



Under Attack Robert Morris

Focus Christmas should be a joyful time of year, but there are many who are overwhelmed by sadness and depression. Often the enemy attacks us during this time, flooding us with sad memories or hijacking our thoughts with past tragedies. However, there is a way to stop Satan in his tracks. Freedom begins with four power-packed words, “The Lord rebuke you!”

Fun Name a favorite Christmas gift that you received? Who was it from?

Review Key Scriptures: Psalm 42 & 43

1. Recognize that you are in a battle.

When we are beaten down emotionally, mentally, or spiritually, we need to understand that we are in a battle (2 Samuel 16:7, 13).

A. It's real.

Satan takes advantage of a situation and attacks us when we are down. He is relentless, but we have to attack back.

B. It's a lie.

Satan is a liar. When he accuses us, we are empowered to say, “The Lord rebuke you.”

2. Stop listening to yourself.

When we need to talk about our feelings, it should be in the right way. It helps when we surround ourselves with people who will encourage us and minister to us.

3. Start talking to yourself.

David spoke encouragement to himself. There is a spiritual principle involved when we allow our spirit to rule over our soul (Psalm 42:5; Psalm 131:2).

4. Go to God.

When Satan attacks us, we are to go before God. The atmosphere becomes different when we listen to worship music and get in His presence. God shows up and changes things!

Group Dynamics Idea Select someone to bless with a random act of kindness this Christmas season. It is not only the time to be merry, but the time to be especially kind.

Discuss

1. Worship music has the ability to clear the air of any negative thoughts. What particular song works best for you?
2. Do you usually recognize a spiritual attack when it is happening? If so, how can you identify an attack by the enemy?
3. Read Psalm 42:5. Have you ever given yourself a spiritual pep talk when the enemy is trying to push you down? What was the result?
4. Do you have a go-to person who encourages you or ministers to you during times when you are under attack? God's Word is a great source of encouragement. Share a Scripture that has helped you overcome troubled times.
5. Have you ever ministered to friends or loved ones who are undergoing spiritual attack? What was your plan of attack? Did it work?
6. Explain this phrase: "The spirit must rule over the soul."
7. Going to God should be our first step when the enemy attacks. How did David find peace in the midst of trouble (Psalm 42:11; 43:5)?

Take Home As we conclude, remember the following:

- Satan attacks us when we are down.
- He is a liar.
- We need to attack back.
- When I rebuke the enemy, I win.

Prayer

Jesus, when I am in a spiritual battle, help me recognize it. Give me the strength to stand up to the enemy and say, "The Lord rebuke you!" Thank You for giving me the authority to do so. In Jesus' name, Amen.

New Leader Tip Sometimes we need additional help in pushing back the enemy's attack. Gateway Church offers Freedom Ministry to those who want to pull free from Satan's strongholds. For classes, visit freedom.gatewaypeople.com.