

*More Inspirational  
Readings for the  
Christian Woman*

**Spiritual Warfare: Breaking the FAADS  
(Fear-Anger-Anxiety-Depression Syndrome)**

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## FOREWORD

God wants us to be saved and to live eternally with Him in heaven. He wants this so strongly that He sent His only begotten Son to die for us so that one day we will be able to live with Him forever (John 3:16).

There is a war being waged by the devil against us so that he can ultimately win our souls to him. The primary function and goal of our chief adversary (the devil) is to destroy our faith, deceive our minds, and ultimately, steal our souls so that we would be tormented with him forever (John 10:10). The devil uses the seed of deception as one of his foremost tricks and when that seed is planted, he waters it with fear. Because fear is a restrictive, binding spirit, the devil plays on our fears to gain further control of our minds causing the FAADS (fear, anger, anxiety, depression) to develop.

Once fear is added to deception, we can see anger having the doorway for entry. When people realize they have been deceived, they become fearful of what will happen as a result of the deception. They become angry and upset because of the deception. If the anger is not expressed by the one who feels that emotion, that anger is turned inward, causing anxiety because of not having been able to express the anger outwardly or to deal with the anger in an effective manner. Anxiety begins to creep in causing worry and feelings of rejection; those are soon followed by doubt

and stress. Shortly after anxiety has begun to manifest itself, the spirit of depression begins to settle in, leading the Christian to become insecure or unsure of herself and others. Unless there is an intervention, that person may become so depressed that she begins to question the reality of God or the need for her existence.

These tricks of the devil form the basis for spiritual warfare and are rooted in the seed of deception, that is cultivated by fear. Once satan has us fearful, angry, anxious and depressed, we begin to spiral deeper and deeper into the FAADS (Fear, Anger, Anxiety, Depression Syndrome).

# SPIRITUAL WARFARE

For the Christian, this type warfare is fought  
by use of Godly weapons.

We are waging war against the devil  
for the salvation of our souls.

To be victorious, we must be armed with  
the Word of God.

## CHAPTER 1

# SPIRITUAL WARFARE

The Christian must remember that God did not give us a “spirit of fear,” but He gives us the spirit of “power, love and a sound mind” (2 Timothy 1:7). Therefore, as Christians, we should not be intimidated or fearful of what is threatened by the enemy. We should be bold in our faith, holding fast to the assurances that God has given us. When the spirits of fear, anger, anxiety, and depression come against us, we must be ready to wage defensive warfare against those wiles (tricks) of the devil. To engage in defensive warfare, we must be fully clothed in the armor of the Lord (Ephesians 6:10-18) and know how to use our weapons.

Knowing and applying Scripture to our lives allows us to be secure when dealing with the forces of evil. We must be able to effectively use our sword (the Word of God). The best defense against a lie (the devil’s chief deceptive ploy) is the truth. Truth is the first part of the spiritual armor cited in the passage listed in Ephesians 6:14, “the girdle of truth.” If you are supported, encased, and fortified by “truth,” the lies of the deceiver will not hurt you, nor will those lies survive. Truth will stand when all else fails. Truth is not dependent upon any other force because it exists in and of itself; being fully manifested although all of the forces of evil attack it. Truth will stand because when we profess truth, we profess Christ. Jesus said, “I am the way the

TRUTH and the life....” (John 14:6). Truth is the weapon that sets us free: free from the bondages of the devil, free from the impact of his lies, and free to be whole in Christ (John 8:32).

Any spirit that is not of God is of the devil. The spirits of fear, anger, anxiety, and depression are the fruit of the devil. The fruit of God is found in love, joy, peace,... (Galatians 5:22-23). Those are the fruit that we must seek to have as part of our daily lives. Fear, anger, anxiety, and depression are toxic spirits born in the spirit of satan. In satan we find no healing balm for those in need of a solace. Those toxic spirits are poison to our spirit being and will destroy the minds of those who feast on their fumes.

The name of Jesus is powerful and is a defense against the negative spirits of satan. The name of Jesus commands all authority. “That at the name of Jesus every knee will bow...and every tongue will confess that Jesus Christ is Lord...”(Philippians 2:10-12). Hearing the Word and believing that Jesus is the Christ brings us to a place where we are on the threshold of becoming a Christian. Repentance of sin, confession of faith in Jesus, and baptism with Him position us to receive the blessings of the faithful and protection against the one who goes about “seeking whom he may devour” (1 Peter 5:8). There is nothing that can stand in opposition to the mighty name of Jesus. Neither the devil nor his demons can withstand the name of Jesus. When demons hear the name of Jesus, they tremble (James 2:19).

Christians who want to overcome the negative strongholds of satan must think on good things. Thinking on good things blocks negative thoughts from bombarding the mind (Philippians 4:8). As Christian women, we must clothe our

minds with the Word of God and pray His promises, knowing that we have already received deliverance. We must ask the dear Lord to order our steps in His Word and not let evil have rule over us (Psalm 119:133).

The Word of God is our strong defense in the battle for our minds. There is no way Satan can successfully wage war against us if we are fully armed with the Word of God. There are numerous Scriptures available to us, which serve as solid ground for our defense (1 Corinthians 10:13; Romans 12:2; 1 John 4:1; 1 Corinthians 6:19-20; 1 John 1:9; James 5:16).

Empowered by her relationship with Christ, the Christian woman will stand boldly against the wiles of the devil; holding fast to the thought, *I know that I am a victor and not a victim because "in all things, I am more than a conqueror"*! (Romans 8:37). Fear will not hold her hostage nor will it overtake the good that God has planned for her to do (Jeremiah 29:10). She will not be doubtful, nor will she allow fearful thoughts to dominate her mind. By standing boldly on her convictions, she will not be subjected to the tricks of the devil nor his spirits of fear, anger, anxiety, and depression (Ephesians 6:13).

Read and speak the following Scriptures on a daily basis so that you, your family, and other loved ones can hear the power of the Word: "Faith cometh by hearing and hearing by the word of God" (Romans 10:17). It is important that the Word is spoken because there is power in the Word of God. God spoke this world into existence and through knowledge and use of His Word, we are able to speak to circumstances in our lives praying the promises found in the Word of God, and we will see the changes that will occur

as a result. When we pray the promises of God, we are praying the will of God (1 Thessalonians 5:18). Whatever we ask according to His will, He will grant: “And this is the confidence that we have in him, that if we ask any thing according to his will, he hearth us” (1 John 5:14-15).

### **Declarations of Faith Based on the Sword of the Spirit**

1. I will be careful of the words that I speak. Proverbs 6:2 says, “Thou art snared by the words of thy mouth.”
2. I will study God’s Word and let it be a part of our daily life, knowing that God’s Word is true and His promises are always fulfilled. Isaiah 55:10-11 says, “For as the rain cometh down, and the snow from heaven, and returneth not thither, but watereth the earth, and maketh it bring forth and bud, that it may give seed to the sower, and bread to the eater: So shall my word be that goeth forth out of my mouth; it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the things whereunto I sent it.”
3. God will provide for my needs in the manner and time He so desires. Philippians 4:19 says, “But my God shall supply all your need according to his riches in glory by Christ Jesus.”
4. I will not allow fear nor doubt be proclaimed over me. I will not allow the negative predictions of others keep me from praying and asking God to provide for my needs. Jeremiah 29:12-13 says, “Then shall ye call upon me and ye shall go and pray unto me, and I will hearken unto you.”

5. I will rely on the Holy Spirit to empower me to do the things that are good and that God wants me to do. Romans 8:26 says, “Likewise, the Spirit also helpeth our infirmities for we know not what we should pray for as we ought, but the Spirit itself maketh intercession for us with groanings which cannot be uttered.”
6. As a Christian, I am to walk in the anointing of Christ. First John 2:27 says, “But the anointing which ye have received of him abideth in you, and ye need not that any man teach you, but as the same anointing teacheth you of all things and is truth, and no lie, and even as it hath taught you, ye shall abide in him.”
7. I will not allow anyone to make me feel as if I cannot be successful in the good things that I want to do because Philippians 4:13 says, “I can do all things through Christ which strengtheneth me.”
8. I will give to others freely; I will give to those in need and will not expect that they should repay me. Luke 6:38 teaches, “Give, and it shall be given unto you; good measure pressed down, and shaken together, and running over, shall men give unto your bosom. For with the same measure that ye mete withal it shall be measured to you again.”
9. Jesus does not want me to be sick. Matthew 4:23 says, “And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.”
10. When I pray, I know that God will hear and answer my prayer. Isaiah 65:24 says, “And it shall come to pass

that before they call, I will answer, and while they are yet speaking, I will hear.”

11. I will not be defeated by the circumstances that are before me. I will continue to pray and believe in God because Roman 8:37 says, “Nay, in all these things we are more than conquerors through him that loved us.”
12. I will not worry over situations or circumstances that exist in my life. I will rely on Philippians 4:6-7, which says, “Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God which passeth all understanding shall keep your hearts and minds through Christ Jesus.”
13. I will not live in fear and doubt because it is said in 2 Timothy 1:7, “God did not give us a spirit of fear but of power, and of love and a sound mind.”
14. I will not put my faith in others to be always truthful with me because I know what is said in Proverbs 3:5-6: “Trust in the Lord with all thine heart and lean not to thine own understanding, in all thy ways acknowledge him and he will direct thy path.”
15. When people mistreat me, I will not seek to “pay them back” because Psalm 37:1-2 says, “Fret not thyself over evil doers and be thou not envious of workers of iniquity, for they soon shall be cut down like the grass and wither as the green herb.”
16. I will not walk in the way of the world but daily focus on how I can renew my mind through a focus on the word of God (Romans 12:2).

17. I will read my Bible daily and not listen to what the people of this world have to say about trying to live a Christian life. I will not allow them to lead me astray because Psalm 1:1-2 says, “Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful, but his delight is in the law of the Lord and in his law doth the meditate day and night.”
18. I will be thankful and give praises to the Lord for whatever circumstance in which I find myself. Psalm 34:1-2 says, “I will bless the Lord at all times, his praise shall continually be in my mouth.”
19. I will not fear for my safety but wholly trust in the Lord because Psalm 4:8 says, “I will both lay me down in peace and sleep for the Lord, only makest me dwell in safety.”
20. I will pray to the Lord for the safety of me and my family. I will not worry about the safety because Psalm 91:5-7 says, “Thou shalt not be afraid of the terror by night nor for the arrow that flieth by day. Nor for the pestilence that walketh in darkness, nor for the destruction that wasteth at noonday. A thousand shall fall at thy side, and ten thousand at thy right hand, but it shall not come nigh to thee.”
21. I will praise the Lord when things are going well and when they are not going well because I know the Scripture, Romans 8:28, that says, “And we know that all things work together for good to them that love God and to them who are the called according to his purpose.”

22. I will not allow sickness to overtake me because I know that Isaiah 53:5 says, “But he was wounded for our transgressions, he was bruised for our iniquities, the chastisement of our peace was upon him, and with his stripes we are healed.”
23. I know that good things await me if I remain faithful during my times of trial because Psalm 84:11 says, “For the Lord God is a sun and shield; the Lord will give grace and glory; no good thing will he withhold from them that walk uprightly.”
24. I will not be envious of those who prosper nor be depressed when I am not progressing in health or wealth as I think I should because I remember Job 14:14 says, “...all the days of my appointed time will I wait till my change come.”
25. I will not be disappointed if I don't get that promotion for which I have applied: It just may not be my time because I know that Psalm 75:6 says, “For promotion cometh neither from the east, nor from the west, nor from the south. But God is the judge; he putteth down one and setteth up another.”

### **Discussion Questions:**

1. Why do so many Christians fall victim to the tricks of the devil?
2. What weapons does the Christian have as a defense in this spiritual warfare?
3. Why is it that the devil is able to deceive so many people?

4. What are some affirmations that the Christian woman can make and be assured they are true?
5. How does the devil use lies to cause fear, unrest, and turmoil?
6. How can older Christians provide support for younger Christians?
7. Identify seven Scriptures cited in this chapter that can help reassure a fellow Christian that by God's grace we are able to overcome evil that may be done to us.