

Spiritual Warfare Personal Questionnaire

This checklist is for your eyes only, unless you choose to share it with anyone else. At the bottom of the checklist, we have provided a prayer to address and confess any possible open door(s) to the enemy. Please reach out to a trusted spouse or friend, Missional Community leader, or an elder for additional support.

"Almighty and all-knowing God, Your word states if I lack wisdom, I have only to ask You and You will give generously without finding fault (James 1:5), as such I am asking You to reveal any and all places where I have knowingly or unknowingly given ground to the enemy of my soul, so that I can confess and repent of participation with the father of lies. I desire to live in freedom. Amen."

Check all issues that apply to you:

- ☐ Having unforgiveness
- ☐ Having bitterness or resentment
- ☐ Having hidden or overt hatred of a person or a people group
- ☐ Committing sexual sin (to include pornography, adultery, etc.)
- ☐ Participating in occultic activity (past or present)
- ☐ Experiencing times of oppression (e.g., intrusive thoughts, uncontrollable fear, intense temptations, etc.)
- ☐ Participating in non-Christian activities (i.e., seances, magic 8-ball, psychic readings, etc.)
- ☐ Believing lies about God, self, or others
- ☐ Giving into fear
- ☐ Being prideful
- ☐ Being rebellious
- ☐ Using my body for unrighteous (e.g., addictions, self-harm/cutting, abortion, drivenness & perfectionism, feeding my flesh, etc.)
- ☐ Having been influenced by the generational strongholds of my ancestors (e.g., depression, anger, physical/emotional/mental abuse, addiction, financial irresponsibility, compulsions, etc.)
- ☐ Other area(s) that prevent you from walking in your identity as a Christ follower

*This is not an exhaustive list. For more a more thorough investigation of this subject, see Dr. Neil Anderson's *Victory Over The Darkness* and *Bondage Breaker*.

Prayer:

Lord Jesus, since Your word says if we confess our sins, You are faithful and just to forgive us and cleanse us from all unrighteousness (1 John 1:9), I confess and repent of having participated with the enemy by _____ (state your specific area of struggle from the list above) _____. Please forgive me. Satan is a liar and deceiver (John 8:44), and I have fallen (knowingly or unknowingly) to his schemes (1 John 1:8). I have stepped out of my true identity as a believer and may have opened a door for him to have access to harass me (1 Peter 5:8, Luke 22:31-32). It is for freedom that Christ has set me free (Gal 5:1), so if the Son sets me free, I am free indeed (John 8:36)! I choose freedom. Thank You for closing the door to the enemy's strategies and distractions. Enable me to stand firm and not submit again to a yoke of slavery; instead I will take Jesus' yoke upon me and will learn from Him for He is gentle and humble of heart. I will find rest for my soul (Matthew 11:29), in Your name I pray, amen.

Write in the space below, how the Lord ministered to you through your confession. Where did you picture Him? Or did you have an impression of His presence? Did a Bible verse or a song come into your mind as you were praying? What was your overall emotional impression of the prayer time?

Your experience after confessing and listening:

In your small group time, please share one or two of the confessions you made and what you believe the Lord did/said in response. Be sure to share your feelings along with your thoughts.

Scriptures

- *Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light. (Matthew 11:28-30)*
- *Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. Love never ends. (1 Corinthians 13:4-8a)*
- *The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks. (Luke 6:45)*
- *Death and life are in the power of the tongue, and those who love it will eat its fruits. (Proverbs 18:21)*
- *A soft answer turns away wrath, but a harsh word stirs up anger. (Proverbs 15:1)*
- *Set a guard, O LORD, over my mouth; keep watch over the door of my lips! (Psalm 141:3)*
- *For God gave us a spirit not of fear but of power and love and self-control. (2 Timothy 1:7)*
- *There is not fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love. (1 John 4:18)*
- *Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. (James 4:7-8a)*
- *Truly, truly, I say to you, whoever believes in me will also do the works that I do; and greater works than these will he do, because I am going to the Father. (John 14:12)*
- *And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ. (Philippians 1:6)*
- *For you, O Lord, are good and forgiving, abounding in steadfast love to all who call upon you. (Psalm 86:5)*
- *If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:9)*
- *And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." (Matthew 28:18-20)*
- *The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord's favor. (Luke 4:18-19)*
- *And he called to him his twelve disciples and gave them authority over unclean spirits, to cast them out, and to heal every disease and every affliction. (Matthew 10:1)*
- *Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. (James 5:16)*
- *Whoever makes a practice of sinning is of the devil, for the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the works of the devil. (1 John 3:8)*
- *Jesus answered them, "Truly, truly, I say to you, everyone who practices sin is a slave to sin. (John 8:34)*
- *You will recognize them by their fruits. Are grapes gathered from thornbushes, or figs from thistles? (Matthew 7:16)*
- *...but test everything; hold fast what is good. (1 Thessalonians 5:21)*

For struggles with the flesh: Galatians 5

For anxiety: Psalms 23 and 34

For godly living: Colossians 3

For demonstrating honor (especially to leaders): 1 Thessalonians 5:12-24

**All verses are from the ESV, unless otherwise noted.*