeying by train Mrs. White's face became inflamed just under the eyes...she was obliged to take to her bed. The inflammation increased for two days, depriving her of sleep, as well as preventing her from taking any part in the meetings. Her head was swollen so that both eyes were closed, and her face was so disfigured that it no longer looked like that of

a human being...the enemy was striving hard to cause her to murmur against God. Thus things continued till the end of the meetings.

"After the meetings had closed Elder White said to me, "Brother John, this is the very attack upon my wife of which we were warned in Rochester. You remember the promise was there made that if we would take hold together and hold her up by faith, not letting go for a moment when the struggle came, the power of the enemy would be broken, and she would be delivered. Let us go in at once and have a praying season."

"We went into the room where Mrs. White was confined to her bed, and engaged in earnest prayer. In about ten minutes after we began to pray the power of the Lord came down and filled the room. Mrs. White was instantly relieved of all pain....This was about five o'clock in the afternoon. By seven o'clock the swelling had all disappeared upon her face, and she attended the meeting that evening, to all appearances as well as ever."

('The Great Second Advent Movement' pp335-337 by J.N. Loughborough) (underline emphasis added)

Note: Not all allergy is demonic, but in certain difficult cases that possibility ought not to be ignored.

Strokes

"In the vision at Lovett's Grove, most of the matter I had seen twelve years before concerning the great controversy of the ages between Christ and Satan was repeated, and I was instructed to write it out. I was shown that while I should have to contend with the powers of darkness, for Satan would make strong efforts to hinder me, yet I must put my trust in God, and angels would not leave me in the conflict" (*'Life Sketches of Ellen G. White' p162*) (underline emphasis added)

"Little did they realize the anger of Satan because of this revelation of his character and wiles, or the intensity of his determination to defeat the plans for the writing and publishing of the proposed book. Arriving at Jackson, Michigan, en route to Battle Creek, they visited their old friends at the home of Daniel R. Palmer. At this time Mrs. White was in usual health, and the following experience, as given in her own words came as a complete surprise." (*'The Spirit of Prophecy' Volume 4 pp508, 509 by Ellen G. White*) (underline emphasis added)

"As I was conversing with Sister Palmer, my tongue refused to utter what I wished to say, and seemed large and numb. A strange cold sensation struck my heart, passed over my head, and down my right side. For a time I was insensible (unconscious) but was aroused by the voice of earnest prayer. I tried to use my left limbs, but they were perfectly useless.

“I was shown in vision that in the sudden attack at Jackson, Satan intended to take my life, in order to hinder the work I was about to write, but angels of God were sent to my rescue”.
(*Life Sketches of Ellen G. White* p162)

Note: At this time Ellen White was 31 years old—very young for a “real Stroke.” Can a demonic attack of this nature occur? Sister Ellen White’s answer is “Yes.”

Ellen White in Depression

“On our way home it seemed to me that *Satan had stepped in* and was troubling Edson. We found the child at the point of death...Satan had wanted to hinder the work of God, so he afflicted the child, but he was beaten back by faith in God, and His Name shall have the glory.

“When Satan found that he could not take the life of the child, he tempted me that God had left me or the child would have been healed when we first prayed for him. I sank under this temptation in despair...My heart seemed within me like lead, but God delivered me that eve, and Satan’s power was broken”
(*Biography, Vol. 1 p 182*). (italics emphasis added)

Note: Sister Ellen White, for the moment, believed Satan’s lie. He told her that God had forsaken her. When she accepted this lie as truth, she went into depression. It is of interest to notice that she knew exactly when Satan’s power was broken. She spoke of this break in his power as “Deliverance”.

3. Recognizing Demonic Influence In Your Life and In Your Home

By Al and Collette Martin

Several years ago we attended a Bible conference in another State and happened to converse with a missionary from India. When the subject got around to spiritual warfare he stated “the Christians in America think all the demons are in our country, but let me tell you that there is more demonic activity in your country than in ours. The people in my country know the spirit world is real and when they learn of the power of Jesus Christ, which is stronger than the power that afflicts them, they are ready to call on His name. Your people are not willing to recognize demonic activity and deal with it the way the Bible commands”.

Many believers today recognize the warfare of the flesh and the world, but when it comes to warfare with Satanic forces – demons – they suddenly take the attitude that this kind of thing goes on somewhere else in the world; that Satan and his demons are at work in primitive, illiterate countries where he can take advantage of the unintelligent. However it is considered absurd by many to believe or even to entertain the idea that the Devil is alive and well in this sophisticated, intelligent country that we live in.

Both of these notions are Satanic lies that Christians, for the most part, have accepted. In order to be able to recognize the activity of demons we must first understand that there really is a spiritual battle going on over every one of us. Nobody escapes!

In John 8:44 Jesus told the Pharisees, who were the leaders of the church and professed followers of the living GOD, “You are of your father the devil”, and He went on to tell them that they would do his (Satan’s) bidding. In our time these fellows would have been the pastors, conference officers and presidents, yet Jesus said they were of their father the Devil. In order to “do his bidding” they would have to be controlled to some degree by Satan.

There must have been some reason why Jesus, in Matthew 10:5-8, said “Go not into the way of the Gentiles, and into any city of the Samaritans enter ye not: But go rather to the lost sheep of the house of Israel” (professed followers of Jehovah), not only to preach and heal the sick, but He gave them power to cast out devils.

Why would He say this if **professed** believers cannot be possessed or oppressed. Consider the following people in the Bible:

Mark: 1:21-28 and Luke 4:31-37. The demon possessed man in the synagogue (Church).

Luke 8:2. The women in this account were some of those who accompanied Jesus’ group and supported them. Yet He had cast demons out of them.

Luke 13:10-17. This woman for 18 years had a physical problem caused by a demon. This text says “...this woman, being a daughter of Abraham, whom Satan hath bound, lo, these eighteen years...” (Today she would be considered a Christian, or follower of Jesus.) This particular case was a Job type oppression case.

Satan and sin are attached to each other, and Christians are not immune to sin. When Christians willingly and wilfully sin, they put themselves on Satan’s ground and he can, and in many cases does, control them to some degree. The word “control” seems to better characterize demonic possession or oppression.

Many people debate for hours trying to explain the difference between “possession” and “oppression”. In the Bible accounts of those being “vexed”, “troubled”, “possessed”, or “oppressed”, there was always a degree of control. Peter was certainly not possessed when he told Jesus that He would not have to go to the cross and suffer; but his mouth was certainly controlled for that moment by Satan. Yet in this case, which was not demon possession, Jesus rebuked Satan, not Peter. Whatever the case, when it came to demonic activity it was handled the same: the Devil and his demons were **rebuked and commanded to leave**.

The bottom line is this: If a Christian is out of control in one or more areas of his life, another power is in control, and according to Bible instruction it must be rebuked, and the power of Satan broken. It matters not whether it is possession, oppression, troubled, or vexed, Jesus gave us (the believer in Jesus) the absolute authority, in His name, over Satan and the hosts of hell.

Another myth or lie Christian pastors and writers are constantly saying is: “**The devil and the Holy Spirit cannot be in the same place at the same time**”. Christians seem to like this concept because it gives them a false sense of security. Satan and his evil angels revel in this concept because they can convince the “controlled” person of his utter hopelessness. If this idea was true, the drug addict, the alcoholic, the prostitute, the person in the occult, etc., would not have a chance.

This would mean that the Holy Spirit could never work on their hearts to bring them to conviction of sin, because Satan and his demons are present. Heaven help us if the Holy Spirit is not around when Satan is working us over. Without the saving power of the Holy Spirit, Satan would make short work of us – in a minute!

Now it can truthfully be said that the Holy Spirit and the hosts of hell certainly do not co-habit together, but the Holy Spirit would have to be able to be there at the same time to work on the heart and mind of the fallen person in order to bring him to conviction.

To simplify this, let us use a basic example of a pitch dark room with absolutely no light in it (representing the mind of the fallen person). A match is lit in one corner of the room, yet 99% of the room is still in total darkness. A lamp is lit and more light is evident, but still there is much darkness. Soon there are other lamps turned on and when enough light is emitted from these lamps, all the darkness is gone. But until enough light came into the room to banish all darkness, darkness and light both existed at the same time in that room. This is the way it is when the Holy Spirit begins to work in the mind of a fallen, oppressed, vexed or troubled person.

Today the Devil knows that his time is short and “as a roaring lion, walketh about, seeking whom he may devour.” The problem is that we as Christians do not recognize this. We go about with the attitude that the battle we are fighting is with each other. Ephesians 6:12 clearly tells us that we are not in a battle with each other. We are in a conflict with vicious spiritual powers, who are intensely focused on destroying every person and family who are striving to follow Jesus.

In Ephesians 6:10-18 there is evidence of this terrible battle; instruction is given as to how to put on the armour of God in order to be protected from these raging demonic forces.

We must understand that Satan is on the loose and is on the rampage. We cannot, and must not ignore him. It is because of this wilful ignorance and blindness that Satan has so much influence and control in the lives of Christians.

“There is nothing that the great deceiver fears so much as that we shall become acquainted with his devices.” *‘The Great Controversy Between Christ and Satan.’ p516*

If this enemy with whom we personally have to battle remains to us some mysterious, foreboding, awesome power of which we are afraid to oppose, we are indeed at a disadvantage.

From a Biblical perspective, we should know all we can about Satan’s tactics and his methods of attack against us. We must also know the Biblical basis of our victory over Satan and his world of darkness.”

Let us now consider some signs of the Devil’s “footprints” in our lives. This is direct warfare. We must take it seriously.

- **Strife in the home** – Strife between husbands and wives, between parents and children.

- **Rebellion** – Teenagers rebelling against parental authority in the home. Lack of spiritual interest, and in some cases even mocking of Christian principles.

- **Absence of home discipline** – If there is no Biblical discipline in the home, the Devil and his evil spirits will rule.

- **Anger** – Sudden, unprovoked anger in men and women. Display of temper tantrums and angry outbursts in little children.

- **Wrong kinds of activities and items in the home** – Wrong types of music, Satanic games such as the Ouija board, evil TV programs, violent and pornographic video movies and games, drug involvement, gross, ugly toys that portray evil being good, etc.

- **Personal appearance** – Faddish, absurd hair colours and styles and clothing that are designed to make a person (who is created in God’s image) look ugly and ridiculous.

- **Bitterness & Unforgiveness** – Bitter and resentful feelings against a spouse, a child or parent, against someone in the church or community.

- **Deep depression and feelings of suicide** – This is so prevalent in the lives of many young people today, a feeling of hopelessness. Suicides among teenagers has risen tremendously in just the last few years.

- **Infidelity between husbands and wives** – Today the Devil is whipping up the passions, tempting men and women to be unfaithful to their spouses.

- **Physical Attacks** – Job 2:7 is an example of how the Devil can afflict physically. In Matthew 12:22 there was a man who was demonically blind and dumb. Mark 9:17-27 is the account of the boy who had a demonic problem of seizures. (Let it be known that we do not believe that every illness and sickness is demonic, but we do believe that people give in to the temptations of the Devil to get them to indulge in appetites and passions which in turn bring on many physical problems). Sleep attacks occur when one is trying to study the word of God.

- **Physical and Verbal Abuse** – Loud, bad language and physical attacks against a family member.

- **Premarital Sexual Activity** – Even among young and older teenagers the Devil wants to destroy and pervert one of the most beautiful things God has given to a married couple.

- **Fear** – There must be a thousand kinds of fear through which the Devil keeps Christians in bondage. His greatest tool is to keep people in fear of him; in this way he keeps them from rebuking him in the name of Jesus.

• **Cultivated and Inherited Tendencies** –

Many people are carrying with them inherited “baggage” from their parents and their parents’ parents, etc. This is why family traits are carried from generation to generation. In different families you might see anger, alcoholism, violence, physical abuse and child neglect which has permeated the family for generations. Most do not realize why some of these traits continue to haunt them. There is an enemy who makes it his business to take advantage of these inherited problems.

It is very interesting that it only takes one person in the home, who allows Satan to influence his or her life, to break down the family unit. If we are going to be successful warriors in the army of Jesus, we must recognize and discern this evil influence.

We have outlined in this lesson, briefly, how to recognize demonic influence in your home and in your life.

We hope this will be of help to you. No doubt there are many other situations which open the doors to the Devil to work in our homes. God will reveal these if we will only ask Him.

Dear friend, please take heart. There is hope for whatever situation you may find yourself in. Jesus Christ has given the answers in His Holy Word. The answers cannot be found anywhere else. It is time we looked to Jesus for the answers.

THE BATTLE FOR EACH SOUL

“I saw evil angels contending for souls, and angels of God resisting them. The conflict was severe. Evil angels were crowding about them, corrupting the atmosphere with their poisonous influence, and stupefying their sensibilities. Holy angels were anxiously watching these souls, and were waiting to drive back Satan’s host. But it is not the work of good angels to control minds against the will of the individuals. If they yield to the enemy, and make no effort to resist him, then the angels of God can do little more than hold in check the host of Satan, that they should not destroy, until further light be given to those in peril, to move them to arouse and look to heaven for help. Jesus will not commission holy angels to extricate those who make no effort to help themselves.

If Satan sees he is in danger of losing one soul, he will exert himself to the utmost to keep that one. And when the individual is aroused to his danger, and, with distress and fervor, looks to Jesus for strength, Satan fears he shall lose a captive, and he calls a re-enforcement of his angels to hedge in the poor soul, and form a wall of darkness around him, that heaven’s light may not reach him. But if the one in danger perseveres, and in helplessness and weakness casts himself upon the merits of the blood of Christ, Jesus listens to the earnest prayer of faith, and sends a re-enforcement of those angels which excel in strength to deliver him.

Satan cannot endure to have his powerful rival appealed to, for he fears and trembles before His strength and majesty. At the sound of fervent prayer, Satan’s whole host trembles.....And when angels, all-powerful, clothed with the armory of heaven, come to the help of the fainting, pursued soul, Satan and his host fall back, well knowing that their battle is lost.” – *Review and Herald, May 13, 1862. Messages to Young People* pages 52,53

NOTES

4. PSYCHOLOGY – THE DEVILS COUNTERFEIT

by Al and Collette Martin

Over the years more and more emphasis has been placed upon the psychological world to take care of human problems dealing with thoughts and behaviour. So much emphasis in fact, that even in Christian circles it has overshadowed the earlier Christian significance of the Bible.

From *The Christian Research Journal*, 1955, we read, “15 million Americans made 120 million visits to psychotherapists in 1987...In the 30 years prior to 1990 the number of practicing professional psychologists in this country (America) grew from 2,500 to 40,000...In one year, Americans spend over 273 billion dollars on mental health.”

It is time that we as Christians consider where psychology came from, which has everything to do with the profound influence it has had on people around the world. We must always go to the roots to find out why the tree is growing the way it is, and what kind of fruit it produces.

In order to understand what took place, we must first go back in history to the time of creation. When God created man, He created man in His own image. Man belonged to God, because He made him. God in His great love for mankind set up principles to live by, principles that He knew would allow man the greatest freedom and happiness. It was based on a love relationship, with man giving complete adoration, respect and obedience to God, his Creator.

Then man’s allegiance to his Creator wavered just for a moment, and the enemy, Satan, took advantage of this moment. He succeeded in getting man to focus on himself, to doubt his Creator and to seek forbidden fruit from the Tree of Knowledge of Good and Evil. That love relationship was broken which resulted in sin (disobedience to God’s principles). From that point on it has become a natural inclination, fired by the Devil, for man to want to live by his own rules. It is called rebellion against God.

As time rolled on and the people in the world became more and more evil, God was soon left out of the picture. Man forgot who created him and who he belonged to. That wonderful love relationship was gone—that love relationship that produced loyalty to God’s principles.

Man decided to set up his own rules to live by, and why not, for if he didn’t belong to God or anyone else, why not live by his own rules? Evolution was born!

Evolution is the theory that man evolved from a single cell to where he is today, over billions of years of evolving. The whole basis of evolution was created by man and incorporates his foolish ideas.

As man walked further and further from his Creator into his own twisted thinking, he began to study the human mind, looking within himself for answers.

Men who were considered “great thinkers” came along with their ideas of how the mind of man functioned, stereo-typing thought and behaviour, placing people into categories of temperaments. Early Greek philosophers such as Aristotle, Socrates and Plato played a great part in the forming of these theories. These theories have been passed on down to our time through many different channels. Today these theories are identified as “humanistic” thinking, which says there is no God, no sin, man is basically good, and that man is getting better.

Because of the evils of evolution—man living under his own rules and theories in place of God’s principles—problems in the area of the mind have gotten steadily worse and worse. Therefore something had to be done to help the human race with all of these “mental problems”. Thus psychology evolved, in much the same way that evolutionists claim we humans evolved. It has come about over a period of many years, amalgamating many different ideas and theories. Even today it is still evolving.

First let’s define psychology. The old 1828 Webster’s dictionary says it this way, “it is the study of the human soul or psyche”. This term was interpreted in the world of psychology as the study of “thought and behaviour”. From the university textbook *Essentials of Psychology*, “Psychology is the scientific study of behaviour and mental processes”.

Down through the ages of time all these “so called” great men, including Darwin, did much study into the thought and behaviour of the human race.

Let us consider some of the ideas of some of these “so called” great thinkers.

- **Socrates:** “Socrates suggested that we should rely on processes such as rational thought and introspection to achieve self knowledge”. (From a leading psychology textbook, *Essentials of Psychology*, by Spencer Rathus of St. Johns University, 1994). In other words looking into yourself for the answers. This is one of the main ideas or theories of psychology today.

Socrates was into Greek goddess worship. Who was he serving, God or the Devil?

- **Plato:** (427-347 B.C.) “Plato the disciple of Socrates recorded Socrates’ advice ‘Know thyself’,

which has remained one of the mottos of psychological thought ever since”. **Greek god and goddess worship was part of Plato’s life. Who was he serving, God or the Devil?**

- **Aristotle**: (384-322 B.C.) (Again from the book *Essentials of Psychology*) “Psychology is as old as history and as modern as today...the outline of this textbook could have been written by the Greek philosopher Aristotle. One of Aristotle’s works was called *Peri Psyches*, which translates ‘About the Psyche’...it began with the history of psychological thought and historical perspectives on the nature of the mind and behaviour”. **Aristotle was also into Greek god and goddess worship. Who was he serving God, or Satan?**

Let’s bring this down a little closer to our time, to some of the men who are considered by the psychological world to be the “fathers of psychology”.

- **Anton Mezmer**: In the late 1700’s, Mezmer used what is known today as “magnetic therapy”, where he would have a patient sit in a tub of water and pass magnets over his body, or have a tub of water with magnets in the water and rods coming out of the water for the patient to hold on to while he talked to them. Because of such ridicule Mezmer abandoned the magnets but went on with the talk therapy. Through this he learned how to put patients into a trance-like state in order to explore the deepest areas of their minds. This type of therapy became known as hypnosis. There are three areas of therapy that Mezmer is known for: hypnosis, talk therapy (psychology), and the power of positive thinking. All of these are in the forefront of psychology today.

As a side note, Anton Mezmer would spend many hours himself in a trance, communicating with what he thought was a higher power. During these times his wife would take notes of all the things he said so he could use them later when working with patients. **Was Mezmer serving God or the Devil?**

- **Sigmund Freud**: Freud was an atheist, hated God, and was well known as a drug addict. Many refer to him today as the “great father of psychology”. In fact his name is the most prominent name in the world of psychotherapy. Freud invented the idea of the unconscious or subconscious mind, which has no evidence in the Bible. He believed that digging into the unconscious mind and bringing up past memories all the way back to childhood would bring healing. This today is known as “regression therapy”.

Much of what Freud wrote was rooted in his perverted ideas of the sexual relationship between children and their parents. Many of his ideas influenced the world even in the area of child discipline. One of these influenced was the late, well

known Dr. Benjamin Spock. He said “Never spank a child until he is old enough to understand it, and when he is old enough to understand it, never spank a child”. What a ridiculous statement. This is diametrically opposed to Bible principles.

Freud himself did not believe in his own system of therapy. He said “Patients are nothing but riff-raff. The only useful purposes they serve are to help us earn a living and provide learning material. In any case, we cannot help them”. *Controversies in Psychoanalytic Method*, p 32. Yet today much of what he wrote is still being used, even in Christian circles.

Sigmund Freud was an atheist, hated God, and a drug addict. Who was he serving, God or the Devil?

- **Carl Jung**: Carl Jung grew up in a Christian home, but never embraced Christianity, and later turned his back on the whole idea. He picked up on the Freudian idea of the unconscious mind and expanded it to the “collective unconscious” mind which means that all human minds are connected through the unconscious part of the mind. This idea has been adopted by New Agers, who believe that all of our unconscious minds connected together constitutes the mind of God.

Carl Jung had a great influence in the development of AA (Alcoholics Anonymous). Bill Wilson, co-founder of AA wrote the following statement in a letter to Carl Jung in 1961.

“This letter of appreciation has been long overdue... Though you have surely heard of us [AA], I doubt if you are aware that a certain conversation you once had with one of your patients...back in the early 1930’s did play a critical role in the founding of our fellowship”.

One can readily see the influence of Freud and Jung in the book *Masculine Journey*, by Robert Hicks. This book comes very close to phallic worship or the worship of the male sex organ. It was given to 50,000 men who attended one of the Promise Keepers conferences, and for quite a long time was considered the manual for the Promise Keepers.

Not realizing it, Christians “dabble in Jung’s religion when they incorporate his ideas about man and deity, by swallowing his theories, therapies, and notions that have filtered down through psychotherapies, through 12-step programs, inner healing, dream analysis, and personality types and tests.” *The End of Christian Psychology*, by Martin & Diedre Bobgan, p164.

Carl Jung took a seven year sabbatical to communicate with what he called the spirits of the dead. He even claimed he communicated with the spirit of Jesus Christ. Carl Jung spent hours communicating with evil spirits. Who was he serving, the God of Heaven or the Devil of hell?

- **Carl Rogers:** (1902-1987) What about Carl Rogers? Carl Rogers renounced Christianity and became one of the most respected leaders in humanistic psychology. Not only did Carl Rogers embrace another religion, secular humanism, he later turned to the occult. He also engaged in the forbidden practice of necromancy. **Who was Carl Rogers serving, Jehovah God or Satan?**

The list goes on and on.

- **Alfred Adler's** "individual psychology" had its roots in Freudianism and humanism. For a time he was an associate of Freud's.

- **Abraham Maslow**, along with Carl Rogers, is considered by many as one of the fathers of humanistic psychology.

- **Albert Ellis** was an atheist. His theory boils down to this: The human is worthy because he exists. God does not exist. Therefore the human's worth exceeds God's worth. Ellis is known for his "Cognitive behavioural" therapies, which attempt to help people change their feelings and behaviour through changing how they think and what they believe. This happens to be the new "craze" in "Christian" psychology today.

These men, Adler, Maslow and Ellis were atheists and humanists. Who were they serving, the Monarch of Heaven or the captain of hell's host?

There are many, many others who have had their influence in what we know today as psychology, who did not base their ideas on the principles of the Bible. (When we use the word psychology we intend for it to encompass the entire spectrum of the mental health professions of psychology, psychiatry, psychoanalysis, as well as psychotherapy).

Many secular professionals in the realm of psychology are turning their backs on this false religion or belief system.

Psychologist Roger Mills, in his article *Psychology Goes Insane*, said: "The field of psychology today is literally a mess. There are as many techniques, methods and theories around as there are researchers and therapists. I have personally seen therapists convince their clients that all their problems come from their mothers, the stars, their bio-chemical make-up, their diet, their life-style and even the "karma from past lives".

R.D. Lange, one of the great masters of psychology said: "I cannot think of one thing that psychology has offered the human race, in the area of inter-personal relationships, that is of benefit in its entire 100 years since Freud".

Dr. Tana Dineen, a licensed psychologist in Canada, has abandoned her practice and has written a book entitled *Manufacturing Victims: What the Psychology Industry is Doing to People*. In this book she makes this very profound statement: "With degrees in psychology, medicine, social work,

nursing, or with no academic qualifications at all, the expanding workforce of the Psychology Industry relies for its survival and growth on its ability to manufacture victims". She concludes her book with this statement: "The Psychology Industry can neither reform itself from within nor should it be allowed to try. It should be stopped from doing what it is doing to people, from manufacturing victims. And while the Psychology Industry is being dismantled, people can boycott psychological treatment, protest the influence of the Psychology Industry and resist being manufactured into victims".

Researcher Dr. Jerome Frank commented this way: "Psychotherapy is the only form of treatment which, at least to some extent, appears to create the illness it treats". He goes on to say: "Today hosts of persons seek psychotherapy for discomforts that a less affluent society would regard as trivial".

The Satanic Counterfeit to True Deliverance

To put things in perspective, let us briefly review the men that were the founders of psychology, along with many who have influenced it down through the 2,300 years since Aristotle.

None of these men believed in God. Socrates, Plato and Aristotle believed in Greek god and goddess worship. Mezmer, Jung and Carl Rogers were into the occult and had conversations with what they thought were spirits of the dead.

In reality these were evil spirits or demons claiming to be spirits of the dead. Freud was anti-God and a drug addict, which means he was controlled by the Devil. Adler, Maslow and Ellis were humanists.

If none of these men were Christians and were in fact anti-Christian and were controlled by Satan and his demons, one can only conclude that their writings are from the Devil. There can be no other conclusion than that the psychological industry of today is of the Devil. In Matthew 12:30 Jesus said "He that is not with me is against me; and he that gathereth not with me scattereth abroad."

Now, there is a sinister twist to psychology coming to America. In 1930 a Russian Treatise was written on what was termed "Psychopolitics". (Treatise means: a formal, systematic article or book on some subject, as one that gives information about it or discusses its principles.) This was a plan which was laid out to destroy the United States. The following quotes will be a bit chilling to the serious reader. These quotes are word for word from this Russian treatise, taken from the book *Brainwashing*:

Psychopolitics

"Psychopolitics is the art and science of asserting and maintaining dominion over the thoughts and loyalties of individuals, officers, bureaus, and masses and the effecting of the

conquest of enemy nations through ‘mental healing’.”

“American students at the Lenin University, I welcome your attendance at these classes on Psychopolitics...A psychopolitician must work hard to produce the maximum chaos in the fields of ‘mental healing’. He must recruit and use all the agencies and facilities of ‘mental healing’. He must labor to increase the personnel and facilities of ‘mental healing’ until at last the entire field of mental science is entirely dominated by Communist principles and desires”.

“...You must work until every teacher of psychology unknowingly or knowingly teaches only Communist doctrine under the guise of ‘psychology’. You must labor until every doctor and psychiatrist is either a psychopolitician or an unwitting assistant to our aims”.

The Use of Psychopolitics in Spreading Communism

“As the conquest of a nation by communism depends upon imbuing its population with communistic tenets, it is not necessary that the term ‘communism’ be applied at first to the educative measures employed.

As an example, in the United States we have been able to alter the works of William James, and others, into a more acceptable pattern, and to place the tenets of Karl Marx, Pavlov, Lamarck, and the data of Dialectic Materialism into the textbooks of psychology, to such a degree that anyone making a thorough study of psychology becomes at once a candidate to accept the reasonableness of communism.

As every chair of psychology in the United States is occupied by persons connected with us, or who can be influenced by persons connected with us, the consistent employment of such texts is guaranteed. They are given an authoritative ring, and they are carefully taught.

Consistent pressure on the legislatures of the United States can bring about legislation to the effect that every student attending a high school or university must have classes in psychology.

Educating broadly the educated strata of the populace into the tenets of communism is thus rendered relatively easy, and when the choice is given them whether to continue in a capitalistic or a Communistic condition, they will see, suddenly, in communism, much more reasonableness than in capitalism, which will now be seen by our own definition”.

The Smashing of Religious Groups

“You must know that until recent times the entire subject of mental derangement, whether so light as simple worry or so heavy as insanity,

was the sphere of activity of the church and only the church.

Traditionally, both in civilized and barbaric nations, the priesthood alone had complete charge of the mental condition of the citizen. As a matter of great concern to the psychopolitician this tendency still exists in every public quarter in the Western World and scientific inroads into this sphere have occurred only in official and never in public quarters.

We have battled in America since the turn of the century to bring to nothing any and all Christian influences and we are succeeding. While today we seem to be kind to the Christian, remember that we have yet to influence the ‘Christian world’ to our ends. When that is done we shall have an end of them everywhere.

...You must work until ‘religion’ is synonymous with ‘insanity’. You must work until the officials of city, county and state governments will not think twice before they pounce upon religious groups as public enemies.

Insanity must hound the footsteps of every priest and practitioner. The best testimonials to his skill must be turned into gibbering madmen no matter what means we have to use.

...You must recruit every agency of the nation marked for slaughter into a foaming hatred of religious healing. You must suborn district attorneys and judges into an intense belief as fervent as an ancient faith in God that Christianity or any other religious practice that might devote itself to mental healing is vicious, bad, insanity-causing, publicly hated and intolerable”. From the book ‘Brainwashing’, which is a compilation from the Russian treatise, written in 1930.

Dear reader, the above quotes are only a few from a treatise that is so chilling that it causes the blood pressure to rise. And even more sobering is the fact that all this has already happened.

We have great compassion for the dear person who has innocently become involved in this psychological industry – the dear person whose only goal in life is to be of help to his or her fellow man.

May God help them to be able to break away from this system which has engulfed the world for the purpose of bringing humanity under its control.

But the cries go up, what about our “Christian Psychology?” Dear friend, we must understand that the Devil has been successful in putting the label of “Christian” on psychology in order to get it into the church to corrupt it and negate the power of Jesus Christ in a person’s life. Psychology is the Devil’s belief system. In all the line of men that were involved in the forming of psychology, not one of them was a Christian. In fact every one, without exception, was on the Devil’s side. How in the world can we take theories, ideas,

concepts, whatever we want to call them, that came directly or indirectly from the Devil and integrate them with the Bible? Many have the foolish idea that just because you put “Christian” on it, it then becomes Christian. If this is the case, why not have “Christian” pornography, or “Christian” alcohol? Or even better, have “Christian” witch doctors.

Today we have a myriad of psychologists and others who are calling themselves “Biblical Counsellors”, who for the most part are using all the warmed over psychological therapies, incorporating Bible texts and calling it “Biblical Counselling”. There are a few, and very few, that call themselves counsellors who are using the Bible and the Bible only. But we need to understand, Jesus called us to be witnesses, not counsellors. Yes, we must use the Bible as counsel, but when we set ourselves up as counsellors, in many cases we become better or higher than those we are ministering to, which is a good breeding ground for pride.

One must wonder if by putting labels such as “Christian Psychologist”, “Christian Counsellor”, “Biblical Counsellor”, “Christian Therapist” brings recognition and makes it legitimate to charge hourly fees for counselling. When a person is a Bible worker, ministering to people with Bible counsel, he would feel ashamed to tell someone he would charge them for an hour’s Bible study. Can you imagine Jesus, John, Peter or Paul telling someone “tell you what – meet me this afternoon about 2.00 o’clock at my office in the synagogue and we will have an hour’s session together. Oh yes, bring your cheque book or credit card to take care of the \$50.00 to \$125.00 for the hour we will be talking and praying together”.

What about this so called “Christian Psychology”? Let’s let some professionals speak for themselves. From a paper, *Aspects of Integration*, presented in 1976 at the meeting of the Western Association of Christians for Psychological Studies, we read the following statement:

“We are often asked if we are ‘Christian psychologists’ and find it difficult to answer, since we don’t know what the question implies. We are Christians who are psychologists but at the present time there is no acceptable Christian psychology that is markedly different from non-Christian psychology. It is difficult to imply that we function in a manner that is fundamentally distinct from our non-Christian colleagues...as yet there is not an acceptable theory, mode of research or treatment methodology that is distinctly Christian”.

William Kilpatrick, associate professor of Educational Psychology at Boston College, and author of the book *Psychological Seduction*, said, “Psychology and religion are competing faiths.

If you seriously hold on to one set of values, you will logically have to reject the other”. He also said, “I didn’t realize I was losing interest in Christianity; I merely thought I was adding something on...”

Psychology is a religion based on “self”. Man becomes his own god with his own ideas and multi-faceted, warmed-over psychology. So called “Christian” psychology fosters the idea that people need psychological intervention to stop sinning. How can this be when psychology says there is no sin? We are all victims, not sinners. When we are victims, it is someone else’s fault, and we don’t have to take responsibility.

Hundreds of pastors have gone off to Christian colleges and universities to get degrees in psychology so they can counsel their church members.

More pastors have been ruined by saturating themselves with concepts and ideas of psychology than can be counted. When they come back from getting their degrees in this belief system, they are seldom ever the same. You cannot integrate the Bible and psychology. They are diametrically opposed. They are different belief systems.

Now let’s be honest, if the writings of psychology for the most part came from the Devil and evil spirits, could this be labelled spiritism?

Could it be this is the reason why people are seldom ever the same when they get a degree in psychology. This may sound shocking to some, but sometimes we have to be shocking to get the attention of those who have been so saturated for years in the belief system of psychology.

“Christian psychology”, as we know it today, is the counterfeit that the Devil has brought into the church to negate the true deliverance of the Lord Jesus Christ. Well, some will say, it works, what about that? Think about it for just a moment.

If the Devil is directly or indirectly behind the problems of thought and behaviour, then comes along with a system of his own to supposedly take care of these problems, don’t you think he would honour his belief system? Don’t you think he would back off and leave the person for a time, so it would appear that his belief system works? We have got to get real and quit buying into the Devil’s lies. When will we wake up and realize that the Devil is duping the whole world through psychology? How sad it is that Christians are following right along.

The Bible has predicted that this would happen. I Timothy 4:1 says, “**Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils**”.

For years secular psychologists and psychiatrists have blamed Christianity for the problems of the people in the psych wards. No doubt secular psychologists are laughing at Christians and saying, “See we told you your religion and your God can’t help these people. Now you are having to use our methods and therapies to be successful”.

Truly, psychology has been Christianized so that Christianity could be psychologized. This false belief system has come in and corrupted the entire Christian world. Very few are seeing the

deception. Very few are standing up and speaking against it. It has become the golden calf in the body of Christ. To speak out against it brings down the wrath of leaders who call themselves “Christian”. The Devil is using the mouths of people in the church to promote his lies. Could it be that II Corinthians 11:13 applies? “For such are false apostles, [spurious, counterfeits] deceitful workers, transforming themselves into the apostles of Christ [the Messiah]”.

It is time to stand up for the only Saviour of this world, Jesus. Psychology cannot save anyone. Thought and behaviour has to do with sin.

Thoughts in the mind are where sin originates and behaviour is where it is acted out. The sin problem is God’s business. If we turn our minds over to psychology, we are giving the sin problem to Satan, who is sin, who will use these evil therapies to magnify the sin and only drive it deeper into our lives, many times creating a stronghold. It is the Devil’s game to take the sin problem, that originates in thoughts, out of the hands of dedicated pastors who counsel with the Word of God, and put it into the hands of his preachers, those in the psychology industry.

What is going on in the Christian realm today in the area of psychology is no different than what was going on in the time of Israel when Ahab and Jezebel took them into deep Baal worship. It corrupted the nation of Israel. Any time we put our trust in something or someone other than the Bible and Jesus Christ, it is idol worship. The Bible plainly states this in the Ten Commandments.

Today the same cry of Elijah needs to go out loud and clear, “How long halt ye between two opinions? if the LORD be God, follow him: but if Baal, then follow him”. Psychology would easily fit into that verse for our day and time.

Now we want to make it very clear that we are not saying anyone who is, or has been involved in the psychological industry is serving the Devil. There are many innocent people, using psychological techniques, who sincerely want to help people but do not realize where psychology has come from. Our only hope is that these dear folk will see that the only true way to help people is through the manual God has given us to live by – the Bible.

May God help us to re-establish a love relationship with Him that will bring about the change in our lives that will give us the true deliverance from sin. The Bible says that we are to be people “...bringing into captivity every thought to the obedience of Christ:” It doesn’t say to allow your thoughts to come under the control of some so-called “Biblical counsellor” or psychologist who is using the Devil’s theories. Only Jesus can save us from our sins. Only Jesus can give us the strength to overcome life’s temptations (thoughts). Only Jesus can make us witnesses, witnesses who will bring the suffering,

the abused, the lonely, those possessed with evil spirits, to the foot of the cross for deliverance, and in the name of Jesus of Nazareth be victorious!

5. Your Thoughts – Satan’s Thoughts – God’s Thoughts

Adapted from notes by Al and Collette Martin

How Does Satan Attack Your Mind?

A little boy enters a grocery store and his eyes land on a bright red, juicy apple. All of a sudden his hunger pains are overwhelming. He looks at that apple, and immediately wrong thoughts, along with right thoughts, begin to flood his mind; notice:

“Boy I’m hungry, but I don’t have any money. I wonder if I could get that apple in my pocket without anyone noticing?”

“But that isn’t right; that would be stealing.”

“Just this once, who would know the difference?”

“Don’t do it, it isn’t right, it belongs to someone else.”

“Oh go ahead, just this once, move a little closer and take a look. No one will ever know.”

“I better not do it, I will regret it forever.”

“Just think how good that beautiful, juicy apple would taste; after all, doesn’t the Bible say it’s all right to eat when I am walking through someone else’s property? Go ahead.”

“Please don’t do it, Jesus won’t like that.”

“I have big pockets, there is no one around there; who would see me. Go ahead, do it”.

This is a hypothetical situation that is very typical in the battle that goes on in the mind of every Christian, every waking hour of every day. This example is a very simplistic one, but the battle that goes on in the mind of the Christian, many times, has eternal life and death consequences. **And because the word “I” is used, the person thinks it’s his own thoughts.** And the sad thing is that most Christians do not realize or understand the battle and where this thought or feeling is coming from.

Have you ever wondered why your thoughts wander so much during prayer? Sometimes these thoughts are of an evil nature. You might say, “I can’t keep my mind directed in the right place, even while I am praying.” That “wandering of the mind” may not be your doing. The Apostle Paul tells us that Satan has the ability to attack our minds, in much the same way that he seduced Eve: “But I fear, lest by any means, as the serpent beguiled Eve through his subtilty, so your minds should be corrupted from the simplicity that is in Christ.” (2 Corinthians 11:3).

Have you ever considered that when a thought appears suddenly in your mind, it may not be your own? Remember, Satan can manipulate you through suggestions. **Notice the following example:**

Figure 1



Knowing this, you'll begin to treat the things that run through your mind with a healthy scepticism.

Satan is a liar. He lied to Eve with distracting evil suggestions. Today he seeks to do the same to you, especially when you are attempting to reach out to God in prayer. The Christian will have poor success in his spiritual life until he recognizes and rejects the thoughts that the enemy injects into his mind. In 2 Corinthians 10:4-5 Paul states "(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;"

It is very possible that Satan assigns specific spirits to every believer to keep his mind from operating and resting in the things of God. Your thought life is the battlefield. If you don't believe this, try some time to keep your thoughts pure and on Jesus for just two or three minutes. You will quickly find yourself in a thought war. The spiritual war is won or lost in the battlefield of the mind. Until a person realizes this, takes action to resist these evil spirits and clean up the thought life, all other spiritual activities will be futile.

In the Bible the psalmist says that God desires those who serve him to have pure hearts. "Who shall ascend into the hill of the LORD? or who shall stand in his holy place? He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully." (Psalms 24:3-4).

Satan's typical method of attacking the thought life generally involves nothing more than well-timed suggestions. He's highly skilled at this, since he's generally familiar with one's particular weaknesses and vulnerabilities. His carefully timed suggestions can trigger dangerous results. Satan is a master at presenting a suggestion at just the right moment to incite a person's passions and appeal to his weaknesses.

"Satan studies every indication of the frailty of human nature, he marks the sins which each individual is inclined to commit, and then he takes care that opportunities shall not be wanting to gratify the tendency to evil" (*Great Controversy*, pg 555).

Consider the little boy who saw the apple in the grocery store. The Devil knew he was hungry and he saw where his eyes went, and at just the right moment he injected "well timed suggestions". How about the elder of the church who walks into the church board meeting and sees another elder, with whom he hasn't had a good relationship, over in the corner of the room talking privately with the Pastor before the meeting starts. The Devil injects a well-timed suggestion, "He must be scheming something up with the Pastor behind my back." This starts a whole train of thoughts that could continue through the board meeting. Now, the Devil knew how this elder felt about the other one. He had been watching their interaction over a period of time. In fact, he (the

Devil) had been feeding these two men thoughts against each other long before this meeting, and he saw that they were buying his injected suggestions by their words and body language.

Suppose it's time to go to church and you're busy getting ready when all of a sudden a thought pops up, "I'm really tired. It's been a hard week and I need to rest." That may sound like your own thought, but it isn't. It's most likely the Devil's. Or maybe someone in church walked by you and instead of speaking, they just nodded a greeting. You begin thinking, "I'll bet they're mad at me. Why didn't they show me more attention?" Again, that's a selfish thought inspired by the enemy. You see, Satan's suggestions usually come packaged through the desires and cravings of the self. He uses 'I'.

There is a progression that takes place when a person doesn't understand where the temptations are coming from, and buys into the thoughts (suggestions) that are injected into his mind. You see it is through our thought process that the Devil injects his temptations. In connection with our thoughts, he perverts the God-given imagination, and uses it in the area of fantasy. He gets a person to live out the temptation in his mind before he outwardly yields.

Here he works on the imagination until the person yields to the temptation and commits the single act. Satan knows that once a person has fallen to a particular situation it will be easier and easier for him to commit the sin again and again. He (the Devil) makes sure his evil spirits are on hand to take advantage of every situation to which a person is vulnerable until that single act has turned into a habit.

Soon the sin has become so common place that the person is not doing it because he wants to, but through the habit of indulging he has given up his ability to choose, or the Devil has stolen a good share of his will. Now it is a compulsion, and he has to do it because he has lost most of his will to choose. He continues to listen to the Devil's well-timed suggestions, and acts on them, until the Devil soon has total control of one or more areas of his life. This condition is called possession, which means "controlled". Now this all originated in the mind, the thoughts, before it was acted on. In each step of the progression downward, it still took place in the mind until the Devil possessed or controlled that person.

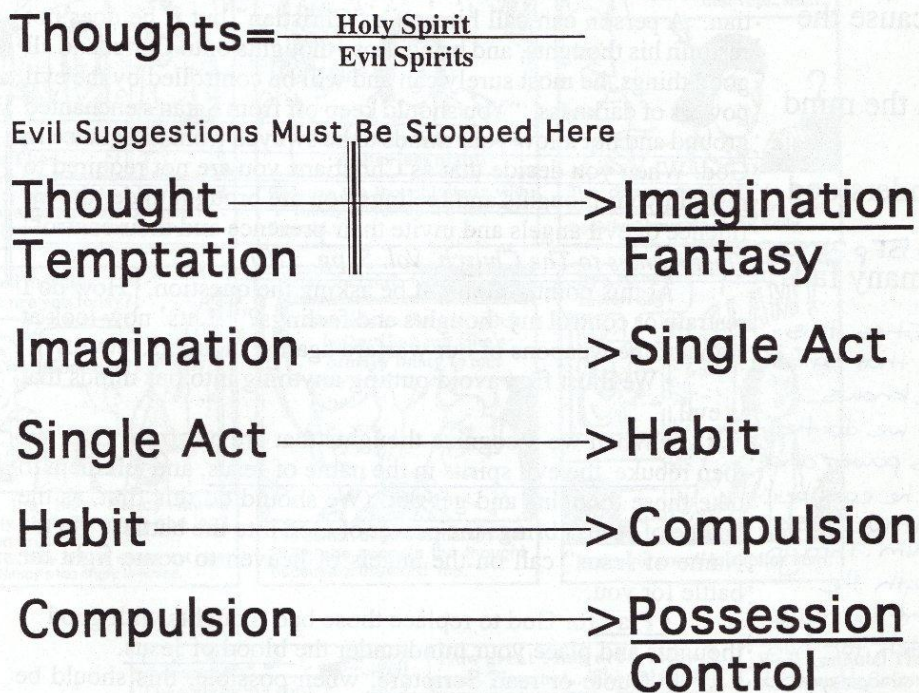
It is because the battle in the mind is not understood that so many fall, in the thought process, to sin. This is the avenue by which the Devil can take possession or control of even a professed Christian. A person can call himself a "Christian" but if he does not restrain his thoughts, and bring those thoughts onto Christ and all good things, he most surely can and will be controlled by the evil powers of darkness. Consider carefully the following quote:

"You should keep off from Satan's enchanted ground and not allow your minds to be swayed from

allegiance to God...When you decide that as Christians you are not required to restrain your thoughts and feelings you are brought under the

influence of evil angels and invite their presence and their control".
(*Testimonies For The Church*, Vol. 5, pg. 310).

THOUGHT CHART



At this point you might be asking the question, “How do I restrain or control my thoughts and feelings?” Let’s now look at some of the weapons of our warfare against wrong thoughts and feelings.

- We must first avoid putting anything into our minds that is evil. Romans 13:14 says “and make not provision for the flesh, to fulfil the lusts thereof.”
- When we recognize thoughts that are not from God, we are to submit our minds to God (‘I choose Jesus Christ’) and ask God for help. Then rebuke the evil spirits in the name of Jesus Christ, and tell them to take those thoughts and go. (The “name of Jesus Christ” brings the power of God into the battle.) “In the name of Jesus Christ” call on the holy angels to come fight the battle for you.
- Pray for God to replace those bad thoughts with good thoughts and pray that your mind be placed under the protection of the blood of Jesus Christ. Focus on Christ. Isaiah 26:3,4; Philippians 4:8
- Verbally quote or read the Bible. (Not yelling). **Note that God is able to read your mind but Satan cannot. Satan can read body language and he knows our habit patterns but he cannot read your mind. Also, if you cannot speak, you can place your finger on a promise. It works. God will help you.**
- Sing a good Christian song – eg. “Jesus loves me”, or “Power in The Blood” are good ones. Satan hates good music and good singing. (Get some good CD’s)

- Fill your mind with praises to God for all His blessings – be specific. (this especially helps with depression)

The most important weapon to use is rebuking the powers of darkness in the name of Jesus Christ. Using the name of Jesus Christ means that the other weapons are working with the power of God behind them. **See example on page 25. Figures #1 and #2**

May God help each of us clean up our minds, so that the Holy Spirit will not be ashamed to come and dwell there. This is an area in our lives as Christians that often is overlooked, yet is so important. Jesus, in the sermon on the mount, emphasised the importance of not sinning in our minds. The only way this can be done is through the weapons that God has provided. Praise God.

James 4:7 - “Submit yourselves therefore to God. Resist the devil, and he will flee from you.”

1 Peter 5:8, 9 – “Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: Whom resist steadfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world.”

5T p.293 “It is this resistance that Satan dreads. He knows better than we do the limit of his power and how easily he can be overcome if we resist and face him. Through divine strength the weakest saint is more than a match for him and all his angels, and if brought to the test he would be able to prove his superior power”.

EV 609 ST March 24 1887 “...while in truth they are but channels for Satan’s electric currents. By this means he casts his spell over the bodies and souls of men.”

MCP 432 “There are thoughts and feelings suggested and aroused by Satan that annoy even the best of men, but if they are not cherished, if they are repulsed as hateful, the soul is not contaminated with guilt, and no other is defiled by their influence.”

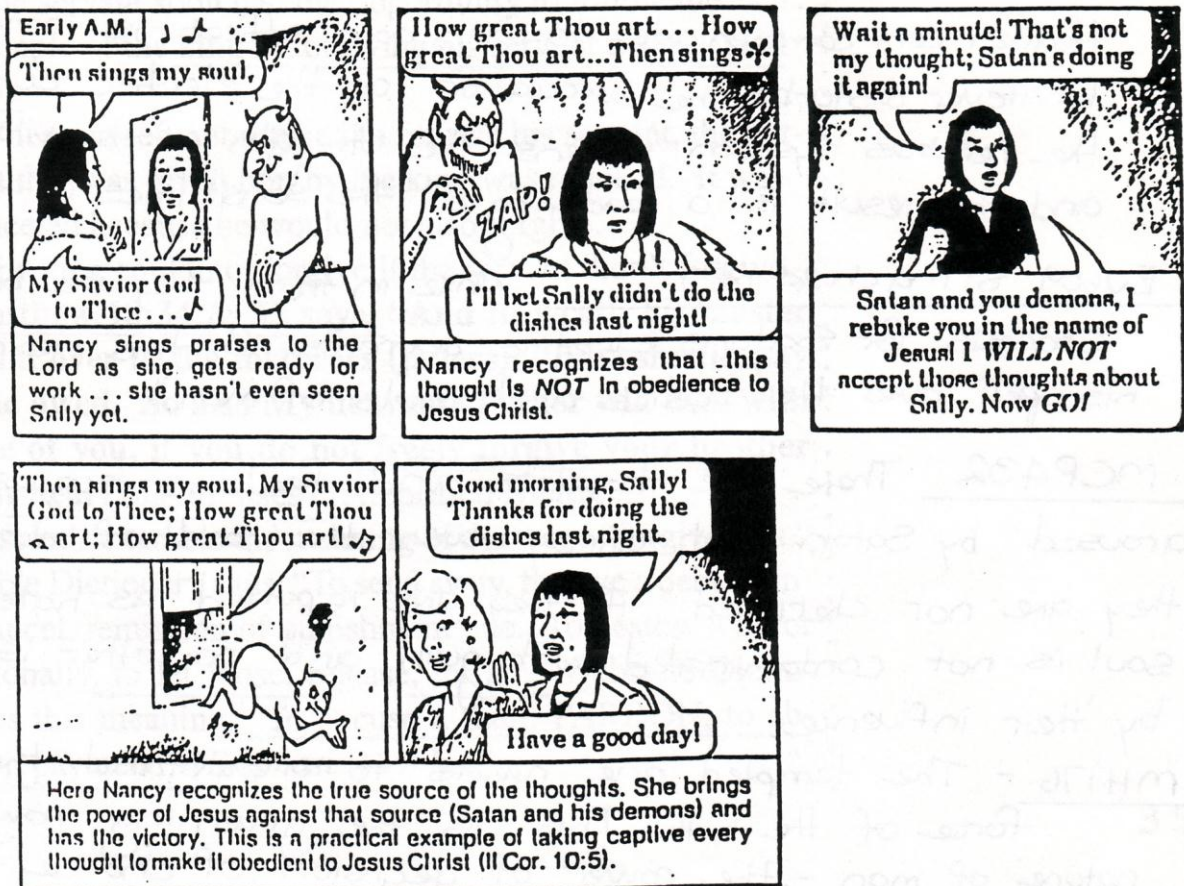
MH p.176 “The tempted one needs to understand the true force of the will. This is the governing power in the nature of man – the power of decision, of choice”.

1T p.301 “I was shown that Satan cannot control minds unless they are yielded to his control”.

FIGURE 1



FIGURE 2



OTHER HELPFUL REFERENCES

(See Page 4 for explanation of abbreviations)

DA p.121 “By parleying with the enemy, we give him an advantage”.

OHC p.104 “When the will is placed on the Lord’s side, the Holy Spirit takes that will and makes it one with the divine will.”

OHC p.104 “If man will cooperate with God, the Lord will bring his will into connection with Himself, and will vitalize it by His own Spirit.”

OHC p.103 “The will is not the taste or the inclination, but it is the deciding power”.

MH pp.251, 252 “It is a law of nature that our thoughts and feelings are encouraged and strengthened as we give them utterance. While words express thoughts, it is also true that thoughts follow words”.

2T p.533 “Bring to your aid the power of the will, which will resist cold and will give energy to the nervous system”.

5T p.426 “Temptation is not sin”.

* Imagination – Strong’s 8307 Jeremiah Texts
sher-ee-rooth from 8324 in the sense of twisted i.e. firm; obstinacy: - imagination, lust.
8324 – shaw-rar to be hostile (only act, part, an opponent): - enemy

DA p.173 (Mar p70) “When the Spirit of God takes possession of the heart, it transforms the life. Sinful thoughts are put away, evil deeds are renounced; love, humility, and peace take the place of anger, envy and strife. Joy takes the place of sadness and the countenance reflects the light of heaven.”

AH p.54 “Think right thoughts, and you will perform right actions”.

2T p.347 “The brain nerves which communicate with the entire system are the only medium through which Heaven can communicate to man and affect his inmost life. Whatever disturbs the circulation of the electric currents in the nervous system lessens the strength of the vital powers, and the result is a deadening of the sensibilities of the mind”.

4T p.32 “Man must work with his human power, aided by the divine power of Christ, to resist and to conquer at any cost to himself”.

Morning talks p.52

“Satan works through faults of character to gain control of the whole mind, and he knows that if these faults are cherished, he will succeed.”

Philippians 2:5 – mind of Christ

1 Peter 4:1 – arm yourselves likewise with the same mind

Ephesians 4:27 – Neither give place unto the devil

Jeremiah 13:10 – walk in the imagination of their heart

Jeremiah 18:12 – imagination evil heart

Amos 4:13 – and declareth unto man what is his thought

Acts 1:24 – Thou Lord which knowest the hearts of all men

6BC p.1085 “Every act of transgression reacts upon the sinner, works in him a change of character, and makes it more easy for him to transgress again”.

5T p.513 “The will is not the taste or the inclination, but it is the deciding power which works in the children of men unto obedience to God or unto disobedience”

FCE p.426 “All our actions, good or bad, have their source in the mind”

CH p.593 “Christ supplies the lifeblood of the heart, and Christ and the Holy Spirit give nerve power”.

4T p.495 “The mind is controlled either by Satan or by Jesus; and when you practice no self-control, Satan rules and leads you to do and say things that are wholly satanic. This has been repeated so often that it has become habitual.”

4T p.345 “One victory won, the next is more easily gained”

SC p.47 “Everything depends on the right action of the will”.

SC p.47 “...the power of decision, or of choice”.

5T p.193 “His agents still claim to cure disease. They attribute their power to electricity, magnetism, or the so-called “sympathetic remedies”. In truth, they are but channels for Satan’s electric currents. By this

means he casts his spell over the bodies and souls of men”.

Proverbs 16:3 – thoughts established

4T p.222 – Satan’s suggestions

Imagination – Maranatha p222

Jeremiah 7:24 – but walked in the counsels and in the imagination of their evil heart.

Jeremiah 16:11,12 – law – imagination of evil heart

Jeremiah 9:14 – walked after imagination

Habits – MCP pp.596-601 (Vol 2) Further Study

SD p.113 “Habits often repeated make character”.

5T p.310 “If the thoughts are wrong the feelings will be wrong, and the thoughts and feelings combined make up the moral character.”

1T p.387 “The mind and nerves gain tone and strength by the exercise of the will”.

2T p.428 “She wants the will to electrify the nerve power so that she may resist indolence.”

1SM p.124 “It is possible to resist his power”.

4T p.358 “There is no sin in having temptations; but sin comes in when temptation is yielded to”.

Deuteronomy 31:21 – Imagination → Act
(vs 16-22)

“There are many who are really troubled because low, debasing thoughts come into the mind, and are not easily banished. Satan has his evil angels around us; and though they cannot read men’s thoughts, they closely watch their words and actions. Satan takes advantage of the weakness and defects of character that are thus revealed, and presses his temptations where there is least power of resistance. He makes evil suggestions, and inspires worldly thoughts, knowing that he can thus bring the soul into condemnation and bondage.” - **Morning Talks, p.7**

“When we talk discouragement and gloom, Satan listens with fiendish joy; for it pleases him to know that he has brought you into his bondage. Satan cannot read our thoughts, but he can see our actions, hear our words, and, from his long knowledge of the human family, he can shape his temptations to take advantage of our weak points of character. And how often do we let him into the secret of how he may obtain the victory over us. Oh, that we might control our words and actions! How strong we would

become if our words were of such an order that we would not be ashamed to meet the record of them in the day of judgement. How different will they appear in the day of God from what they seem when we utter them.” - **RH Feb 27, 1913 - MCP p.494.**

“The adversary of souls is not permitted to read the thoughts of men; but he is a keen observer, and he marks the words; he takes account of actions, and skilfully adapts his temptations to meet the cases of those who place themselves in his power. If we would labor to repress sinful thoughts and feelings, giving them no expression in words or actions, Satan would be defeated; for he could not prepare his specious temptations to meet the case.” -

1SM pp.122, 123.

“When the mind has been long permitted to dwell only on earthly things, it is a difficult matter to change the habits of thought. That which the eye sees and the ear hears too often attracts the attention and absorbs the interest. But if we would enter the city of God and look upon Jesus and His glory, we must become accustomed to beholding Him with the eye of faith here. The words and the character of Christ should be often the subject of our thoughts and of our conversation, and each day sometime should be especially devoted to prayerful meditation upon these sacred themes” - **RH May 3, 1881 (SL pp.91, 92). MCP pp.662, 663.**

“All your acts, however secret you may think they have been, are open to your heavenly Father. Nothing is hidden, nothing covered. All your acts and the motive which prompt them are open to His sight. He has full knowledge of all your words and thoughts. It is your duty to control your thoughts. You will have to war against a vain imagination. You may think that there can be no sin in permitting your thoughts to run as they naturally would without restraint. But this is not so. You are responsible to God for the indulgence of vain thoughts, for from vain imaginations arises the committal of sins, the actual doing of those things upon which the mind has dwelt. Govern your thoughts, and it will then be much easier to govern your actions. Your thoughts need to be sanctified.” - **3T pp.82, 83.**

“Every soul that refuses to give himself to God is under the control of another power. He is not his own. He may talk of freedom, but he is in the most abject slavery. He is not allowed to see the beauty of truth, for his mind is under the control of Satan. While he flatters himself that he is following the dictates of his own judgment, he obeys the will of the prince of darkness. Christ came to break the shackles of sin-slavery from the soul. “If the Son therefore shall make you free, ye shall be free indeed.” “For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.” Rom 8:2

In the work of redemption there is no compulsion. No external force is employed. Under the influence of the Spirit of God, man is left free to choose whom he will serve. In the change that takes place when the soul surrenders to Christ, there is the highest sense of freedom. The expulsion of sin is the act of the soul itself. True, we have no power to free ourselves from Satan's control; but when we desire to be set free from sin, and in our great need cry out for a power out of and above ourselves, the powers of the soul are imbued with the divine energy of the Holy Spirit, and they obey the dictates of the will in fulfilling the will of God." - **DA p.466.**

"The mind must be trained through daily tests to habits of fidelity, to a sense of the claims of right and duty above inclination and pleasure. Minds thus trained do not waver between right and wrong, as the reed trembles in the wind; but as soon as matters come before them, they discern at once that principle is involved, and they instinctively choose the right without long debating the matter. They are loyal because they have trained themselves to habits of faithfulness and truth". - **3T p.22 (CH 411).**

"If we would not commit sin, we must shun its very beginnings. Every emotion and desire must be held in subjection to reason and conscience. Every unholy thought must be instantly repelled....Temptation, however strong, is never an excuse for sin."-

5T p.177

6. THE SIN OF UNFORGIVENESS

by Al and Collette Martin

One of the greatest deceptions of the Devil is unforgiveness. Most people do not realize it but each day brings situations that could cause unforgiveness to take hold. This is a grievous sin, and if it is not dealt with, it could cause one to lose his salvation. It destroys like cancer.

Let us look at what Jesus had to say in Matthew 18:21-35, when Peter asked Him, "...how oft shall my brother sin against me, and I forgive him? till seven times?" The Pharisees limited forgiveness to three times. Peter sought to extend it to seven times. But Jesus taught that we should never become weary of forgiving. He said "I say not unto thee, Until seven times: but, Until seventy times seven".

In the parable which Jesus spoke to Peter there are several points that really stand out:

- The king who forgave represents Christ
- The debt the king (Jesus) forgave was immense, compared to the debt the servant was required to forgive.
- The whole immense debt was forgiven.
- The servant soon had the opportunity to follow the example of the king in forgiving his servant a very small debt.
- When the servant refused to forgive his servant, the pardon that was given him by the king was revoked. It was cancelled because he would not also forgive.
- The king could not forgive if the servant didn't forgive.

Matthew 18:34 & 35 says, "And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due unto him. So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses." (emphasis added)

First let's examine the meaning of the word "forgiveness". Vine's Bible Dictionary says, "To send away, forgive a debt, completely cancel, remission of punishment due. To bestow a favour unconditionally, to let loose, release, let go." Webster's Dictionary gives this meaning, "To excuse a fault, PARDON, to absolve from payment."

Mark 11:25 says "And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses." Basically the thought here is **DROP IT! LET IT GO.**

The Importance of Forgiveness

Let us now consider seven reasons why forgiveness is so important:

1) Forgiveness is obedience to God—He says to forgive.

"And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you." Ephesians 4:32. Unforgiveness hurts you far more than it does the person you don't forgive. They may have forgotten all about it, but you can't.

2) Forgiveness allows faith to work—In Mark 11:22-26 Jesus spoke about forgiveness in connection with having the faith to move a mountain. In Genesis we read of Joseph's unwavering faith that God honoured so many times. If he hadn't been so willing to forgive his brothers for what they had done to him, his faith wouldn't have worked. Unforgiveness destroys faith, as they cannot work together.

3) Rids us of spiritual filthiness (unforgiveness is spiritual filthiness) —Proverbs 18:14 says, "The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?" Avoid weights (dirt, unforgiveness) on your spirit. We must be washed clean in the blood of Jesus Christ.

4) Forgiveness removes the tortures of the soul—Unforgiveness brings on depression, lack of joy, heaviness of spirit, unhappiness, the feeling that something just isn't right. Unforgiveness poisons the soul. To forgive removes all these things and brings peace.

5) Forgiveness removes the blockages in our "personal relationship" with God—Prayer life is hindered by unforgiveness, and God will not forgive if we don't forgive. Matthew 6:14-15 says, "For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses." How can we expect to have a relationship with God if we have unforgiveness on our conscience? This is really being dishonest.

6) Forgiveness gives us the ability to love—When a person has an unforgiving spirit they cannot love properly. Husbands and wives can tell when they harbour ill feelings toward each other. They have a hard time embracing before they go to sleep at night. Unforgiveness can ruin present and future relationships, because love and unforgiveness are totally opposite.

On the other hand, to forgive opens the door for the love of Jesus to flow through.

7) Forgiveness shuts the door to the Devil—Unforgiveness opens a big door to Satan to bring in other things such as bitterness and

resentment. Each of these will grow like a cancer and will contaminate the whole person.

One Christian author stated, **“Most of the ground that Satan gains in lives of Christians is due to unforgiveness.”**

When we forgive, the Devil then cannot continue to torment us on that point.

How do you know if you have unforgiveness in your life? An unforgiving, bitter spirit **keeps score**. Every time someone offends you, you immediately remember all the other times you were offended. It’s called the “play it again Sam” syndrome. Unforgiveness, which breeds bitterness and resentment, is truly one of the greatest tools the Devil uses against Christians.

This is not to negate the fact that many people are wounded almost beyond endurance. The Devil delights to add to your pain and sorrow and make it worse by whispering to you so the nail of bitterness and resentment is driven in deeper and deeper. His desire is to get us to be angry at God, which many times turns into hate. His ultimate aim is to depress a person to the point of hopelessness and then his next suggestion is urged as a solution—suicide. It is easy to see how clever and successful the Devil is by using situations in our daily life to bring on unforgiveness.

Oh dear friend, in the event we believe we have a right to be unforgiving towards another person, let us look at the life of Jesus for just a moment. When we catch just a little glimpse of what He went through just before and during His crucifixion, then our picture looks much different.

Thoughts would have been thrown at him like ‘The people standing around this cross hate you, they aren’t worthy of your death. They are dogs. Why die for them? Come down from that cross, bow down to us and we will give you anything you want.’

The demons were trying to get to Jesus through basic human emotions—rejection, bitterness, resentment, hate, doubt, unforgiveness, retaliation, anger—they just wanted to overcome Him before He died so that all humanity would be forever lost.

As if all this wasn’t enough, Jesus felt His Father turn His back on Him. In His human emotions He cried out “My God, my God why hast thou forsaken me?”

Everyone seemed to be against Him, yet He looked down on those evil men who were possessed with demons, and said, “Father forgive them; for they know not what they do”.

Dear friend, please remember Jesus when tempted to be unforgiving. No matter how badly we have been offended, we can always say, “We haven’t been crucified on a cross yet” and “Father forgive them for they don’t know what they are doing”.

Don’t let Satan steal your salvation through unforgiveness. When he comes and whispers to you, telling you to get even, to snub another person, or show unkindness because of being offended, tell him

“Get thee behind me Satan, in the name of Jesus, you are an offence to me”.

Mark 11:25—“And when ye stand praying, forgive...” Forgiveness is not optional, but a command. Forgiveness is not a feeling but an act of faith, a definite act of the will to forgive. You choose to forgive in obedience to God’s command. The feeling comes later, the feeling of peace. When we offer to God our hurts and despair, then God pours His love and compassion into the wounds and His healing will come. You may think, “I can never forget, even if I could forgive.” You are absolutely right, you can’t forget; but, you don’t need to be burdened or always hurting by remembering. Only God can carry the weight of the very thing which pushes us to the ground. God’s love and His forgiveness can and will cushion the memory until the weight is taken from your mind.

Another important thing to consider is that when you forgive, you must also destroy, if possible, any visible evidence which has fed the unforgiveness. If it is a snapshot of your sweetheart in the arms of another—send it to the flames. Replace the harsh thoughts with thoughts of love. This also is a command, not a choice, Jesus surely said to “Love your enemies.” We know of no better way than for one to begin praying for the very person they have refused to forgive. Only then can God’s healing grace be applied to their own sin sick souls and the enemy’s power be broken. Then that “peace which passeth all understanding” can come in and enfold you with unspeakable joy and freedom.

If there is unforgiveness in your life, whether it be toward family members or acquaintances, ask God to help you have a forgiving spirit.

Ask God to help you see that person or incident through the eyes of Jesus. Jesus hates our sin, but oh, does He love us! He promises to forgive us of all our sins if we will do the same for our fellow men.

If someone has mistreated you and you have been nursing a spirit of unforgiveness, try realizing that the real enemy is not the person who hurt you; it is the person on the other side who is egging him/her on. Go after the real enemy.

When the Devil comes back and tries to tempt you into believing that you haven’t been forgiven, or that you haven’t forgiven the other person, be quick to rebuke the Devil when he wants you to “play it again Sam.” Tell him that you gave that to Jesus, so go talk to Him about it. Read Scripture texts out loud, sing a Jesus song, and these feelings will begin to lift. Your heart will be changed. Try it and see.

May God help us, each one, to purpose in our hearts to choose to let God clean up all sin in our lives, and to meet together in the kingdom that our Saviour Jesus Christ is preparing for us.

7. BITTERNESS

by: Jim Wilson

Get Rid of Bitterness!

“Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ’s sake hath forgiven you. Be ye therefore followers of God as dear children: And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweetsmelling savour.” (Ephesians 4:31–5:2)

Our text requires us to remove all bitterness, and to maintain a tender heart. Here’s the question: Is it possible to be kind, compassionate, tenderhearted, and yet bitter at the same time? These are all interior attitudes. Tenderheartedness, by definition, involves a tender heart. Bitterness is also on the inside. But it is not possible to have two different, contradictory attitudes on the inside.

Paul says to get rid of all bitterness, and to be kind and compassionate one to another. Therefore, the bitterness must go. But before it can be removed, it is necessary to know what it is—and that it is there.

Bitterness – “Having a taste that is sharp and unpleasant. Causing sharp physical or mental pain. Caused by severe anguish, grief or disappointment.”

Vine’s Bible Dictionary says, “To cut, pointed, sharp, pungent, to taste or smell.”

It is relatively easy to see when other people are bitter. But it is not so easy to see it in ourselves. It is therefore important to have a good understanding of the Bible’s definition of the problem.

Bitterness is always based upon someone else’s sin—whether real or imagined.

Consider the imaginary sin first. Many times we can be bitter towards someone for what he said, when in reality he did not say it. We heard a false report, and now we are bitter. We wait for an apology which he cannot offer. Shall we remain in bitterness the rest of our lives because he never says he is sorry for something he did not do?

Incidentally, many people cannot imagine the possibility that they are bitter over imaginary sins. As far as bitterness is concerned, the other persons’ guilt is always real.

For such a person trying to be free from bitterness, it is acceptable for them to assume the real guilt of the other person, so long as they get rid of their own bitterness.

But what about genuine sin? There are many bitter people who really were mistreated by the offender. So how do we deal with a genuine offence?

Bitterness is based on sin that somehow relates to you. It is not concerned with how big the sin is; it is based upon how close it is. Bitterness is related to those people who are close.

You may think you have the right to be bitter. But the Bible does not grant anyone the right to be bitter. The text says to get rid of all bitterness.

“Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble *you*, and thereby many be defiled;” (Hebrews 12:15)

Here it describes bitterness as if it were a root. A root is something that is underground and cannot be seen. But there can be visible evidence of its presence, as when sidewalks are lifted.

Roots do other things. The fact that you cannot see roots does not mean they are not there. Neither does it mean you will never see them. They drink in nourishment, and they do not stay roots. Eventually they come up.

The fruit that is born bears a direct relation to the root producing it. The roots of an apple tree provide us with apples. If there is a bitter root, it will bear bitter fruit.

That is what the verse is saying. Beware lest any root of bitterness spring up, cause trouble, and defile many people, which means to make many people filthy. Have you ever seen bitterness go through a church? Bitterness can go through a congregation like a prairie fire. It can go through the work place or dormitory. Why is this? Somebody decided to share. He was bitter, he let the root come to the surface and bear fruit. He shared it and many people became bitter. Paul, the author of Hebrews, warns us about this. He says beware of missing the grace of God. When you allow it, bitterness comes up and defiles many people. It makes many people filthy.

Before we get rid of bitterness, we have to realize that we are bitter. How can we tell if we are bitter? One good rule of thumb is this: **Bitterness remembers details.** You have had thousands of conversations in your life, most of which you have forgotten. But this one took place five years ago, and you remember every single word, his intonation and the inflection of every part of his voice.

You know exactly what happened—which means you are still bitter.

Someone might object and say that it is also possible to have a good memory of a wonderful conversation. Is this possible? Yes, but not likely. Why is this? Because memory is helped by review, review, and more review. People do not usually mull over the wonderful things as much. But they do go over and over and over the bad things. I have done quite a bit of ministering with people who are in the process of getting a divorce. I have known some since the time they were married, at a happier time in their life. But at the time of the divorce they cannot remember a single happy time. All they can

remember is that which they have gone over and over. They are bitter.

What is the problem? Why is it we do not get rid of bitterness? If I tell a lie, I can confess it and be forgiven. In order to get rid of it I have to bring it back to my own heart. We need to bring the realization of bitterness back to our own hearts. Instead, the temptation is to look at the offender. Look what he did. That is the nature of bitterness. In order to get rid of it, I need to recognize it is my problem before I can confess and forsake it.

But you say, "I am not bitter. I just get hurt easily." But the symptoms of getting hurt are very close to the symptoms of resentment. Do you know what resentment is? You might say, "It is not bitterness—it is just hurt feelings." But there is a close relationship between being hurt and being resentful. There is a very close connection between resentment and bitterness. Resentment turns into a deep bitterness.

Bitterness is just resentment that has been held on to. It has become rancid and rotten. It is kept in and it gets worse.

What we want to do is make it apparent how sinful bitterness is. The bitter person must first recognize that he is bitter, and secondly, that it is a gross evil. Again, the reason people do not deal with this sin is that they think it is the other person's sin.

The Devil says, "Well, when he quits lying, or he quits doing this or that, or when he says he's sorry, then you will feel better."

But suppose he does not quit? Suppose he never quits? Are you going to be bitter the rest of your life because someone else insists on being in sin? That does not make any sense at all.

You may say, "I will forgive him when he says he is sorry, but not until then. I have a right to my bitterness until then. When he says he is sorry, I will then forgive him and everything will be fine."

You keep this wall of bitterness up, and one day he comes to you and he says, "I'm sorry." Can you forgive him? No, because bitterness doesn't forgive. In order to forgive this person when he says he is sorry, you have to be ready before he says he is sorry. And if you are ready to forgive him before he says he is sorry, then it doesn't depend on whether he says he is sorry or not. In other words, you get rid of bitterness unilaterally. It does not matter what the other person does.

Earlier the point was made that bitterness seems to stem from the other person's sin—real or imagined. That is only how it appears. In reality bitterness is a sin that stands alone. The bitter person decides to be bitter independently of the offender.

I've known situations where an apology was offered and the person is still bitter. Suppose the offender is dead and cannot apologize. I know people who are extremely bitter and the bitterness is toward their parents who died years ago. But the bitterness has not died. Bitterness is the sin of the bitter person alone, unrelated to anybody else.

One time I went to the Walla Walla State Penitentiary to spend the day with the inmates. It was around Christmas. I spent about six hours there. During the afternoon I was in maximum security talking about and teaching evangelism.

This one fellow asked about reaching the really hard-core criminals. I thought he was really interested in such evangelism and talked to him about it. Then I spent time in minimum security, protective custody and other places. In the evening I was back in maximum security and thought I'd talk on this subject of bitterness. I figured there were probably some bitter people there.

This same fellow who asked about evangelism in the afternoon asked me another question. He said, "How can you get rid of bitterness towards somebody who beat up your three-year-old son unmercifully?" So I told him how, and then I said, "You know, when you get rid of your bitterness, you can help this person so that he won't beat up other little kids."

He said, "No, this guy cannot be helped."

I said, "Sure, he can"

"No, no."

"Why not?"

"He is not with us anymore"

This inmate had murdered him. He had murdered him because of what he had done to his three-year-old son—that's why he was in prison.

But even though he had killed the man, he was still bitter. In other words, expressing it did not get rid of it.

When somebody else says he is sorry, it does not get rid of the bitterness. The only thing that gets rid of it is confession before God, because of the Lord Jesus Christ's death and resurrection. This is the only solution.

We must not keep it and we must not share it with others. There is only one thing to do and that is to confess it as a great and evil sin. We must be as persistent in the confession as necessary.

"Husbands, love *your* wives, and be not bitter against them" (Colossians 3:19)

"But if ye have bitter envying and strife in your hearts, glory not, and lie not against the truth." (James 3:14)

"And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.

Let all bitterness, and wrath, and anger, and clamour, and evil speaking be put away from you, with all malice:

And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you." (Ephesians 4:30-32)

8. HEALTH AND SPIRITUAL WARFARE

No. 1 - NUTRITION

It is common knowledge that anxiety and tension break down the life forces and invite disease. We know that disease never comes without a cause. Stress is the cause of much disease. The medical research of the past four or five decades has been covering this psychosomatic ground again and again.

There is a lifestyle that will significantly reduce stress in the life. It is a parallel of restorative medicine. This way of living seeks a balance of activity and relaxation through such basics as proper diet, exercise, fresh air, pure water, rest, sunlight, abstemiousness and trust in divine power.

Now let us become aware of one important thing. In the Bible, the demon controlled men spoken of in Matthew 8 and Luke 8 are called madmen. In other words, there is a close relationship between insanity, madness and demon possession.

It is in the light of this clear understanding that madness and demon control are basically one manifestation, that we can discern something of the Devil's method of afflicting the soul. A sick body may lead to a sick mind and then to demon control of some variety. A sick mind, or a disturbed mind—a mind under any stress to a great extent, may bring disease, or toxæmia, into the body, weaken the body, and thus invite death, decay, and demon control. The cycle is both malignant and diabolical.

The cure is an adoption of the life-style of eight basic rules of healthful living as outlined in the NEWSTART Program following. A person needs good health in order to be successful in getting free and staying free in the spiritual battle. Good health is part of his restorative program.

It does not take the place of prayer nor does it take the place of contemplation of God's holy Word; but it is a balance necessary to prevention of all disease, including "madness", or demon control, and a way of maintaining good health for the restoring individual (that is, for the one recovering from any "sickness", mental, physical or spiritual).

NEWSTART HEALTH

Nutrition

Exercise

Water

Sunshine

Temperance

Air

Rest

Trust in Divine Power

When a car is made, the company who makes the car writes a service manual to go with it. This informs which are the best fuel and oils for the working machinery in that car, to keep it running in the best possible condition.

In the same way, we are like machines that need good fuel to run well. Certain foods will make the best kind of blood, muscle and bone in our bodies.

To keep us running well, we need to choose our foods wisely and keep our diet well balanced with the four main food groups:

Fruits
Vegetables
Nuts and Seeds
Grains

It is healthy to start every day in the morning with a good, hearty breakfast including:

Grains – like oats, (porridge & muesli) bread, rice
Milks – soy or coconut
Fruits – Apples, pears, bananas, paw-paw, oranges, etc.

At lunchtime, a good vegetable meal with:

Starches – like potatoes, bread and grains
Protein – which is in beans, nuts and seeds
Greens – cabbage, silverbeet, spinach, parsley, etc.
Colours – carrots, pumpkin, cauliflower, beetroot, etc.

The practice of eating just two meals a day is generally found a benefit to health; yet under some circumstances, a person may require a light third meal. For example those who work at hard labouring jobs may fall into this category. This should, however, if taken at all, be very light, and of food most easily digested. For example a light fruit meal with toast or cracker biscuits. The light evening meal should be eaten at least 2 to 3 hours before going to bed.

If a third meal is required it is not good to have a large heavy meal late in the day. This can result in disturbed sleep, not waking refreshed in the morning and an unhealthy habit cycle can soon develop.

It is also important to eat meals at regular times and not to eat between meals at all, as our stomachs need to rest as well. Leave 5 to 6 hours between meals. It is well recommended to have plenty of raw food with each meal to provide living enzymes and to aid digestion. Also make it a rule not to mix vegetables and fruits at the same meal, because it creates acidity in the stomach. Simply have fruits at one meal and vegetables at another meal.

It is possible to have too much of a good thing. We need to have an understanding of the word "Nutrition". It means to eat foods only that are good for the upbuilding of our bodies and eat them in moderation, at the right times.

Fatty foods tend to store as fat which increases the risk of disease and makes us more sluggish.

Eating a good hearty breakfast, a good-sized lunchtime meal, and if needed a light evening meal, gives us the fuel we need at the right times when we need the energy. It also helps to keep our bodies in good shape and helps in weight control.

Some foods and drinks are not good for our well-being. Alcohol, smoking, coffee and tea are very harmful. Lollies, canned drinks like Coke and Pepsi etc, ice creams, cakes, made with a high sugar content, are also dangerous for our ongoing health. The combination of milk, eggs and sugar is especially bad for the health of the body.

Harmful effects may not be noticed straight away when consuming these foods and drinks, but over a period of time, our immune system will begin to fail. This will increase the risk of disease and may result in damaged organs and even death.

Eating too many sweets and sugar foods makes unhealthy blood and they are not good for building strong healthy tissues and bones, etc. Our white blood cells that fight disease are especially affected by sugar.

By not eating between meals, it reduces the temptation of eating sweets and stops a traffic jam happening in your digestive system, which is injurious to your health.

No. 2 - EXERCISE

If someone has just broken an arm or a leg, it needs to be put into a plaster cast for 6 – 8 weeks, so that the bones can knit back together and heal properly. When the plaster is removed, it can be easily noticed that the limb that was broken is smaller,

paler, weaker and more stiff than the other limb that has had frequent use.

The joints of the broken limb will not move as freely as the good limb and it could be more painful to move for a time. **ONLY EXERCISE WILL BRING IT BACK TO GOOD USE AGAIN.**

This is just a picture of what happens to the whole body when we fail to get proper exercise. Each part suffers and in turn the whole body suffers.

Some people work at sedentary occupations. Even though they are brain tired at the end of the day from standing or sitting for hours in heavy concentration, they need to exercise physically and breathe fresh air deeply. It would be well for these people to enjoy some late afternoon or early evening sunshine and exercise in the garden, cycling or brisk walking.

When oxygen is lacking in the body, the blood moves sluggishly and the waste, poisonous matter that should be eliminated, is held in the body and the blood becomes impure. Exercise improves the blood circulation and helps cleanse the blood. Good health depends on good circulation.

Proper exercise gives life to the whole body. It gives strength to the digestive organs, the liver, the kidneys, the lungs and the heart. Exercise is excellent recreation not only for the body but also for the mind. It brings relief to the weary brain, helping us to think more clearly and to feel more cheerful. The whole body becomes more resistant to disease.

After a meal an easy walk aids digestion, but vigorous exercise is not wise as the blood is then needed in the stomach to break down the food and is not as available for the other strenuous exercise. Exercise, like all other daily activities, must be done with care, thoughtfulness and common sense. Let us begin to take some steps and make a decision to get some exercise today and every day from here on.

Listed below are some benefits of good exercise:

- Prevention of heart disease
- Prevention of and treatment of obesity
- Lower blood pressure
- Increased circulation and oxygen intake
- Increased self worth
- Improved sleep
- Lower cholesterol levels in the blood

- Decrease in anxiety and relief of depression
- Elevation in mood and vigour
- Stronger heart beat and lowering resting heart rate
- Increased fitness level
- Aids in stress control

No. 3 - WATER

Water is very important to this world. About three-quarters of the earth is made up of water.

Most of it is salt water, but the sun has the ability to change salt water into fresh water.

Just to basically explain it – The heat from the sun picks up small drops of water from the sea and takes them up to make clouds but it leaves the salt behind.

As the clouds gather more and more moisture, the drops get heavier and heavier until they become heavier than air and fall as rain on the earth.

Also springs of fresh water bubble up from under the earth.

Often big rivers start from snow and springs in the mountains. As they trickle down to the lower areas, water from the rain and thawing snow join the streams and together they tumble downward. As different creeks join the flow, they become rivers and soon the rivers flow into the mighty ocean – to repeat the ongoing, never-ending cycle.

Water is a very important part of our lives, both inside and outside the body.

We need to drink 6 to 8 good-sized glasses of clean water each day. (2 Litres)

A good health habit to develop is to drink two glasses of warm water when you get out of bed. This helps to flush out the stomach and digestion track.

It is best not to drink after 20 minutes before eating food. This way the water does not dilute the acid juices which break down the food when it comes into the stomach at meal time. For this reason it is best not to drink with any meal. It can cause the food to stay in the stomach longer than needed and it starts to ferment and build up bad gases. Also wait for an hour after meals before drinking.

The blood needs a good supply of clean water as well. Water helps blood to flow around our blood system, to keep our body running well.

If we could follow our blood into all the hidden recesses of our body, we would find that it picks up poisons and waste matter on its travels. Water is essential for the function of the kidneys as they continuously filter the blood.

The kidneys' work is made more efficient if we drink plenty of clean water. The body will keep healthier. Also, if we have trouble with passing solid wastes (constipation), this can often be relieved by drinking a good supply of warm water.

It is essential to drink plenty of water when we are sick. It helps to pave the way for a quicker recovery. People suffering from colds, fever, infections and viruses will be greatly helped if they increase their water intake.

On the outside, we must not forget that our skin is another very important organ that eliminates body wastes. A bath or shower every day cleans the skin of germs and impurities, helping all the organs inside the body to do their work.

All our clothes and bedding should be regularly washed in clean water to keep them fresh and clean as well.

Water on the inside and the outside assists nature to keep out disease.

No. 4 - SUNSHINE

Did you ever stop to think what it would be like without sunshine on this earth?

There would be no life at all, not a leaf could grow or a flower bloom. No animal could live and no fish could survive in the oceans.

It is from the mighty power and energy of the sun that all vegetable and animal life gets the power to live and grow. Some get it from the sun directly and some indirectly.

Not only does the sun give off light and heat, but its rays also kill off many germs. The sun gives plants the power to take carbon-dioxide and oxygen from the air, a process called photosynthesis, and combine these into basic foods which are eaten by other living animals. This is called chlorophyll, the green substance in the leaves of the plants. This is a wonderful process that man, with all his big laboratories and expensive equipment, has never been able to do, or even fully understand.

Energy from the sun's rays also acts on our skin, giving vitamin D, one of the vitamins needed in our body.

When we wake up in the morning and the sun shines into our bedrooms, we immediately have a more cheerful "spring in our step" and a healthier glow to our faces. The sun gives off great amounts of life healing energy each hour of every day.

Sunlight, either from shining on us directly, or from eating foods grown in the sun, assists in keeping the blood clean and pure which supplies life to each part of our body. It also strengthens the body's immune system.

Even sick people are greatly helped by relaxing in moderate amounts of sunshine and fresh air.

The sun has many healing properties that greatly benefit the health of the body:

- Aids in relieving acutely swollen arthritic joints
- Relieves certain symptoms of PMS
- Increases calcium absorption
- Forms Vitamin D
- Destroys bacteria and viruses
- Lowers blood pressure
- Brings a sense of well being
- Promotes healing of some skin irritations.

Of course there is danger of over exposure to the harshness of the sun's rays but, as in all facets of our lives, it is always possible to overdo even the good.

Regulate the exposure to the sun with moderation and common sense.

No. 5 - TEMPERANCE

What is temperance? Temperance means abstaining from that which is harmful (alcohol, tobacco, drugs, caffeine etc) and moderation in that which is good.

Temperance covers areas of diet, sleeping habits, choice and fitting of our clothing, our daily activities, our exercise and all other aspects of our life.

Firstly in food – It is important that each day we eat a well balanced diet. This means eating the right amounts of food from the different food groups, at the right times of the day. We should never feel bloated and over-full after a meal. We should always feel we could eat a little more when we leave the meal table. Due to body make-up and workload, the needs differ for each person, but the body knows and will give signals of satisfaction before getting over-full. The body does not handle food nearly as well when it is gulped down as it does when it is chewed well. It takes a little time for the stomach to give the full signal and one can easily overeat developing into a bad habit, overweight condition, gas and other problems. Chew the food well; let the saliva work on the contents. Remember our stomachs do not have teeth – digestion starts in the mouth.

It is unwise to mix vegetables with fruits at any one meal. While some fruits like avocados and lemons are neutral type fruits, sweet fruits such as bananas, dates, apples and raisins, etc. are a bad combination with vegetables.

Temperance covers the old adage, "You can have too much of a good thing." If we continually overeat, the body becomes continually over-loaded, the stomach becomes weary and the risk of disease increases.

Some illnesses will not necessarily surface immediately, but they can accumulate internally and break out once internal damage is irreversible.

Temperance in drinking is also important. Teas, coffee, canned drinks and alcohol should be out of the diet. Most contain caffeine and, although it may give energy for a short time, after the boost has had its peak, the body becomes tired and the mind can become depressed. Often the low that comes after the caffeine wears off is worse than the tiredness before taking that cup of coffee. If you are tired, the body is calling for sleep, not a charge of high-octane fuel. The human machinery can only last so long and starts breaking down after continual abuse.

Clean fresh water taken up to 20-30 minutes before a meal and at least an hour after a meal, adding up to 6-8 glasses a day, is the best beverage we can possibly have.

Clothing should fit our bodies well. It should not be tight around any part of the body to restrict blood flow or digestion functions. However, all parts of our body, including our arms, legs and head, should be well covered in colder climates, to keep the whole body warm, close fitting for safety, but not too tight. It is as important to be covered

neatly as modestly. What we wear on the outside often gives a pretty good indication of what we are like on the inside.

Sleeping is also included in temperance. The body needs about 8 hours sleep. One hour before midnight is better than two hours after. Developing a habit of going to bed about 8.30-9.30 pm and rising about 5.30-6.30 am will help bring health to body and mind.

No. 6 - AIR

Did you ever stop to think that we live at the bottom of an ocean of air than surrounds the earth?

We could live a few weeks without food and a few days without water, but how long do you think we would live if we had no air? In 1 or 2 minutes we would all become unconscious and within 5 or 6 minutes we would all be dead. We need a constant supply of pure air into our bodies to keep our blood pure and healthy, to soothe our nervous system and fill our lungs and keep our voices speaking clearly.

The first thing a baby needs when it is first born is to breathe air. Air is “life” to a new born baby and that air is essential to that little one right through life. Children should run and play in the fresh air every day if possible. This will help them to be more cheerful, healthier, and happier.

Pure, fresh air gives a good appetite, helps improve the blood flow, purifies the blood, refreshes the body, helps digestion of food, helps us sleep soundly and also helps to heal the sick.

Our homes should be kept clean as well as being well ventilated with fresh air. Curtains and drapes should be open to allow sunshine and air to fill the rooms with life giving elements. We should also sleep with windows open at night where possible. The fresh air will help our sleep to be more relaxed and restful.

If there are sick in the home, the room should not be shut up for them to breathe the same air over and over again. The oxygen in the fresh air will help bring a quicker recovery, helping the blood to cleanse and purify, resulting in greater strength and health sooner.

AIR THAT REFRESHES

There is a kind of air that can energise and relax the mind and body within minutes. It is found near waterfalls, in forests, at the beach and after a rain storm. However, there is another kind of air

that can bring on anxiety, depression and even suicidal feelings.

WHAT MAKES THE DIFFERENCE?

Air contains positively and negatively charged molecules called ions. These ions become electrically charged as a result of gaining or losing an electron. Air containing an abundance of negative ions is refreshing, as found in the bush, or by rivers, lakes, waterfalls and at the beach. On the other hand, air containing mostly positive ions, as found in city centres, airports, poorly ventilated rooms and on crowded motorways, is associated with headaches, anxiety, insomnia and depression.

The blend of exercise and fresh air are important, as good active exercise increases the demand for fresh air and we naturally breathe more deeply.

Take time out of the busy day to take a walk in the bush or some other quiet place and do some deep breathing. It will not only lift your chest, but lift your day.

No. 7 - REST

In the hustle and bustle of our busy modern lives, most of us keep going until we finally drop at the end of the day from exhaustion.

We have all heard of the saying “burning the candle at both ends” to describe a person who is always going full speed, borrowing from the store of energy and robbing themselves of needed rest to let body and mind rest up and refresh.

Sleep deprivation is not the best way for us to live. Being moderate, even in creative and productive work is what is best for our health.

The first place we think of when we speak of rest is in our beds for the evening sleep. We should get into a regular pattern. Going to bed at 8.30 – 9.30 pm is a good time for going to sleep, and 5.30 – 6.30 am is good for rising. This pattern brings a good night’s rest and unloads pressure in the morning to beat the clock before work starts.

Quiet reading, an early morning walk and family time at the breakfast table brings a sweet start to the day. This may be the ideal, but not always practical for certain lifestyles, but if one is able, the pattern soon starts getting easier and life is enjoyed more fully.

Besides sleep, other places of rest can be found out in the beauty and quietness of nature.

If possible, it is good to leave the busy cities behind and seek that rest in the quietness of a country setting, beside a river, or lake, in a grove of trees, or in the mountains.

Other ways can be in a good book, talking to a friend, quietly taking a walk, taking time to be with the family.

When planning time out for a holiday, use time wisely and make sure the return home brings a more refreshed and “revitalised you” than before leaving.

Worry also pulls a person down and is not good for our health. It can cause insomnia, tension, loss of confidence, depression and sluggishness. Another great enemy is guilt. Guilt is likened to the mind as pain is to the body. A guilty conscience makes a restless bedfellow.

Proper rest habits contribute to our quality of life. It also adds to the length of life. Rest also improves mental and physical efficiency. During rest your body is replenished, waste products are removed and your body systems are re-energised. You are preparing for renewed activity for the day to come.

Remember – EARLY TO BED, EARLY TO RISE, MAKES A PERSON HEALTHY WEALTHY AND WISE.

No. 8 - TRUST IN DIVINE POWER

The key to the basic eight natural doctors of health is a well balanced, common sense outlook on life.

We need to have a complete health program and although we can make choices to follow the healthy lifestyle, we still have weaknesses that often end up in us falling so many times, right back to where we have to start all over again. We need to come to realize that we do have weaknesses and if only we had something or someone to lean on to give strength through our problems and give us the power to overcome the fall downs. Certainly we do have friends that we can talk to for encouragement, but we need to remember that all of us are in this together and all are struggling with our weak areas.

There is One with power that we can lean on, One who is interested in our health. Many a person from ages past has found a NEW START, physically, mentally and spiritually when they have sought divine aid. That power comes from the compassionate Creator of the Universe, the One

whose interest is in every individual’s personal health. The well-proven pages of the Scriptures that have stood the test of time bring out good healthy principles. “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth”. – 3 John 2.

Doctors and modern science are finding in research that good health is more than just physical and mental, but adding the dimension of spiritual health as well. The facts and figures that are coming from research now are amazing. They are lining up exactly with the Bible principles. If we will keep to the eight doctors laid out in NEWSTART we will have more vibrant health.

A good diet allows us to think more clearly. A clear mind helps us to make good choices and to have clear spiritual, pure thoughts. Good pure minds help keep the body in good condition. The right Nutrition, Exercise, Water, Sunshine, Temperance, Air, and Rest will increase our Trust in Divine Power.

Yes – Try a NEW START today – and every day will start off with a NEW START and, as the pattern develops, old ways will quickly drop off, as the mind and body enjoy increased good health.

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.” – Matthew 11:28.

3T p.51 “If our physical habits are not right, our mental and moral powers cannot be strong; for great sympathy exists between the physical and the moral.”

MH p.335 “By the indulgence of perverted appetite, man loses his power to resist temptation”.

CDF p.167 “Through appetite, Satan controls the mind and the whole being.”

Habits - MCP p.597 (Vol 2) “Any habit which does not promote healthful action in the human system degrades the higher and nobler faculties. Wrong habits of eating and drinking lead to errors in thought and action.” RH Jan 25, 1881 (CH p67).

CDF p.163 “The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character”. (3T 491, 492)

9. THE WEAPONS OF OUR WARFARE

Part I - Our Weapons Are Not Human

Adapted from *Soldiers of the Cross Manual* by Al and Collette Martin

“For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;” 2 Corinthians 10:4

THE 8 WEAPONS OF SPIRITUAL WARFARE:-

- 1) The Name of Jesus Christ
- 2) The Armour of God
- 3) The Sword of the Spirit – The Bible
- 4) The Blood of Jesus Christ
- 5) Prayer
- 6) Personal Testimony
- 7) Praise
- 8) Singing

Why are our weapons not earthly, or of human devising?

“For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places”. Ephesians 6:12

GC p.510 “While Satan is constantly seeking to blind their minds to the fact, let Christians never forget that they “wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against wicked spirits in high places.” Ephesians 6:12, margin”

Many people don't want to accept the fact that we are involved in a tremendous spiritual battle. It is so much easier to believe we are in conflict with each other. We don't like to think that evil spirits could have their influence in our lives.

Whether we like it or not, accept it or not, we are in a war with the powers of darkness—Satan and his evil angels. They once walked in the heavenly courts as beautiful, loving angels. No longer are they beautiful and loving, but ugly, vicious angels who have one purpose in mind, and that is to destroy, destroy our connection with Jesus, destroy marriages, family relationships, and our young people. These evil demons are bent on destruction and confusion.

1 Peter 5:8 says “Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:”

This spiritual war we are all involved in is much more intense and vicious than any physical war that has ever been fought. Therefore we must learn to fight this battle the way God intended.

Such a loving God, He has not left us helpless

against an enemy that we cannot see! In this lesson we want to explore the first of the weapons God has given.

These weapons have been given for two purposes:

- 1) **Our personal, daily battle against the powers of darkness,**
- 2) **Our ministering to others who are frequently in conflict with the powers of darkness.**

It is our desire to give you practical Biblical weapons that you can use from this day forward. Let us now consider the first of these weapons:

1) The Name of Jesus Christ, **(Bind and Rebuke the** **Powers of Darkness)**

“I hate you, I hate you!” “My name is ‘Hate’.” These venomous words, in an evil male voice, poured from the mouth of a young woman in her mid 30's. She had been talking to us for at least an hour about the demonic harassment she had experienced a good share of her adult life. She decided she wanted to take the problem to Jesus. We had handed her a printed spiritual warfare prayer just a few moments before. She started reading it silently, and very quickly crumpled it up and threw it on the floor. Her eyes turned into narrow slits and were very black. She got right up into our faces and then the words, “I hate you, I hate you, my name is ‘Hate’,” came out of her mouth.

We then quietly rebuked this demon in the Name and the authority of Jesus Christ and told him to get out! There was a struggle inside her and then he had to go. We prayed with her for about an hour, as demons would manifest themselves and leave. This took place about five years ago. As far as we know this dear woman is still free and witnessing for Jesus.

Authority, in the name of Jesus! For the most part, in the Christian world today, this authority is no longer recognized. Oh yes, there are a few denominations and groups who claim to believe, but by and large this authority of the power “in the name of Jesus Christ” has been forgotten.

It has been replaced by psychological jargon and programs such as “The Twelve Step Plan”, Self Esteem Workshops, Temperament or Spiritual Gifts Analysis that ultimately make man his own saviour. These are counterfeits to the gospel of Jesus Christ. Men's ideas are being used in place of the principles of the Bible.

We see all around us today the stamp of Satan's character on the faces and in the lives of more and more people. The world is getting worse instead of better.

How can this be when there are more therapists than the world has ever seen before. There are more people in the body of Christ who claim to be Christian counsellors and therapists than ever before. Yet problems in the Christian realm are increasing instead of decreasing. What is wrong? Only the Bible can give us the answers. Only Jesus can bring freedom because He's the only one who has gained the victory over every demonic power. No psychological theories will do!

In the Bible the phrase "in the name of Jesus" is mentioned many times. Jesus Himself used the phrase, "in my name", at least seventeen times in the four gospels. The name of Jesus Christ must be very significant.

Why is His name so important? The power to fulfil the gospel commission is in the name and the authority of Jesus Christ. A good analogy would be the traffic policeman and his relationship to the state he represents. The policeman has little power. An automobile could run over him and snuff out his life in a moment. But his authority is respected because the power of the state is behind him.

We, as followers and witnesses of Jesus, have no power in ourselves, but we have the authority in the name of Jesus Christ. The hosts of hell have to respect that authority because it carries with it the power of heaven. Jesus plainly stated this authority in the following promise:

"And he said unto them, Go ye into all the world, and preach the gospel to every creature. He that believeth and is baptized shall be saved; but he that believeth not shall be damned. And these signs shall follow them that believe; in my name shall they cast out devils; ...they shall lay hands on the sick, and they shall recover." (Mark 16:15-18)

Here Jesus gave us the authority over Satan and his demons.

When we give Satan a command "in the name of Jesus Christ", the power of the Holy Spirit and the heavenly angels are brought into action. The first time you witness this happening it will make you a true believer.

Satan must be bound up under the power of Jesus in order for his evil traits to be destroyed in a person's life. Jesus explains this in the following Bible verses: "But if I cast out devils by the Spirit of God, then the kingdom of God is come unto you. Or else how can one enter into a strong man's house, and spoil his goods, except he first bind the strong man? And then he will spoil his house." (Matthew 12:28-29)

"When a strong man armed keepeth his palace, his goods are in peace: But when a stronger than he shall come upon him, and overcome him, he taketh from him all his armour wherein he trusted, and divideth his spoils." (Luke 11:21-22)

Here in this analogy it appears that the "strong man" is Satan, and the "stronger than he" is the Holy Spirit. The "house" is the person where Satan is exercising his power. His "goods" are the attributes (or strongholds) of Satan. In this Bible passage Christ is saying that the influence, attributes or strongholds of Satan cannot be taken away or broken until Satan is first bound in the person's life. Then his (Satan's) weapons can be disabled.

What are Satan's weapons? They can hit us in the form of discouragement, depression, doubt, anxiety attacks, turmoil in the home, mental torment, deception, guilt, feelings of hopelessness, temptation and sin, etc. Satan knows he can bind us up in our emotions. A good example is fear. He can paralyze us with fear. When he can engulf us in wrong habits and compulsions, wrong thoughts and actions, he knows we will be disabled.

It is only through the delegated authority "in the name of Jesus Christ" that Satan can be bound in our lives and his strongholds be broken.

Many people have no idea they are under attack and they go everywhere trying to find relief. Some go to psychologists, try drugs, hypnotists and any number of other "cures". We are in a tremendous life and death battle with principalities and powers of darkness, and the only way out is through the power there is "in the name of Jesus Christ". Be assured that when using that name to come against the Devil, this is a declaration of war.

The battle will get more intense but, if we do not give up, the angels of heaven will continue and prevail. This is not a quick fix, yet it is not complicated. It is calling on the powers of heaven to come to our aid. The power "in the name of Jesus Christ" is the key that puts everything in motion.

The very heart of the gospel is in the power "in the name of Jesus Christ". The Bible record gives ample examples of what happened when Christ's followers used the powerful name of Jesus Christ. In that name:

- Peter told the cripple to rise and walk.
- Paul preached and cast out demons.
- Peter told the people to repent and be baptized.
- Many people were healed by the followers of Christ.

That name was so effective in preaching the gospel that the high priests commanded the disciples on at least two occasions not to speak in that name.

We have no problem praying and ending our prayers "in the name of Jesus". But when it comes to telling the Devil to get out "in the name of Jesus Christ", we balk. The Devil has been very clever in keeping people in fear so they will not take authority over him "in the name of Jesus Christ". He knows he must respond when the name of Jesus Christ is used against him. For some reason it is very difficult for Christians to rebuke the Devil. Some people think

this is one of the Spiritual Gifts, therefore it is not for everyone to do. This is a wrong concept. This is not a Spiritual Gift. This is part of the commission given by Jesus to believers. He said “if you believe” you have authority over the Devil “in my name”.

A Pastor once handed us a paper he had written on intercessory prayer. It was a very good paper, until it came to the part of asking the Holy Spirit to do the rebuking. This idea is not Biblical. Nowhere in the Bible do we find Jesus giving us authority over Satan and then having us give that authority back to Him.

Rebuking Satan is much more than praying; it is taking authority “in the name of Jesus Christ”. It is demonstrating that we truly believe that the power of God is greater than the power of Satan. In this unseen battle with Satan and his demons, Jesus knew that physically and mentally we cannot win; therefore He gave us, in love, a weapon wherein we can come against all the forces of evil.

How Do You Rebuke The Devil?

Some have asked “just how do you rebuke Satan and his evil spirits?” In Mark 1:25 Jesus rebuked by saying, “Hold thy peace, and come out of him”. Jesus rebuked the evil spirits in the man of Gadara by saying, “Come out of the man, thou unclean spirit” (Mark 5:8). Jesus told the demon possessing the young boy in Mark 9:25 “...Thou dumb and deaf spirit, I charge thee, come out of him, and enter no more into him”.

In Mark 16:17 Jesus said, “...In my name shall they cast out devils;” Paul, in Acts 16:18 said, “...I command thee in the name of Jesus Christ to come out of her”. So, if you put these texts together, Jesus gave us the authority to say “Satan or your evil spirits, I rebuke you in the Name of Jesus Christ”. Satan will surely try to make you feel foolish when you do this, but do not pay attention to him.

Suggestion: Write down a few sentences to use when coming against Satan when you are under attack. Often your mind will go blank and the battle is lost before it begins. So have this card with you at all times. Then, when the enemy attacks, take that and read those few verses over and over until he backs off. You will only need to do this a few times. By then you will not cave in when you recognize you are under attack.

Jesus gave us that authority, whether a person is possessed, harassed, vexed or troubled by Satan or his evil spirits. When in doubt say, “Lord I don’t know if Satan has his hand in this problem, but if he does I’d like to have authority over him, according to Mark 16:17”. Then say, “Satan, if you are doing this, I take authority over you in the Name of Jesus Christ, and I order you to leave me alone”.

The world would refer to such a weapon as an “equalizer”. A small man with a hand gun can wield a lot of power, right? Jesus actually gave us power over all the power of the enemy. What a loving God! He does not expect us to take Satan on physically or

mentally; we fight by taking authority, in His (Jesus’) Name.

Dear friend, this is not fanaticism. If it is, then Jesus was a fanatic. Jesus knows how viciously Satan works against His witnesses. Christ wants His people to not only have victory in their own lives, but also help others have that same victory. ***The power in the authority “in the name of Jesus Christ” is twofold: (1) Victory over temptations and problems personally, as Jesus experienced over the temptations in the wilderness, and (2) when ministering to others as Peter did when he told the cripple on the temple steps to rise up and walk “in the name of Jesus Christ of Nazareth”.***

CAUTION—At this point we feel we need to speak a word of caution. The pendulum never stays in the middle, it always swings to the right or to the left. When people begin learning to battle in this manner, some will not rebuke at all, or others will have a tendency to become fanatical. They will rebuke everything that goes wrong, even human error or mistakes such as stubbing their toe or slamming the car door on their hand. Never, never assume anything when it comes to problems you feel might be demonic. If you assume the Devil is involved and you go looking for a fight, the Devil will give you a fight. God is the only one who knows whether it is demonic or not. We should always take it to Him, do what He tells us to do, then leave the results to Him.

Never carry on common talk or conversation with demons; this is a séance. Always follow Jesus’ example in the Bible. Jesus said “in my Name” tell the Devil to go.

Colossians 3:17 “And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.”

Psalms 124:8 “Our help *is* in the name of the LORD, who made heaven and earth”.

4T p.357 – “The name of Jesus has power to drive back the temptations of Satan and lift up for us a standard against him”.

1T p.296 – “The name of Jesus, our Advocate, he detests; and when we earnestly come to Him for help, Satan’s host is alarmed”.

MCP p.473 – “Christ never failed a believer in his hour of combat. The believer must claim the promise and meet the foe in the name of the Lord, and he will not know anything like failure”.

DA p.131 – “Satan trembles and flees before the weakest soul who finds refuge in that mighty name”.

EW p.204 – “Paul’s spirit was stirred within him, and he turned and said to the spirit, “I command thee in the name of Jesus Christ to come out of her;” and the evil spirit was rebuked and left her”. Acts 16:18

6BC p.1078 – “Christ is the connecting link between God and man. He has promised His personal intercession by employing His name”.

Joel 2:32 “And it shall come to pass, that whosoever shall call on the name of the LORD shall be delivered”.

John 14:14 “If ye shall ask any thing in my name, I will do *it*”.

10. THE WEAPONS OF OUR WARFARE

Part 2

Adapted from *Soldiers of the Cross Manual* by Al and Collette Martin

2) The Armour of God—Faith

Ephesians 6:11 says, “Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.”

No matter how we resist Satan, we must daily take time to study God’s word. The best time is at the beginning of the day. It is best to put on our spiritual clothes the very first thing in the morning. God’s Word is our manual for daily living. It is through the study of the life of Christ in God’s Word that we are able to pattern our lives after Him. Remember:

“So then faith *cometh* by hearing, and hearing by the word of God.” Romans 10:17

When we fill our minds with God’s word, the Devil’s evil thoughts and temptations that are placed in our minds will be exposed. The light of the Word of Truth pushes out the darkness of Satan’s lies.

This is done through continued study of God’s Word and making it part of our lives. This is one way to put on the Armour of God.

AA p.307 – “With faith in God as their armor, and with His word as their weapon of warfare, they would be supplied with an inner power that would enable them to turn aside the attacks of the enemy”.

Morning Talks p.48 – “You should never be surprised, you should never be without your armor on”.

Romans 13:12 – “therefore cast off the works of darkness, and let us put on the armour of light.”

Romans 13:14 – “But put ye on the Lord Jesus Christ..”

3) The Sword of the Spirit— The Word of God (the Bible)

God has given us His Word, referred to in the Bible as the Sword of the Spirit, to be used against Satan and his evil host. Passages of Scripture should be memorized and quoted, out loud, during times of temptation, demonic harassment or torment. Reading the Bible out loud is powerful. This effective weapon has been used in all kinds of situations with fantastic results. Jesus Himself quoted Scripture to Satan in the wilderness.

People who have had problems with panic attacks, with “so called” Multiple Personality Disorder, depression, memories of the past, anger, hate, etc., have used the Word of God and have had victory. So can you!

An elder of a church who had terrible bouts of depressions decided to try this weapon. The next time depression came, he said, “Satan if you are behind this depression directly or indirectly and are tormenting me, I am going to read the word of God out loud to you, and when you get enough you will have to go.” He then began to read out loud from the Bible. He said in a matter of minutes the depression lifted.

I myself, at times, have been tormented in the early hours of the morning with guilt feelings, because of the lack of Christian direction in raising my children, in the time I was in rebellion. Often the torment was unbearable.

When this happens, I get out of bed and go into another room, take out my Bible, and I tell Satan, “If you are behind all of this torment, I resist you in the name and in the authority of Jesus Christ. You take your torment and go. I am now going to torment you by reading the Bible out loud to you, and when you get enough of it you will have to leave.” I then begin to read the Bible out loud. Sometimes I have to read for only fifteen or twenty minutes, sometimes an hour. But in all instances the torment has lifted, and I then go back to bed, in peace.

A young man called us with a problem with “panic attacks”. He would have panic attacks so severe that he would be seized with terrible fear just to think about going outside his home. After he started reading the Word of God out loud and rebuking the Devil “in Jesus’ Name”, his panic attacks became less and less until they were no long a problem.

During turmoil in the home, many times a family member has found a quiet place, rebuked Satan, telling him to get out of the home, then read the Word of God out loud. In a short time things begin to settle down.

We must understand that **the Devil hates the Word of God**. Do not hesitate to use it. Jesus didn’t hesitate; when He was accosted by Satan in the wilderness. He said, “It is written.” (Luke 4:4) Then He rebuked: “Get thee behind Me Satan.” (Luke 4:8)

Every member of the family should learn to do this. It is so very effective in closing the doors of the home to the evil powers of darkness.

Illustration - Bible, Sword of the Spirit. The late Major Whittle encountered a very clever skeptic in a tramcar. “I am no hand at an argument,” he said, “so I lifted up my heart in prayer to God that he would help me. Soon the skeptic said something, and I answered him with a text. He said, ‘I wish you would put away that Bible, then I could talk to you.’ I answered him with another text. Then he produced some other argument, and I gave him another text.

Again he said, ‘Put that Bible down, and talk sensibly’. But no, I knew my strength, and so I answered him again with a text. Then there was a solemn silence, and soon he rose and left the car.” Let us use the Bible, and God will give us his blessing, and we shall have the victory.

EXTRA NOTES

Matthew 4:4, 7, 10 – every word of God

3T p.482 – “The only safe course for Christians is to repulse the enemy with God’s word”.

1T p.302 – “Faith in God’s word prayerfully studied”

RH May 13, 1890 – “Energy is imparted to the soul by searching the pages of the Bible”.

TM p.141 (Adam) “He fell because he discarded the words of the Lord and heeded the words of Satan”.

DA p.257 – “It was by the word of God that Christ overcame the wicked one.”

DA p.258 – “The means by which we can overcome the wicked one is that by which Christ overcame, – the power of the word”.

GC p.51 – “Satan well knew that the Holy Scriptures would enable men to discern his deceptions and withstand his power”.

SR p.398 – “But the plain statements of the Bible will furnish weapons powerful in every conflict”.

MH p.181 – “The Saviour overcame to show man how he may overcome. All the temptations of Satan, Christ met with the word of God. By trusting in God’s promises, He received power to obey God’s commandments, and the tempter could gain no advantage. To every temptation His answer was, “It is written”. So God has given us His word wherewith to resist evil”.

FCE pp.433-434 – Bible Study – Holy Spirit – a new power to resist temptation will be imparted.

Psalms 119:11 – “Thy word have I hid in mine heart, that I might not sin against thee”.

GW p.250 – “The life of God, which gives life to the world, is in His word. It was by His word that Jesus healed disease and cast out demons”.

MCP p.659 – “When Satan would lead the mind to dwell upon earthly and sensual things, he is most effectually resisted with, “It is written”.

4) The Blood of Jesus Christ

Revelation 12:11 says “And they overcame him by the blood of the Lamb...”. Remember when the Israelites were preparing to leave Egypt, they were instructed to place the blood of a lamb upon the door posts of their houses so the destroying angel would pass over them and save their first born. In the same way we can place the blood of the Lamb (Jesus) on the door posts of our hearts.

This is a symbolic marking, letting the powers of darkness know that you are giving the Lord Jesus Christ permission to cover you with the blood of the

cross. Ask Him daily to cover you and your children with the blood. The Devil hates that blood.

It was the shedding of blood at the cross that not only forgives our sins and washes them away, but also assures us of the victory over the powers of darkness. Claim the victory of the cross!

EXTRA NOTES

5T p.317 – “Dear brother, dear sister, when Satan would fill your mind with despondency, gloom, and doubt, resist his suggestions. Tell him of the blood of Jesus, that cleanses from all sin. You cannot save yourself from the tempter’s power, but he trembles and flees when the merits of that precious blood are urged”.

1T p.302 – “Faith in God’s word, prayerfully studied and practically applied, will be our shield from Satan’s power and will bring us off conquerors through the blood of Christ.”

EW p.114 – “The remnant are to overcome by the blood of the Lamb and the word of their testimony. Some expect to overcome alone by the blood of the Lamb, without making any special effort of their own. I saw that God has been merciful in giving us the power of speech. He has given us a tongue, and we are accountable to Him for its use. We should glorify God with our mouth, speaking in honor of the truth and of His unbounded mercy, and overcome by the word of our testimony through the blood of the Lamb”.

SD p.227 – “Through the merits of His blood, you may overcome every spiritual foe, and remedy every defect of character.”

5) Prayer

Prayer is our communication with heaven. It is the avenue by which we receive strength for the day. It is the key that gives God permission to come to our aid in times of torment and harassment.

Many people have whispered a prayer for help in times of temptation, harassment, oppression and torment. Prayer is also the way we intercede for others who may be sinking in the mire of sin. God hears those prayers and will always send the help needed.

The following are some sample prayers that you can adapt to your own situation and need. These prayers incorporate many of the other weapons listed.

Prayer for yourself: (For personal daily battles against the powers of darkness for victory over temptation).

Dear Heavenly Father, today I submit myself to You and Your will for my life. I ask, Father, that You will forgive me for my sins and mistakes, according to Your promise in I John 1:9. (Be specific here, if you know of specific sins that are

unconfessed). *I realize the powers of darkness are real, but I realize I can have victory over all the hosts of hell through the weapons of our warfare that You have given in Your Word. Right now I am struggling with (state your struggle). Father I don't know if the Devil has his hand in this or not, but in the event that he does, I ask You for authority over him and his evil host, according to Matthew 12:29 and Mark 16:17. Thank you Father for these promises.*

Father, I ask that You will now send a host of your mighty angels to fight for me. I ask also that Your Holy Spirit will come and give me spiritual discernment as I study and fill my mind with Your Word. Help me each day through the study of Your Word to look like Jesus. Thank you so much for loving me and giving me a way of escape from Satan and his evil angels. I now put my life in Your hands. I thank you and praise You for the freedom that You are giving me and for answering this prayer. In Jesus Christ's Name, Amen

Then you can Rebuke Satan by saying:-

Satan, if you have your hand in this problem of _____, I resist you in the mighty and powerful name of Jesus of Nazareth. In the name of Jesus Christ, I bind you Satan, and command you to leave me alone. You and all your evil demons have to leave. You have no rights to me. I belong to Jesus, and I am covered under His blood. I claim that blood to be placed between me and any evil power that may be harassing me at this very moment.

If necessary after this you can follow up with some of the other weapons that would seem appropriate to use at the time. (Reading the Bible out loud, singing, praising God, etc.) Friends get this straight, do not be nice to the Devil. Use the weapons; that's what they are there for. The weapons are both defensive and offensive. You need not yell; that is not where the power is, but simply be firm, decided and to the point.

Intercessory prayer for someone else:

Dear Heavenly Father, today I submit myself to You and Your will for my life. I ask, Father, that You will forgive me for my sins and mistakes, according to Your promise in I John 1:9. I offer my praise to You for allowing me the privilege of interceding for someone else in prayer.

Father I come to You today in behalf of _____. (He/She) does not realize it, but (he/she) is in the midst of a spiritual battle. I want to intercede for _____ today.

I ask that You place a wall and a hedge of thorns about this person as You did in the Bible for Hosea's wife Gomer. I ask that this wall and hedge of thorns be placed so that Satan and his host of demons cannot have their way in this person's life. I ask that You bind up Satan so that his influence will

not prevail. Please take the scales from (his/her) eyes so (he/she) may see that there is a better way.

If there are people in _____'s life that Satan is using to influence (him/her) the wrong way, I ask that this wall and hedge of thorns be placed so that they cannot stand to be in each other's presence. I ask that Your Holy Spirit will work in a powerful way upon _____'s mind. Draw (him/her) to You before it is forever too late. I thank You for hearing this prayer and answering it. In Jesus Christ's Name I ask it, Amen.

In this prayer we mentioned asking God to put "a wall" and a "hedge of thorns" about the person. This is taken from the second chapter of Hosea. Gomer, the wife of Hosea, who was a former prostitute, decided to go back to her old ways. The Lord put a wall and a hedge of thorns about her so that her lovers could not stand to be around her. God will do this for you today. We could write a book on the fantastic testimonies of how this prayer works. Don't hesitate to ask God to do this in situations that might call for this kind of action.

Intercessory prayer for a young child:

Father in heaven, I come to You in the precious name of Jesus. I ask, Father, that you will forgive me for any unconfessed sin in my life. I claim the promise in I John 1:9. I want nothing in my life to hinder Your answering this prayer. I come to You, dear Father, in behalf of this dear child. I believe that evil angels are having their influence in _____'s life. In Mark 16:17 Jesus promised me authority over Satan and his evil angels.

I want to claim that authority now in the event that the powers of evil are harassing (him/her). Now Satan and any of your evil spirits, listen. I claim this child for the Lord Jesus Christ. I resist you in the name of Jesus Christ of Nazareth, and if you are doing anything with this child, I command, in the name of Jesus, that you take your hands off (him/her).

If you are trying to influence(his/her) life with your rebellion, bitterness, resentment, anger, violence, etc., you have to go. I place this child under the blood of the cross of Jesus. You have no rights, so get out!

Father, I ask now that You will back up this rebuke with the power of the Holy Spirit and Your mighty angels.

I ask that your sweet Spirit engulf this dear child. I put this child in Your hands, dear Father. May your Holy Spirit teach (him/her) Your ways. Instill in (his/her) mind heavenly things so that Satan cannot destroy with the evil he has prepared for (him/her). Oh Father, I plead for this dear one this day. May the peace of heaven now be in (his/her) heart. Thank you for hearing this prayer and answering it, because I ask it in Jesus Christ's name, Amen.

We could fill many pages with personal testimonies of how we have prayed this kind of prayer in behalf of our grandchildren when they have spent time in our home. Marvellous things have happened.

We also pray during the day and ask God to put a hedge of protection around these children at school, or wherever they might be. We place these children under the blood of Jesus.

Parents may come to you with a child who might be out of control in some area of his/her life. You can pray this type of prayer on behalf of their child. You will see results right before your eyes; Jesus honours His name!

Dear friends, understand that when you pray these types of prayers, things will happen. These are prayers with wheels on them. God wants us to be specific in our prayers.

After praying a prayer on behalf of yourself, another person, or a child, you may notice that the battle will get more intense. Many times it does, as Satan will resist.

Be persistent. Continue to use the weapons, and relief will come as God has promised!

EXTRA NOTES

ST Nov 4 1886 – “The prayer of faith is the great strength of the Christian, and will assuredly prevail against the devices of the hosts of darkness”.

COL p.250 – “Prayer brings Jesus to our side and gives to the fainting, perplexed soul new strength to overcome the world, the flesh, and the devil. Prayer turns aside the attacks of Satan.”

7T p.42, 43 – “By sincere, earnest prayer parents should make a hedge about their children. They should pray with full faith that God will abide with them and that holy angels will guard them and their children from Satan’s cruel power”.

CT p.323 – “Daily beset by temptation, constantly opposed by the leaders of the people, Christ knew that He must strengthen His humanity by prayer”.

GC p.530 – “No man is safe for a day or an hour without prayer”.

1T p.299 – “No power can deliver the ensnared soul but the power of God in answer to the earnest prayers of His faithful followers”.

1T p.296 – “The prayer of faith is the great strength of the Christian and will assuredly prevail against Satan”.

GW p.254 – “Prayer is the breath of the soul. It is the secret of spiritual power”.

Philippians 4:6 – “...but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.”

1 Thessalonians 5:17 – “Pray without ceasing.”

3BC p.1157 – “The Saviour has told us to pray without ceasing. The Christian can not always be in the position of prayer, but his thoughts and desires can always be upward.”

SC pp.94, 95 – “Why should the sons and daughters of God be reluctant to pray, when prayer is the key in

the hand of faith to unlock heaven’s storehouse, where are treasured the boundless resources of Omnipotence?”

Ephesians 6:18 – “Praying always with all prayer and supplication in the Spirit...”

Matthew 18:19,20 – “Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven.”

John 14:14 – “If ye shall ask any thing in my name, I will do it.”

John 15:16 – “...ask of the Father in my name...”

SC pp.100,101 – “But to pray in the name of Jesus is something more than a mere mention of that name at the beginning and the ending of a prayer. It is to pray in the mind and spirit of Jesus, while we believe His promises, rely upon His grace, and work His works”.

I Chronicles 5:20 (vs 18-22) – “...they cried to God in the battle, and he was entreated of them; because they put their trust in him.”

GC p.525 – “It is part of God’s plan to grant us, in answer to the prayer of faith, that which He would not bestow did we not thus ask”.

6) Personal Testimony

The Bible says in Revelation 12:11 “And they overcame him ...by the word of their testimony”. There is great benefit in sharing with others how the power of God has changed our lives. Satan hates a personal testimony for Jesus. Every time we give our testimony for Jesus, it strengthens our hold on Jesus and increases our faith. Other people are greatly affected by personal testimony. It gives them hope that they too can be helped.

Now, this does not mean that we go back and dig up all the old, sinful things we used to do and share them. NO! It means that we share what God has done, how He rescued us from the pit of sin.

It’s interesting that Jesus told the man of Gadara, after He freed him from the demons that possessed him, “Go home to thy friends, and tell them how great things the Lord hath done for thee, and hath had compassion on thee.” This is exactly what the man did, and when Jesus returned, several thousand came to listen to him, all because of this one man’s personal testimony.

Personal Testimony includes not just how you came to know the LORD but also sharing the little and big things that God has done for you in your walk with Him.

You can testify about the LORD’s goodness. You can testify about your appreciation for the things God has made and in this way testify your faith in God.

Tell others what Jesus has done for you, and you will be amazed what it will do for you and for those with whom you share.

EXTRA NOTES

Revelation 12:11 – “And they overcame him by the blood of the Lamb, and by the word of their testimony...”

Matthew 5:19 – “Go home to thy friends, and tell them how great things the Lord hath done for thee, and hath had compassion on thee.”

(See also **Luke 8:38-40**)

Daniel 4 – Testimony of King Nebuchadnezzar

7) Praise

Praise to God is one of the most powerful weapons that can be used against the enemy. It is such a blessing to pour forth praises to God. I personally [Al Martin] can attest to the use of this weapon.

One day I was feeling particularly burdened. I really felt that Satan was trying desperately to discourage me. I had a little over an hour's drive down the beautiful Columbia River Gorge in Washington State. In the lyrics of a Christian song playing on the radio there was a suggestion to praise God for everything. I decided to do just that. I praised God for my wonderful wife, for the family He had given me. I praised Him for the beautiful secluded home He had given us, with a creek running across the property and the beautiful trees. I praised Him for the good neighbours we have.

I praised God for the gorgeous waterfalls, and the magnificent mountains providing us with such wonderful scenery. I praised Him for good friends. I praised Him for giving us a chance to have a small part in helping people. I went on and on praising, as I believe the Holy Spirit kept bringing things to mind for which I could offer praise. The hour's drive passed so quickly. When I reached my destination, I could not believe how the cloud of burden had lifted. It was gone. You see, the Devil hates it when we praise our Creator!

This was some two years ago, but I still comment to my wife how that experience gave me one of the most peaceful days of my life.

David's writing of the Psalms portrays a good example of praising God. Try it and you will find that in all situations, praise to God will lift the cloud of darkness. God works wonders through the weapon of praise He has given to us.

EXTRA NOTES

Revelation 19:5 – Praise our God, all ye his servants.

Psalms 22:3 – “But thou *art* holy, *O thou* that inhabitest the praises of Israel.”

Hebrews 13:15 – sacrifice of praise

Psalms 148 – Praise

II Chronicles 5:13,14 - Solomon's Temple

Psalms 106:48 - triumph in thy praise

Psalms 119:164 - Praise (7 times in this verse)

MH p.251 – “Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise.”

5T p.317 – “If the loving-kindness of God called forth more thanksgiving and praise, we would have far more power in prayer”.

COL pp.299, 300 – “To praise God in fullness and sincerity of heart is as much a duty as is prayer....These exercises drive back the power of Satan. They expel the spirit of murmuring and complaint and the tempter loses ground.”

8) Singing

Singing is another very effective weapon against the enemy. The singing of good Christian songs that have a message about Jesus are very offensive to the powers of darkness. It is evident, by the kind of music that Satan is promoting in the world today, that he hates good Christian music.

Psalms 59:16 says, “But I will sing of thy power; yea, I will sing aloud of thy mercy in the morning: for thou hast been my defence and refuge in the day of my trouble.”

Psalms 66:1-2 says. “Make a joyful noise unto God, all ye lands: Sing forth the honour of his name: make his praise glorious.”

Some ten years ago, when we were first learning about the spiritual battle and how to use these weapons, we had an occasion to find out how this works. In the middle of the night one of us was being terribly harassed by the powers of darkness. We could feel their evil presence right there in our bedroom. We sat up in bed and rebuked these evil powers, in the name of Jesus, and then we began to sing the song “Power In The Blood”. Can you picture us at 1:00 o'clock in the morning, sitting up in bed singing?

Soon a wonderful peace came over our bedroom. No longer could we feel the presence of evil, and there was no more harassment that night. When we use the weapons the Lord has given us to us, He honours them, and the Devil has to flee.

Many of you remember Collette's testimony she gives in the last meeting of the seminars we hold, about how she sings when harassment comes. Her battle song is “Jesus Loves Me”. Whenever I hear her singing this song, I know she is battling something, so I begin to intercede for her as well. It works!

If you feel burdened, or if you feel that there is darkness all around you, start singing a good Christian song, and you will be surprised how the darkness will go and the sunshine of heaven will fill your soul.

The power of singing and praising the LORD is well illustrated in the story of the deliverance of Jerusalem in the times of Jehoshaphat, King of Judah. The record of this is found in 2 Chronicles, Chapter 20.

Note especially the following verses. “And when he had consulted with the people, he appointed singers unto the LORD, and that should praise the beauty of holiness, as they went out before the army, and to say, Praise the LORD; for his mercy *endureth* for ever. And when they began to sing and to praise, the LORD set ambushments against the children of Ammon, Moab, and mount Seir, which were come against Judah; and they were smitten.”

God can give you the same deliverance from the powers of darkness, Praise the LORD.

Too much cannot be said for the power of praise and singing. It is like fighting on two fronts at the same time. As you sing, read or shout praise to Jesus; it will strengthen you like you wouldn't believe. It will also weaken the enemy in the same proportion.

EXTRA NOTES

Psalms 32:7 – songs of deliverance

Ephesians 5:18,19 – psalms and hymns and spiritual songs

Colossians 3:16 – psalms and hymns and spiritual songs

1 Samuel 16:23 – David and King Saul

Psalms 100:2 – “Serve the LORD with gladness, come before his presence with singing.”

MH p.254 – “Song is a weapon that we can always use against discouragement”.

Psalms 21:13 – “Be thou exalted, LORD, in thine own strength: so will we sing and praise thy power.”

Psalms 47:6,7 – Sing praises to God

Zephaniah 3:17 – he will joy over thee with singing

VSS pp.409, 410 – “I saw singing to the glory of God often drove off the enemy, and praising God would beat him back and give us the victory”.

MH p.254 – “When tempted, instead of giving utterance to our feelings, let us by faith lift up a song of thanksgiving to God”.

2SM pp.242, 243 – “Go right along, singing and making melody to God in your hearts, even when depressed by a sense of weight and sadness”.

Ed pp.167, 168 – “There are few means more effective for fixing His words in the memory than repeating them in song. And such song has wonderful power. It has power to subdue rude and uncultivated natures; power to quicken thought and to awaken sympathy, to promote harmony of action and to banish the gloom and foreboding that destroy courage and weaken effort.....and temptations lose their power.”

Once you become familiar with “the Weapons of our Warfare”, opportunity after opportunity will come for you to help others as **witnesses** for Jesus (Acts 1:8).

We must always remember that we are not fighting each other but are in a conflict with supernatural forces, therefore the battle must be fought

supernaturally (Ephesians 6:12). Talk therapy is not the answer!

You might be dealing with depression, feelings of hate or anger, turmoil in the family, panic attacks, overburdened with stress, guilt, compulsiveness, strongholds of sin in your life. Whatever the situation may be, Jesus and His plan are all you need.

These weapons in God's Word are the only medicine that we need for problems of thoughts and behaviour. We do not need mind-altering drugs. We do not need the poisonous words of psychology, or the theories of so many so-called “Christian counsellors” who have laced their manuals with so much psychology that it turns man into his own saviour. How can we use Satan's psychological theories to battle Satan's attacks?

We are living in a world which is so permeated with psychology that people have the mind set that there has to be some program to work through. When they are finished working through all the steps in the program, they feel that they will be helped. This idea has come through psychology, and, for the most part, the Christian world has bought it. We know people who have been in “counselling” for over 20 years and believe that they are being helped. Yet they are going from program to program, therapy to therapy, still looking for answers.

You will be amazed what will happen as you apply these weapons in daily situations in the home and out of the home. You will praise God for the victories in your life when you resist Satan with the weapons given in the Bible. You will be able to throw away books written by “so-called” Christian psychologists and counsellors, that for the most part are nothing more than integrated humanistic psychological theories, which are counterfeits to the true gospel truth. What we need is Jesus! Jesus created our minds, and He is the only one who can help us with problems of thought and behaviour, especially since these are the areas where Satan attacks.

It is time we get back to the only real help, and that is Jesus, and the weapons of our warfare that He has given. It is time we start reading and incorporating the Bible into our daily lives. The gospel of Jesus is good news because it brings life; it brings peace; it brings joy, and most of all, it brings Victory! Victory in Jesus. Jesus came to set the captives free!

Prayer: *Heavenly Father, You know my trials, my struggles and temptations. Help me to be willing to understand and believe in the power and the authority “in the name of Jesus Christ”, and be willing to call on that power. Help me to know when and how to use the weapons You have given us to use against our enemy. Help me each day to act and speak like Jesus in everything I do and say. I thank You for hearing and answering this prayer. In the name of Jesus Christ I ask it. Amen.*

Psalms 35:1-6 – let the angel of the LORD chase them.

2SM p.229 – “Three times a day Daniel offered his petitions to God. He knew that One mighty in counsel was the source of wisdom and power. The truth as it is in Jesus – the sword of the Spirit, which cuts both ways – was his weapon of warfare.”
RH March 20, 1900.

NOTES

11. DELIVERANCE by Peter Date

(Some information included is adapted from the 'Soldiers of the Cross Manual' by Al and Collette Martin)

Spiritual Warfare work is the other arm of the Medical Missionary work for God's people. Jesus, the 12 apostles, the 70 sent out, the early Christian Church and the early Seventh-day Adventist Church all included the Spiritual Warfare work in their threefold ministry of:- 1) **Preaching the Word**, 2) **Healing the Sick**, and 3) **Casting out Devils**.

As there are eight laws of physical health like Water and Sunshine etc. to get well and stay well, so there are eight laws of spiritual health to get well and stay well.

THE 8 WEAPONS OF SPIRITUAL WARFARE:-

- 1) **The Name of Jesus Christ**
- 2) **The Armour of God**
- 3) **The Sword of the Spirit – The Bible**
- 4) **The Blood of Jesus Christ**
- 5) **Prayer**
- 6) **Personal Testimony**
- 7) **Praise**
- 8) **Singing**

As there are **different degrees** of problems in **Physical Health** from a cold to cancer, so in **Spiritual Warfare** there are degrees of problems from harassment to possession (control). In both cases one needs to reason from cause to effect.

In conducting Spiritual Warfare work, first and foremost stay Jesus centered. The LORD is King and He came to set the captives free. Stay humble (Micah 6:8) and you are safe. God does the work and we are but instruments in His hands. Yes, through the power of attorney the devils are subject to you in Jesus Christ's name, but rejoice rather that your names are written in heaven. Jesus said that because pride is a danger in regards to the success that comes with the work and we are not to take credit to ourselves.

When it comes to the point of praying for someone else in Spiritual Warfare medical missionary work, it is very easy to make it into something technical and complicated. However, it is hoped that this simple outline will help simplify things for you. Experience of course will teach you many lessons and there will be those who are more specialized in this field, as in the physical medical missionary work, yet all should have a basic understanding of this part of the work.

When a person encounters the words 'Spiritual Warfare Praying' a host of concepts and ideas flood the mind. These words bring hope and joy to those who are in bondage, but fear and panic to those who don't understand it. A spiritual-warfare prayer session is probably the most vital service a 'Soldier

of the Cross' will be requested to do. There is no set method but there are key points to note. Every person's situation is different and you need to be adaptable to situations.

The only true way to freedom in Deliverance work is Jesus. All of our efforts as human beings have no power over the powers of darkness. We are in battle with the supernatural forces of evil, and these can only be fought with the supernatural forces of Jesus Christ.

When Jesus taught His early followers how to carry on His ministry, He first taught them by word and example. Today, we find both in His written Word. There's where we start. When He sent them out as new workers in the field, He saw the importance of sending them out two by two. There is unbelievable strength in united prayer. When Jesus chose his group of 70 missionaries, He didn't gather just anybody from the streets. He chose those who were acquainted with His words and methods, and believed in His ministry. There will be times and situations where there is no one else available that can help, so you will have to go it alone but remember, holy angels will attend earnest workers for the LORD.

Jesus was in a ministry of freeing people. Everything He did, whether it was healing the sick, teaching the people, or casting out demons, was to set the person free; deliver them from the bondage of the Devil. Scripture tells us that Satan is going to be successful in his endeavours to deceive mankind, here, at the end of time. **Deception is the most dangerous demon I have encountered.**

We, as witnesses of the King of the Universe, should be anxious and ready to follow the example of the One who gave His life so we could have the right to be free from Satan. Jesus wants and needs warriors who march forward with confidence, wearing the full armour of heaven, and "in Jesus Christ's Name" march against the enemy, tearing down and destroying his strongholds of sin. Jesus said that His loyal and faithful followers, who believe in His name, have **the authority to put Satan and his troops on the run.** Satan and his evil angel helpers understand this point very well, and they are in a panic for fear you will find this out. "Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you." Luke 10:19.

If we are ever going to be victorious, or help others through to freedom, we are going to have to start doing what Jesus told us to do. If we are truly in service as a witness for Jesus, we can be sure that we will encounter those who are being controlled by evil spirits.

Discussion Before Prayer

• So, what do we do if someone comes with personal struggles and would like to have prayer? Unless it is an “emergency room” case, time needs to be spent in **education** concerning the spiritual battle. If the person doesn’t have a working knowledge of the spiritual war, the battle for the mind and the weapons to use in this war, it is important that you get materials into their hands. This will save much time when you get together.

A vital part of staying free is in teaching a person how to continue the battle for themselves after the prayer session is over. The eight weapons of Spiritual Warfare are for getting well and staying well, just as the eight laws of physical health are for getting well and staying well. It is so important that the person understands the mighty power of God over evil spirits, and how they (themselves) on their own, by God’s power, can carry on the warfare. They need to know **God loves them**, that there is hope and that God wants to help them, and that there is forgiveness and freedom in Christ. **Be a good listener because I have found from experience that the counselling process is where problems are sorted out.**

- You need to have your Bible and a Promise Book of some sort with you, which is very helpful.
- Before going to prayer for a person, it is very important to find out what some of their struggles are. This does not mean that they need to confess all their faults to you, but rather explain why they feel they need prayer. For example, someone may come with the problem of uncontrolled temper or anger. It is not necessary to find out all the times that person has offended someone with this full blown anger. Remember you must be very discreet in this work because very sensitive issues can be discussed and people need to know that they can trust you not to go telling anyone and everyone their problems. In the Spiritual Warfare work it is a good idea to have a book or clip board with paper to take some notes of the points that need addressing.

For example:-

- Hate – Father bashed them when young
- Mother was into Spiritualism
- Has not accepted God’s forgiveness for past sins
- Alcohol problems
- Eating habits disorders
- Has had trouble sleeping
- Has not been praying

Satan has a whole catalogue of demons that affect the physical, mental, emotional and spiritual areas of people’s lives.

It is sometimes important to know if the problem or struggle has been apparent in the family in past generations. In other words, something that is inherited (eg. alcohol, occult practices, bitterness, anger). Other areas which need to be covered with

the person prior to the actual prayer session: Are they harbouring resentment, bitterness or unforgiveness in their hearts? These can be doorways for problems in their life.

It is vital that these be taken care of, because a person cannot be freed if they are harbouring these thoughts. This must not be taken lightly. If they ignore these things, they are only fooling themselves. The Holy Spirit sees and knows all.

CLEAN HOUSE: - In some cases there may be things in the house that need to be thrown out or burnt. Idols, Rock ‘n Roll records, New Age, Occult and Witchcraft books and materials etc. (See Deuteronomy 7:25, 26). Satan claims access via these items.

Considerations When Entering Into Special Prayer Session

When you feel that a person has a good understanding of the spiritual battle, and they have requested prayer, then it is time to come together and unite your faith in an intercessory prayer session.

- It is important that the person for whom you are praying is comfortable with those who have come together to intercede.
- It is also vital that those present be of one mind and are there for one reason only; the freedom of the person who has requested prayer.
- **It is not a good idea to have someone present who doubts and just wants to “see for themselves”.** Jesus knew the importance of putting out of the room all who might be in doubt (e.g. The story of Jairus’s daughter – Luke 8). Take a lesson from Him because it only takes one doubter in the room to inhibit the work of the Lord.
- Also, if you have open sin in your life, understand that the devils will know and you will be ineffective in praying for the person. That sin must be confessed and forsaken before praying for someone. I am not talking about character development problems.
- It is also advisable to keep the group small, perhaps no more than three to six people. The reason for this is that you want to always maintain reverence and order. Those present should be instructed that once you begin to pray for the person, there will be a sincere attitude of prayer throughout the entire session. Sometimes in sensitive matter cases the person may only want one or two people present. Be adaptable according to circumstances.
- Have only one person leading out. There should be order so only one person at a time is speaking. There can be mass confusion if you have one person rebuking, another reading Scripture out loud and someone else praying at the same time. God is a God of order and reverence. “Let all things be done decently and in order” 1Corinthians 14:40. You need to have a balance, to be both compassionate and patient but also disciplined and clinical to get the job done. Once again this balance parallels with the

physical medical missionary work.

- God will give you grace and courage as you seek to help a person. Remember that it can be a very frightening and emotionally trying experience for the person being prayed for, so show true Christian love and give encouragement.

- There is no set way to open a special intercessory meeting. Each group or person, after experience, will realize that no two sessions are alike and each must be handled as the **Holy Spirit leads**. However, some of the following suggestions are worthy of consideration for those who find themselves in a situation with no back-up experience. (*I have included a list of Points on Spiritual Warfare on page 58*)

- A good way to begin is first to read out a few Scriptures. Promises that relate to the power of prayer are good – for example: John 14:14; Matthew 18:19, 20; Mark 16:15-18.

- Then the group kneel together and pray. After each person around the group has prayed a short prayer, then the person who has been designated to lead out has special prayer. Below are a few points helpful to include:

- Pray for Holy Spirit to control everything.
- Pray for the holy angels to protect all present and to fight any battle till it is finished.
- Pray for victory and freedom for the person.
- Pray that family members of all those there be protected.
- Pray for The Armour of God to cover each person.
- Pray for The Blood of Christ to cover everyone in the room.
- Pray that the LORD bind up any powers of darkness.
- Pray that any evil spirits that have no right to be in the room be commanded to go.
- Pray that the LORD would bind up the mouth of Satan and any evil angels that come around to issue orders.
- Pray for Protection from any demonic deception or lies - (*This point is very important*)
- Pray to take authority over the powers of darkness. Luke 10:19.

- Next you can sit, since it is not necessary to remain kneeling throughout the session as it can become physically uncomfortable over a period of time.

- Let the Person being prayed for read out the **Declaration of Faith and the Prayer of Commitment**. (*See page 59*)

(Remember to give them this previous to your prayer session so they can be happy with reading it out in the session.)

- Proceed to the list of known problems you have noted in areas the person has discussed, such as fear, anger, hate, lust, unforgiveness, bitterness, etc. and especially address those areas at this time.

- Now you are to issue a command in relation to any possible problem. For example you can say the following:

“**If** there are any powers of darkness behind (*whatever problem it may be*) I/we command you to come forward and manifest in Jesus Christ’s name.” (Remember you need to use the name of Jesus Christ, just like you need a postage stamp on a letter, because it makes it effective).

Also remember the importance of using the word ‘IF’ because if it is not clearly demonic then you cannot assume that the problem is demonic.

- Ask the person to share any thoughts or feelings that may come to them during this time, if they feel these thoughts are not normal. Since we can’t see the battle, it helps us to know what is happening. Pay close attention to anything that could be an evidence of manifestation.

Remember that as there are different degrees of problems in the physical medical missionary work, e.g. colds up to cancer, so also there are different degrees of problems in the spiritual warfare medical missionary work – harassment up to possession. Possession is when the will (the choosing power) is controlled to the point where the person wants to be free but they are taken over by the power of the evil angel. God wants to help them and set them free. All it takes is their choice to be helped by the LORD.

Often the Lord will make the evil spirit who is in control at that moment manifest in such a way that it reveals his particular assignment of work in the life of the person for whom you are praying. Consider this the manifestation for which you requested. For instance, the person may all of a sudden be hit with the pain they routinely have been suffering. Usually this is a sign that the evil spirits causing this problem have surfaced, or manifested.

Physical manifestations do not always occur in every prayer session since the problem may not be demonic. If there is not a high degree of control in the person’s life then thoughts on the mind may be the only strange thing that happens.

Physical manifestation that may take place includes the following:- a person’s eyelids may begin to twitch, or tears begin to flow, hands clenching, or they may begin laughing over nothing at all, or perhaps their body may begin shaking inside (which they will tell you), or at times outside, roving pain, strange facial changes. Sometimes a person may open their eyes and glare at you with hate in their eyes. The eyes can often go glazed and black, also a strange voice may come from the person. God forces a reaction so you know something is going on. Don’t overlook or make excuses for any of these possible manifestations. Do not be intimidated by these evil spirits who are looking at you through the eyes of the person. Rebuke them in Jesus Christ’s name, and order them to go. Remember here you can use Scripture to good effect. (*If you want to be effective in spiritual warfare start memorizing Scripture*).

A good text to quote here is Matthew 8:32. You say, **“It is written, ‘And he said unto them, Go.’ ”** **The evil angels hate that text.** Other good texts are Psalm 34:7 & John 8:36.

- Sometimes, if impressed to do so, especially if they are not going, you may need to ask the question **“What is your name?” just as Jesus did.** The name is the mission and they don’t like giving it at all. One tactic I have found helpful here is to pray that **the LORD put the view of the cross up before the demons and that they be commanded to look into the eyes of the man on the centre cross.** This is one of the most powerful tactics you can use in spiritual warfare. All the devils were at the cross, and they all know they are defeated. Depending on the level of control, a name may come on the person’s mind and they will share that with you, and other times the demons may use the person’s voice-box and talk out the name. Sometimes the problem or name will come on the person’s mind and it is such a sensitive private matter that they choose to pray to the LORD about it in their own minds rather than share it with you.

****Remember you can issue commands or ask questions relevant to the person’s freedom, but never, never, get into conversations with the evil angels. Never ask any questions out of general curiosity, questions that are not beneficial for the person’s freedom, e.g. “What was it like in heaven before the fall?” You are in a battle. Stay focused!**

Questions that can be asked if they are not going, or if you are impressed to ask:

- When did you come in?
 - What is your assignment?
 - What legal right do you have to be interfering in this person’s life?
- Any time you order demons to go, **send them to the pit.** The pit (*called the deep in Luke 8:31*) is a prisoner of war camp that the LORD has for evil angels. Many times demons will plead – “Don’t send us to the pit”. – Send them there.

Remember, if the person is manifesting heavily and the evil angels have surfaced, if you are not getting anywhere and need to talk to the person to work through a problem, then **1) Pray ‘Lord I/we need to speak to(the person) to work through the problem.’ 2) Then you command the demon or demons to “Step back in Jesus Christ’s name”.** The person’s normal face, eyes and voice will return and you can then discuss and work through problems where they need to let things go or accept forgiveness etc. If you do not sort things out then you can pray all you want but the demons will take you round and round in circles. This is where basic Christian counselling principles, as described in the Bible and books like ‘Steps to Christ’ by E.G. White, are so important.

Within a prayer session the Lord may impress the person through their own thoughts as to what the problem is. Often it may be something the person

realizes they need to pray about. They may be fine praying openly but if it is very personal and they wish not to share details, then of course you encourage them to pray silently in their mind to the LORD before proceeding. Let all things be done decently and in order.

When rebuked and commanded to go in Jesus Christ’s name, demons can leave by a scream, yawn, exhaling deeply or the problem simply goes.

Realize that only about 1% of the people you pray for will have heavy manifestations, if any at all. Evil spirits do not want to be brought out into the open. The majority of prayer sessions are very quiet. You simply put the situation in the Lord’s hands and if demonic powers manifest, rebuke them. We ask God to break all the holds, whether they be inherited or from doors that have been opened by the person.

Keep the focus on Jesus, read Scripture and pray. The prayer partners in the room may take turns reading Scripture, praying and taking authority over any evil spirits who may be present. Many times during this prayer time it is good to have the group singing. Scripture songs are excellent and a good warrior song is “Power In The Blood”.

A few other points that are helpful.

- If a case is taking time to work through then, unless strongly impressed by the Holy Spirit, don’t go praying late into the night. Pray that the LORD hold things in check till the next time of prayer when you can pick up from where you left off. You need to stay sharp and not make mistakes due to tiredness.

- Some cases take only a very short time and other cases take much longer due to problems that have to be worked through. In physical Medical Missionary work if a person does not want to give up hamburgers and smoking, then even though you have given the best of counsel and educated them you cannot force them to change. So in Spiritual Warfare work some are not willing to let go of problems and trust in Jesus. You can pray all you like but the evil angels won’t go if they have a legal right to still be affecting that person’s life. Satan does not give up without a fight and also God will not force the will of any person. The decision for freedom lies in the person’s choice, no matter how much you educate and pray for that person. Habit patterns built up over many years are very strong and only by trusting in Jesus and using the weapons can a person be free and stay free, growing in strength by the exercise of the will (choosing power). God is more powerful than the Devil. “If the Son therefore shall make you free, ye shall be free indeed.” John 8:36.

- **Raising your hand:** Consider the following useful tactic Jesus used, as stated in the following quote in relation to the demoniacs of Gadara, “When the men, gnashing their teeth, and foaming at the mouth, approached Him, Jesus raised that hand which had beckoned the waves to rest, and the men could come no nearer. They stood raging but helpless before Him.” The Desire of Ages page 337. This can

also be used to stop demons swearing, or trying to choke the person, or if you are commanding them to step back so you can talk to the person, You simply raise your hand and then issue a command in Jesus Christ's name.

• **Emergency case situations** will arise as Jesus encountered with the Demoniacs at Gadara. You then need to swing straight into action where you raise your hand as Jesus did, then bind and rebuke the powers of darkness in Jesus Christ's name and cast them to the pit. This is where the memorizing of Scripture is also helpful in such cases so you can use the sword of the Spirit quickly and effectively.

• **Crying to the Father:** Consider the following example from Christ's life. "Mary had been looked upon as a great sinner, but Christ knew the circumstances that had shaped her life. He might have extinguished every spark of hope in her soul, but He did not. It was He who had lifted her from despair and ruin. Seven times she had heard His rebuke of the demons that controlled her heart and mind. She had heard His strong cries to the Father in her behalf." The Desire of Ages page 568

This is very effective to cry to the Father in Jesus Christ's name, especially in tough battles.

• **Encouraging the person to pray then rebuke the Devil themselves.** If the person is up to it, then encourage them to join in to offer prayer on any problem that arises and then rebuke the devil themselves. I call this the '1 - 2' -

1) **Pray to God for help**

then

2) **Rebuke the Devil and command him to go.**

When people see this work, with demons going, they are greatly encouraged.

If the demons try to interrupt them praying, raise your hand and command them not to interrupt. If you see that the level of control over the person is still strong and the person is struggling, then step in. Use some spiritual common sense in all matters.

Signs of freedom

Usually you will notice a countenance change begin to come over the person. A peace that wasn't there before. Their comments of faith, praise and relief and the ability to pray freely are all indicators. These are good signs that the prayer session soon can be brought to a close. You first want to make sure there is nothing else the Lord wants to deal with, at this time. To do this, pray again and ask the Lord if there are other things that need to be dealt with.

Prayer releases the person so they can have the free choice to exercise **their** will. In the future, when the Devil comes back to try and tempt them again in these areas, they will be able to turn it over to the Lord. When they have been given back their will they must now practice **exercising that free choice** the next time the temptation presents itself. It **will**

present itself and they must understand how to fight it so that they don't slip back into bondage. Freedom is often a process—freedom in stages, as the person recognizes the temptation and resists by using the weapons to experience victory.

THE EXTRA ADDED DIMENSION TO THIS WORK

• **Job type cases of Oppression:** - Many associate demonic attacks with something someone has done wrong, **but that is not always the case.** Job (See Job Chapters 1 & 2), the woman bent over for eighteen years (See Luke 13:10-17), and Sister Ellen G. White herself are each examples where God allowed a demonic attack to take place. These examples illustrate the fact that problems are not always because something is wrong in the person's life. Christians are not immune to attacks. The LORD has a reason for all things. Maybe it is to increase faith; maybe it is to show that not all physical illness is caused by health problems but can be a demonic attack the LORD has allowed. God will give wisdom in these matters and through prayer He will drive Satan away and bring relief. Praise God.

With experience you will learn in both the areas of counselling and spiritual warfare prayer. People are hurting out there, longing for help. What a great relief it is for these people when they find someone who cares and listens and doesn't think they are crazy.

As you begin to minister in Spiritual Warfare medical missionary work, the Lord will open more and more doors for you to help people both over the telephone and face to face.

Whatever level of problem a person has, God can help. The Lord Jesus Christ is still in the business of casting demons out of people's lives. He still **Sets The Captives Free!**

Rebuke -

Webster's 1828 Dictionary - to check or restrain

The World Book Dictionary - reprove, reprimand, censure, to repress; check.

Strong's Concordance - censure, forbid, reprove, (straightly) charge, rebuke.

Cast out -

Webster's 1828 Dictionary - to send forth; to reject; to drive away; to put off; to put away; to disburden.

The World Book Dictionary - to drive out forcibly; banish; expel.

Strong's Concordance - drive out, expel, put out, send away, send out.

POINTS ON SPIRITUAL WARFARE

Firstly, counselling if possible with the person is important - Check they have a spiritually clean house. Deuteronomy 7:26 (get rid of New Age books, Rock and Roll records, idols, etc.)

- List their problems and talk briefly with them about the battle for the mind, unforgiveness, bitterness, the eight weapons of Spiritual Warfare.
- Give Prayer of Commitment to look over.

FORMAT

- Short Prayer
- Bible Texts you can read for encouragement eg. John 14:14, Matthew 18:19, 20
 - Kneel – **Pray for:-**
 - Holy Spirit to control everything.
 - Pray for the holy Angels to protect all present and to fight any battle till it is finished.
 - Pray for Victory and Freedom for the person.
 - Pray that family members of those present be protected.
 - The Armour of God.
 - The Blood of Christ to cover everyone in the room.
 - Bind any powers of darkness.
 - Any evil spirits that have no right to be in the room to go.
 - Bind up the mouth of Satan and any evil angels that come around to issue orders.
 - Protection from any demonic deception or lies - (*This point is very important*)
 - Take authority over the powers of darkness Luke 10:19

NEXT

- Sit down - Person reads Prayer of Commitment.
- Go through problems and ask:- If there are any powers of darkness causingI/we command you to come forward.
- If there is reaction, you rebuke in Jesus Christ's name and cast it/them out to the pit.
A good text to quote here is Matthew 8:32. You say, **It is written, "And he said unto them, Go."**
- If impressed by the Holy Spirit you may need to ask one or more of the following questions:-
 - **What is Your Name?**
 - When did you come in?
 - What is your assignment?
 - What legal right do you have to be interfering in this person's life?
- Some statements you may be impressed to use when dealing with the powers of darkness:-
Release all holds, I/we take back the ground, Enter him/her no more.
- **Pray for the opposite in the person's life to fill the vacuum.**
- **NOTE:-** Remember that in many cases a person is not possessed, yet a reaction of some sort may take place. Once again you simply command it/them to go in Jesus Christ's name.

My Declaration of Faith

I believe that Jesus of Nazareth is the Son of God and my Saviour. I believe that my rightful inheritance in the Lord Jesus Christ includes deliverance from every evil power. I now state my desire to be completely free in the name and by the grace of the Lord Jesus Christ.

My Prayer of Commitment

Heavenly Father, I confess that I am a sinner. I repent of the sins which have controlled my life and reject the dominion of sin over me. I want to be fully your child.

By the grace and power of your son, Jesus of Nazareth, I choose to be free of every hereditary, cultivated, or transferred demonic power that has molested me physically, mentally, spiritually, emotionally, morally, sexually, socially, financially, or in any other way. I reject everything in my character that is unlike the Lord Jesus Christ.

I wish to close every door that I have ever opened to the Devil through any occult practice, or reading. I now take back the ground that I have ever given to the Devil – and give it rightfully to the Lord Jesus Christ. I am a child of God by right of creation and redemption. I choose of my own free will the rightful claim for Jesus Christ to be Lord of my life. I believe that the power of the Lord Jesus Christ is able to give me complete Freedom and Deliverance. I claim that Freedom and Deliverance now! In Jesus Christ's Name I ask it, Amen.

SPIRITUAL WARFARE INFORMATION RECORD

Page No.

Name:

Age:

Date:

1. What is your name? 2. What is your mission? 3. What is your legal right? 4. How did you gain access?

Points to address	Questions 1/2/3/4 #	Answers	Manifestations	Vacuum Filled	Points of Interest	How it Left
	#					
	#					
	#					
	#					
	#					
	#					

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12. SPIRITUAL WARFARE- EXAMINING THE MACKIN CASE

From Victory On The Battlefield by Vaughn Allen

There is little in the extensive ministry of Ellen White that is more misunderstood than her counsel given in 1908 to a Brother and Sister Ralph Mackin. There are three sources for the Mackin story — 3 *Selected Messages* Pp. 363-378; the *Review and Herald*, August 10, 17, 24, 1972; and Volume 6 of the E.G. White biography, Pages 171-174. We must consider this case in some detail. A misinterpretation of her interview with the Mackins has had a destructive effect on the thinking of many on whether or not to intervene in behalf of oppressed people. The following sentence is often quoted:

“The work of *declaring* persons possessed of the devil, and then praying with them and *pretending* to cast out the evil spirits, is *fanaticism* which will bring into disrepute any church which sanctions such work” (3SM 378).

An isolated reading of the above sentence could easily be understood as forbidding anyone to help the oppressed; that *any* effort to help the oppressed is nothing but “pretense” and deception. Is this the message that Ellen White was conveying? I don’t think so. What were the Mackins doing that, if it were continued, would bring disrepute upon the church? Here is the record:

The Mackins Were Fanatics

A careful consideration of their activity reveals that Ellen White’s counsel had nothing to do with the legitimate “casting out of demons.” What they were doing would gain the disapproval of any rational mind. Bear in mind the Mackins openly identified themselves as Adventists. Without question the reputation of Adventism was at stake! What they were doing had to be stopped! Here is a brief description:

1) They were preaching on the streets and were put in jail as a public nuisance.

They were preaching on a street corner in Toledo, Ohio. Mrs. Mackin was talking in tongues. The *police came and locked them up*. They felt that they were suffering for the sake of the gospel (See RH 8/10/1972).

2) They were talking in tongues on the city streets of Mansfield, Ohio.

Under dateline of August 22, 1908 in the Mansfield, Ohio, Newspaper called the “*Daily Shield*” there appeared the following item:

“Gift of tongues causes trouble, Mackin claims to be master of *Chinese Jargon*, which he says came to him from God. Dissension at camp meeting results in arrest of Mackin, wife and daughter, and two lady companions; they hold services behind prison bars and seem quite proud of the distinction.”

(RH 8/10/1972).

3) They caused confusion at an Adventist Camp meeting.

Mrs. Mackin stood out of doors at the camp meeting in Ohio and sang the following words over and over, “He is coming, He is coming, Get ready, Get ready, Receive ye the Holy Ghost.” She would sing the word “Glory,” over and over and over again. She could be heard all over the camp grounds”.

(RH 8/10/1972; 3SM 366).

4) They put on theatrical displays.

“Satan will come in with bewitching power, through these exhibitions. It is high time you call a halt. If God had given you a special message for his people, you would walk and work in all humility – not as if you were on the stage of a theatre” (3SM 377)

“Your wife, in speech, in song, and in strange exhibitions that are not in accordance with the genuine work of the Holy Spirit, is helping to bring in a phase of fanaticism that would do great injury to the cause of God, if allowed any place in our churches” (3SM 376).

5) They were openly telling people that they were possessed.

“The work of *declaring* persons possessed of the devil, and praying with them and *pretending* to cast out the evil spirits, is fanaticism which will bring into disrepute any church which sanctions such work”. (3SM 378).

The circumstances in which they were declaring people to be possessed is not clear. In view of their other antics, it is possible that they were telling people on the city streets that they were possessed. Indeed this would bring disrepute on the church!

6. Mrs. Mackin claimed that she had the gift of Prophecy.

Mrs. Mackin predicted some terrible calamity soon to take place in Toledo (3SM 365). Nothing took place.

7. They disappeared and left the church.

After the interview with Ellen White at Elmshaven, they disappeared and were never heard from again. (*Biography*, Vol. 6, Page 174).

We concur completely with the position set forth by Ellen White. This behavior was fanaticism in its most obvious form. We believe that her counsel to them was sound and is still good advice. *However, none of the antics of the Mackins in any way describes the Deliverance Ministry as seen in the Bible or in helping oppressed people today.*

The *pretense and antics* of the Makins is falsely used as proof that Adventists should have nothing to do with helping oppressed people. We believe that this is a defective application. This demands:

Some Further Thinking

Ellen White's counsel to the Makins is widely being interpreted as a blanket cancellation of any ministry for the oppressed. If this were true, it would set up the following contradiction:

1. This interpretation would contradict the Gospel commission.

"In his record of the giving of the commission Mark says, "He said unto them, Go ye into all the world, and preach the gospel to every creature... And these signs shall follow them that believe: In my name **they shall cast out devils**;... they shall lay hands on the sick, and they shall recover." *These words are to be literally fulfilled. This is the work the Lord Jesus Christ will do through his appointed agencies*" (Kress Collection 126).

2. This interpretation would condemn her own ministry:

"In my labors in the cause of God, I have again and again met those who have been thus possessed and *in the name of the Lord, I have rebuked the evil spirit*" (2SM 353).

3. This interpretation would destroy the example of the Lord.

Our Lord's ministry was full of multiple examples of Deliverance from demonic possession. The need of this ministry is greater now than ever before. The need will grow and intensify as we approach the final conflict.

"The period of Christ's personal ministry among men was the time of greatest activity for the forces of the kingdom of darkness... Satan summoned all his forces, and at every step contested the work of Christ... *So it will be in the great final conflict of the*

controversy between righteousness and sin. While new life and light and power are descending from on high upon the disciples of Christ, a new life is springing up from beneath, and energizing the agencies of Satan" (DA 257).

4. This interpretation of the Mackin case builds a wall of doubt and unbelief between human need and the power of God.

"And he called his twelve disciples together, and gave them *power* and authority over all devils and to cure diseases" (Luke 9:1; DA 823)

There is no scriptural evidence that this power and authority have ever been withdrawn. It is our unbelief that has held God away from meeting human need. The position of the Spirit of Prophecy is that we may still work in His power—power that would be seen in the healing of the sick and delivering those possessed of evil spirits. Read this quotation carefully:

"God designs that the *sick*, the unfortunate, *those possessed with evil spirits*, shall hear his voice through us... There are needy close by us; the suffering are in our very borders. We must try to help them. By the grace of Christ, *the sealed fountains of earnest, Christ-like work are to be unsealed*... The time of need and of necessity makes plain our great need of a present, all powerful God, in whom is everlasting strength and in whose power we may work." (Ms 65b, 1898, Spaulding-Magan, page 89).

5. This interpretation creates incompatible testimony.

In the package of Mackin errors was one of their *pretending* to cast out demons. Ellen White's displeasure is unmistakable. Her disapproval of them has been almost universally accepted as a blanket cancellation of Deliverance Ministry. This is an unwarranted assumption. I will explain why. Balanced scholarship assembles and considers all available information on a given subject before reaching a conclusion. When this is done, it will be found that Ellen White is not an opponent of Deliverance—She was a careful advocate. Consider this statement that needs little interpretation:

"Souls possessed of evil spirits will present themselves before us. We must *cultivate* the spirit of earnest prayer mingled with genuine faith to save them from ruin, and this will *confirm our faith*. God designs that the sick, the unfortunate, *those possessed with evil spirits shall hear His voice through us*. Through His human agents He desires to be a comforter *such as the world has never before seen*" (Spaulding-Magan, p. 89, 1898).

This quotation says that we should “cultivate” the spirit of prayer to help the possessed. The words—*cultivate* and *cancel* carry diametrically opposite meanings. What the Mackins were doing had to be canceled. But the true ministry must be “cultivated.” In its final phase this ministry would take on a character “such as the world had never before seen.” We believe that time has come.

It is high-time that we cast away our fears of a defeated foe. The enemy is attacking on all fronts. God’s people are being hurt and even destroyed. The church must now renew its God given authority. The “sealed fountains” must now be “unsealed”. As needs arise, we must do the work the Lord appointed and set the captives free (Luke 4:18). We must not allow a misunderstanding of the Mackin experience to prevent the will of God being done in helping the oppressed to go free (Isa. 58:6).

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