



UNDERSTANDING SPIRITUAL ATTACKS AND WHY DOES GOD ALLOW SATAN TO ATTACK US?

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7/20/2022

1. What is a spiritual attack? Is a series of events coordinated by the demonic realm in order to abort promises, shipwreck faith, oppress a believer and kill their destiny.

Be self-controlled and alert. Your enemy the devil, prowls around like a roaring lion looking for someone to devour. (1 Peter 5:8)

- remain clear-headed (sober) and watchful (vigilant), because Satan has not yet been bound and restrained for 1,000 years as (Revelation 20:1-2) says he will be. At the present time, the devil walks about.
- He has access to you everywhere; he knows your feelings and your propensities and informs himself of all your circumstances; only God can know more and do more than he, therefore your care must be cast upon God.

He is a finite being and can only be in one place at one time, but his effort, energy, and associates enable him to extend his influence all over the world and in every arena of life.

Finite- having **limits** or **bounds**.

Like a roaring lion: For Christians, Satan is a lion who may roar but who has been de-fanged at the cross (Colossians 2:15). Yet the sound of his roar – his deceptive lies – are still potent and he has the power to devour souls and rob Christians of effectiveness.

Resist him, steadfast in the faith: The secret of spiritual warfare is simple, steadfast resistance. As we are **steadfast in the faith**, we resist the devil lies and threats and intimidation.

Knowing that the same sufferings are experienced by your brotherhood in the world: We also take comfort in knowing that we are never alone in our spiritual warfare. Our brothers and sisters in Jesus have fought, and are fighting, the same battles.

Spiritual warfare is more common than you think. We tend to think of demonic oppression as wild and crazy things happening in our life. But the reality of spiritual warfare in our lives is a daily experience. This list is to show you how the enemy attacks.

1. **Feeling discouraged, defeated, and depressed.** Things seem hopeless, overwhelming, and burdensome. You feel a sense of disappointment. Struggle with a lack of peace and feeling stress. Feel like giving up.
2. **Loss of spiritual desire.** Difficulty with prayer life, staying connected to other Christians, and maintaining your ministry or work with God.
3. **Physical fatigue.** Feeling drained and lacking energy. No motivation.
4. **Doubting God's goodness.** Struggling with trusting God to come through for you. You may even feel anger towards God for "letting you down." Believing that God is mad at you and punishing you.
5. **Negative, disturbing thought life.** The enemy attacks your mind, and the mind is the battlefield. You may be wrestling with anxious, fearful, or worrisome thoughts. Many times, people will erroneously think that nobody cares about them.
6. **Thinking about going back to your old lifestyle.** The enemy places thoughts in your mind about going back toward your old life rather than moving forward with faith in God. He will lie to you and tempt you with the very things you have been delivered from.
7. **Old emotional wounds from the past are resurfaced.** You believed you had dealt with that area of pain in your life, only to find out it is cropping up again in your life.

8. **Battling with feelings of guilt, condemnation, and shame.** The difficult feeling like you are not good enough, that you do not do enough, and feel shameful for these things.
9. **Feelings of rejection, belonging and loneliness seem to be heightened.** You feel no one truly understands you, and do not feel like you belong anywhere.
10. **Confusion over what you believe.** Is Jesus really for me? Is Jesus the only way? These and other confusing thoughts are spiritual attacks.

2. When you feel you are under spiritual Attack, what should we do?

If you feel you are under spiritual attack, **do not give up!** Attacks will come, **but know God is fighting for you, and it shall pass.** Do not give into what the enemy shows or tells you, he is a master of magnification and illusion. **Even if your life seems out of control, hold on, help is on the way!** Through Jesus Christ we have the power and authority to bind the enemy from operating in our lives. Put on the full armor of God.

- The **first thing** to do when we believe we may be under a spiritual attack is to **determine**, as best we can, whether what we are experiencing is a **spiritual attack from demonic forces** or **the effects of living in a sin-cursed world.**
- Some people blame **every sin, every conflict**, and **every problem on demons** they believe need to be cast out. The bible instructs Christians to wage war against the **sin in themselves** (**Romans 6**) and to wage war against **the evil one** (**Ephesians 6:10-18**).
- Whether we are under spiritual attack from **demonic forces** or just battling the **evil in ourselves**, the **battle plan** is the same.

(Do you have a battle plan?)

- The key to the battle plan is found in (**Ephesians 6:10-18**). Paul begins by saying that **we must be strong in the Lord and in His power**, not in our own power which is no match for the devil and his forces.
- The Bible tells us **to put on the full armor of God**, which is the **only way to take a stand against spiritual attacks**. In our own strength and power, we have **no chance** of defeating the “spiritual forces of evil in the heavenly realms” (v. 12). Only the “**full armor of God**” will equip us to withstand spiritual attack. **We can only be strong in the Lord’s power**; it is God’s armor that protects us, and our battle is against spiritual forces of evil in the world

3. Is the armor of God important?

([Ephesians 6:13-18](#)) gives a description of the spiritual armor God gives us, and the good news is that these things are **readily available to all who belong to Christ**.

We are to stand firm with the belt of truth- We are to [speak the truth](#) against Satan's lies.

Buckle on the breastplate of righteousness- We are to rest in the fact that we are [declared righteous](#) because of Christ's sacrifice for us.

Wear on our feet the gospel of peace- We are to [proclaim the gospel](#) no matter how much resistance we receive.

Hold up the shield of faith- We are [not to waver in our faith](#), no matter how fiercely we are attacked.

Wear the helmet of salvation- Our ultimate defense is the [assurance we have of our salvation](#), an assurance that no spiritual force can take away.

Use the sword of the Spirit, which is the Word of God- not our [own opinions and feelings](#)—the [only offensive weapon in the whole armory](#), the rest are defensive.

4. What do these pieces of spiritual armor represent in spiritual warfare?

We are to speak the [truth against Satan's lies](#). We are to rest in the fact that we are [declared righteous because of Christ's sacrifice for us](#). We are to [proclaim the gospel no matter how much resistance we receive](#). We are [not to waver in our faith, no matter how fiercely we are attacked](#). Our [ultimate defense is the assurance we have of our salvation, an assurance that no spiritual force can take away](#). Our [offensive weapon is the Word of God, not our own opinions and feelings](#). Finally, we are to follow Jesus' example in recognizing that some spiritual victories are **only possible through prayer**. ([Matthew 17:21](#))

5. What example do you follow when it comes to spiritual Attacks?

Jesus is our ultimate example when it comes to warding off spiritual attacks. We can observe how Jesus handled direct attacks from Satan when He was tempted by him in the wilderness ([Matthew 4:1-11](#)). **Each temptation was answered the same way—with the words "It is written" and a quote from the Scriptures.** Jesus knew **the Word of the living God is the most powerful weapon against the temptations of the devil. If Jesus Himself used the Word to counter the devil, should we use anything less?**

4 Then Jesus was [led by the Spirit into the wilderness to be tempted](#) by the devil.² After [fasting forty days and forty nights](#), he was hungry.³ The **tempter** came to him and said, "**If you are** the Son of God, tell these stones to become bread."

⁴ Jesus answered, "**It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'**"

⁵ Then the devil took him to the holy city and had him stand on the highest point of the temple.

⁶ **"If you are the Son of God,"** he said, "throw yourself down. **For it is written:**

" 'He will command his angels concerning you,
and they will lift you up in their hands,
so that you will not strike your foot against a stone.'"

⁷ Jesus answered him, **"It is also written: 'Do not put the Lord your God to the test.'"**

⁸ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. ⁹ **"All this I will give you,"** he said, **"if you will bow down and worship me."**

¹⁰ Jesus said to him, "Away from me, Satan! **For it is written: 'Worship the Lord your God and serve him only.'**"

¹¹ Then the devil left him, and angels came and attended him.

6. What example we should not follow?

The example of how **not** to engage in spiritual warfare is the **seven sons of Sceva**, a Jewish priest, who went around driving out evil spirits **by trying to invoke the name of the Lord Jesus over those who were demon-possessed**. One day the evil spirit answered them, **"Jesus I know, and I know about Paul, but who are you?"** Then the man who had the evil spirit **jumped on them and overpowered them all. He gave them such a beating that they ran out of the house naked and bleeding"** (**Acts 19:13-16**).

¹³ Some Jews who went around driving out evil spirits tried to invoke the name of the Lord Jesus over those who were demon-possessed. They would say, **"In the name of the Jesus whom Paul preaches,** I command you to come out." ¹⁴ Seven sons of Sceva, a Jewish chief priest, were doing this. ¹⁵ One day the evil spirit answered them, "Jesus I know, and Paul I know about, but who are you?" ¹⁶ Then the man who had the **evil spirit jumped on them and overpowered them all. He gave them such a beating that they ran out of the house naked and bleeding.**

The seven sons of Sceva were using Jesus' name, but **because they did not have a relationship with Jesus**, their words had **no power or authority**. They were not relying on Jesus as their Lord

and Savior, and they were not employing the Word of God in their spiritual warfare. As a result, they received a humiliating beating. May we learn from their bad example and conduct spiritual warfare as the Bible instructs.

7. why does God allow Satan to attack us?

Satan's attacks against us come in various forms.

1) He uses the ungodly world (which he controls, [\(1 John 5:19\)](#) to stir up fleshly lusts within us that tempt us to sin.

¹⁹ We know that we are children of God, and that **the whole world is under the control of the evil one.**

2) He uses the unbelieving world to attempt to deceive us with worldly "wisdom" opposed to God's truth.

3) He uses false Christians to try to mislead us into a false gospel centered on a false Jesus.

4) He sometimes physically afflicts us or our loved ones with sickness, crime, tragedy, or persecution. Knowing that God is the sovereign Ruler of the universe, we ask, why does God allow Satan to attack us in these ways?

8. How much freedom does Satan have to attack us?

- The Bible teaches that God allows Satan a certain amount of freedom ([Job 1:12](#)), but that freedom is always limited. Satan cannot do all that he wishes.

¹² The Lord said to Satan, "Very well, then, everything he has is in your power, but on the man himself do not lay a finger."

- **Satan chooses to attack God's children ([1 Peter 5:8](#)),** and his ways is always evil; Satan is a murderer ([John 8:44](#)).

^(1 pet 5:8) Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

^(John 8:44) You belong to your father, the devil, and you want to carry out your father's desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.

- God's design in allowing certain satanic attacks is **always good**; God loves His children ([1 John 4:16](#)). Joseph faced many satanic attacks in his lifetime, but in the end he said with confidence: "**You intended to harm me, but God intended it for good**" ([Genesis 50:20](#)).

²⁰ **You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.**

- We **cannot blame God** for what Satan does.
- Our **vulnerability** to satanic attack started with Adam's choice to follow Satan's lying suggestions in the garden of Eden.
- When Satan attacked Job through the loss of his family, wealth, and health, **Job didn't blame God**. Notice [Job 1:21–22](#), And he (Job) said: **Naked I came from my mother's womb, and naked shall I return there. The Lord gave, and the Lord has taken away**; blessed be the name of the Lord. **In all this Job did not sin nor charge God with wrong.**
- As believers experience the **attacks of Satan**, they can trust the truth of [Romans 8:28](#), **We know that all things work together for good to those who love God.**
- We will experience "**good**" things and "**bad**" things, but "**all**" of these things can be made to contribute toward "**good**" ends as God works them out.
- So even the attacks of Satan, although evil, can and will have a "**good**" result, as God uses them to conform us to Christ, His Son ([Romans 8:29](#)).

²⁹ For those **God foreknew** he also **predestined** to be **conformed to the image of his Son**, that he might be the firstborn among many brothers and sisters.

Conclusion:

Attacks from Satan, along with all other tribulations, can cause believers **to love God more, resist Satan more, practice patience, and grow stronger in our faith** in many other ways. Praise God for His sovereign protection. Thank Him for His plan to make everything—even Satan's attacks—"work together for good" for you!