

Spiritual Momentum – Upwards, Inwards, Outwards
Part 2 – “How We Overcome”

Each week in this series, we encourage you to spend some quality time with God during the week to solidify what you are learning and to seek God for more revelation and knowledge of Him.

Last week, we learned that to move forward in Christ, we must learn to **sit**—both to **rest in Him**, and to recognize what it means to be seated with Christ in a **position of spiritual authority**:

*“...[God] raised [Christ] from the dead and **seated him at his right hand** in the heavenly realms, far above all rule and authority, power and dominion...”*

Ephesians 1:19-22

*“And God raised us up with Christ and **seated us with him** in the heavenly realms in Christ Jesus.”*

Ephesians 2:6

This week, we learned about Christ’s **captured authority** and our **delegated authority**:

*“...God made you alive with Christ....And **having disarmed the powers and authorities**, he made a public spectacle of them, triumphing over them by the cross.”*

Colossians 2:13, 15

SO WHAT? What do I specifically DO this week?

For these exercises, you will need to plan **three independent sessions**, each consisting of **about 20 minutes** or so. Make plans now for where and when this week you will devote time to God. **If you end up only spending one session on this exercise**, consider making it a full one-hour session and tackle all three sessions in one setting.

- **Set a time and find a quiet place that is free from distractions**—it may be best to get away from home or other environments where the distractions of your daily chores or responsibilities could pull you away from this exercise.
- **If you have young children at home**, try alternating with your spouse times to watch the kids so you can pull away distraction-free; or schedule this time before they wake up or after they go to bed if you are home alone with them.

SESSION ONE: Pray **Ephesians 1:17-23** and **3:14-21** over yourself as you begin this exercise. Then, use the space below (or in a separate journal) to think through and record some notes:

- **Read and carefully reflect on Ephesians 6:10-18. Take inventory of what in your spiritual life could benefit from exercising the spiritual authority that has been delegated to you:**
 - **Where do you need victory?** If you could have Christ supernaturally touch something in your life, what would it be?

- **What spiritual influences (principalities and powers) do you think might be at play? ****

***NOTE: This could be internal influences such as temptations from the enemy; over-reactions and emotions that are out-of-scale to the circumstance; aspects of your life you have yet to surrender and submit to God; or direct external "hits" from the enemy such as other's hurtful behavior towards you; physical ailments; timing of problems and challenges, etc.*

- **Pray for God's power to bring victory in each of these areas and stand in faith as Eph. 6 instructs.**

SESSION TWO: Ask God to lead you to discover this: **What is the scriptural foundation that you need to stand on** for each of these matters you journaled in the last session above? **Look for biblical promises to claim and believe**—use these steps and take notes:

- **First, identify a keyword that summarizes each of the areas that you need to find victory in.** Choose a positive word...for example, if you need help with a stressful scenario in life, you might choose the word "peace" or "rest." If you need God's help to work through a broken relationship, you might choose the word "reconciliation" or "forgiveness." In some cases, you might pick a negative word that describes the condition you want to overcome, such as "anxiety" or "fear" or "doubt" or "suffering" or "conflict."
- **Secondly, use a Bible promise book** (order one from Amazon Prime and have it tomorrow!!) **or an online resource** such as www.BibleGateway.com to look up Bible passages that relate to these keywords. You can also use the

concordance in the back of your Bible, or even skim through your Bible looking for verses you may have highlighted or memorized in the past.

- **Pro Tip:** Read **John 14:26** and **James 1:5**. Ask the Holy Spirit to lead you to scriptures—to bring to your remembrance specific verses that would help here. Ask Him for wisdom and guidance...this step will be the hardest for many of you. Slow down, ask God for help, and rest...He wants to help you (and He promised to...so claim it and wait for Him)!
- **Third, make an outline where you link the areas you need victory with the Bible verses you find.** List next to each point a specific action you could take and/or promise you will stand on the authority of that verse and claim. For example, maybe you found **Philippians 4:6** to address anxiety in your life. Next to that Bible verse, note what else you need to stand on: that you will offer thanks, that you will present your needs to God, that you will rejoice; also note what God promises to do: provide peace and guard your heart.

SESSION THREE: Engage in a focused prayer time to walk through each subject, each Bible verse, and each specific point of action or authority you will stand on.

- **Pray Ephesians 1:17-23** and **3:14-21** and **Colossians 1:9-14** over yourself again.
- **Take each of the Bible verses you found and action points and pray them proactively** much the same way you pray the Ephesians and Colossians passages. Put them into your own words and pray them as both a commitment ("God, I yield to you now and choose this action...") and as an expression of faith ("God, I trust your promise here...").