

I. Questions to ask ourselves:

- A. What are you looking at?
- B. What is trying to steal your thoughts, your attention?
- C. *"The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly."* John 10:10 (NKJV)

II. Ways the enemy distracts:

- A. The enemy distracts people by planting mistrust about God.
- B. Mistrust comes in many forms
 - 1. Social Media
 - 2. Death/loss of a loved one
 - 3. Bad Diagnosis
 - 4. Accusations
 - 5. World Events
 - 6. Physical Pain
 - 7. Debt/Job Loss
 - 8. Divorce
 - 9. Offenses
- C. All of these distractions cause a response of fear
 - 1. Joshua 1:9 (NKJV) *"Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go."*
- D. Some distractions may come from what we see as good
 - 1. Pleasure
 - 2. Vacation
 - 3. Loved Ones
 - 4. Money/Wealth
 - 5. Dreams
 - 6. Jobs
 - 7. Children
 - 8. Busyness

III. Whole & Complete

- A. Isaiah 26:3 (NKJV) *"You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You."*
 - 1. He will keep you happy, well, friendly, healthy and prosperous.
 - 2. Whole and complete.

IV. "Consider how precious a soul must be, when both God and the devil are after it." Charles Spurgeon

- A. Ephesians 6:12 (NKJV) *"For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places."*

V. Identifying the Distractions

- A. Anything that diverts my purpose from God may be a distraction.
 B. If I move my focus off of God I begin moving backwards, or it causes me to stop forward movement
 C. I have to stand up to my weaknesses
 D. I need to identify my areas of vulnerability

VI. Tools in my Arsenal

- A. The enemy is an accuser
 1. Revelation 12:10 (MSG) *"The Accuser of our brothers and sisters thrown out, who accused them day and night before God. They defeated him through the blood of the Lamb and the bold word of their witness."*
- B. The enemy accused Jesus
 1. Matthew 4:3 (NKJV) *"Now when the tempter came to Him, he said, 'If You are the Son of God, command that these stones become bread.'"*
- C. Tools in my arsenal: **the Word.**
 1. Psalms 119:105 (NKJV) *"Your word is a lamp to my feet And a light to my path."*
 2. Philippians 2:9-11 (NKJV) *"Therefore God also has highly exalted Him and given Him the name which is above every name, that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father."*
- D. Tools in my arsenal: **the Blood**
 1. Revelation 12:11 (NKJV) *"And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death"*
 2. Ephesians 1:7 (NKJV) *"In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace."*
 3. Colossians 2:15 (NKJV) *"Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it."*
- E. Tools in my arsenal: **Forgiveness**
 1. Ephesians 1:7 (NKJV) *"In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace"*
- F. Tools in my arsenal: **Prayer**

1. James 5:16 (NKJV) *"...The effective, fervent prayer of a righteous man avails much."*
2. Praying in the Spirit
 - i. Jude 1:20 (NKJV) *"But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit"*
 - ii. Romans 8:26 (NKJV) *"Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession [a]for us with groanings which cannot be uttered."*
- C. Tools in my arsenal: **Praise**
 1. Praise is a weapon
 - i. Paul & Silas: Acts 16:25 (NKJV) *"But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them."*
 - a. The praises broke the bonds of this world!
- D. Tools in my arsenal: **Peace through the Blood of Christ**
 1. Colossians 1:15-20 (NKJV) *"He is the image of the invisible God, the firstborn over all creation. For by Him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or [e]principalities or [f]powers. All things were created through Him and for Him. And He is before all things, and in Him all things consist. And He is the head of the body, the church, who is the beginning, the firstborn from the dead, that in all things He may have the preeminence. For it pleased the Father that in Him all the fullness should dwell, and by Him to reconcile all things to Himself, by Him, whether things on earth or things in heaven, having made peace through the blood of His cross."*
- E. Tools in my arsenal: **Walking with others. Sharing with your brothers and sisters.**

Addendum: Some scriptures to add to your Word arsenal

- **My debt is paid, once and for all** "So Christ was offered once to bear the sins of many. To those who eagerly wait for Him He will appear a second time, apart from sin, for salvation." (Hebrews 9:28)
- **I am justified** "Much more then, having now been justified by His blood, we shall be saved from wrath through Him. " (Romans 5:9)
- **I am forgiven** "In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace" (Ephesians 1:7)
- **I am spared from God's wrath** "Much more then, having now been justified by His blood, we shall be saved from wrath through Him. " (Romans 5:9)

- **I am being spiritually healed; one day even my flesh will be replaced with an incorruptible body** "...who Himself bore our sins in His own body on the tree, that we, having died to sin, might live for righteousness—by whose stripes you were healed." (1 Peter 2:24)
- **I am spiritually alive** "Then Jesus said to them, "Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you." (John 6:53)
- **My judgment has been satisfied and I am at peace with God** "But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed." (Isaiah 53:5)
- **The bloodstream of His people Israel will be purged** "For I will cleanse their blood that I have not cleansed: for the Lord dwells in Zion" (Joel 3:21)
- **I am cleansed** "But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin." (1 John 1:7)
- **I have the power to overcome the enemy** "And they overcame him by the blood of the Lamb, and by the word of their testimony, and they loved not their lives unto the death." (Revelation 12:11)
- **I am no longer under the curse of the law** "Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, "Cursed is everyone who hangs on a tree")." (Galatians 3:13)
- **I have been reclaimed from the enemy** "In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace." (Ephesians 1:7)
- **I am no longer a stranger to the covenant of promise** "...that at that time you were without Christ, being aliens from the commonwealth of Israel and strangers from the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ." (Ephesians 2:12-13)
- **The final act of public expiation has been made on my behalf** "For the life of a creature is in the blood, and I have given it to you to make atonement for yourselves on the altar; it is the blood that makes atonement for one's life." (Leviticus 17:11)
- **I have been moved from the enemy's kingdom into the kingdom of God** "Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it." (Colossians 2:15)
- **I have gained the unmerited favor of God** "In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace." (Ephesians 1:7)

- **I have been declared righteous** "For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him." (2 Corinthians 5:21)
- **I have been justified (just as though I had never sinned)** "being justified freely by His grace through the redemption that is in Christ Jesus, whom God set forth as a propitiation by His blood, through faith, to demonstrate His righteousness, because in His forbearance God had passed over the sins that were previously committed..." (Romans 3:24-25)
- **I am able to come close to God** "But now in Christ Jesus you who once were far off have been brought near by the blood of Christ." (Ephesians 2:13)
- **I can participate in the sweet communion of remembrance of His sacrifice** "Likewise He also took the cup after supper, saying, "This cup is the new covenant in My blood, which is shed for you." (Luke 22:20)
- **My redemption will never perish** "Knowing that you were not redeemed with corruptible things, like silver or gold, from your aimless conduct received by tradition from your fathers, but with the precious blood of Christ, as of a lamb without blemish and without spot." (1 Peter 1:18-19)
- **Jesus testifies on my behalf that I am clean** "...and from Jesus Christ, the faithful witness, the firstborn from the dead, and the ruler over the kings of the earth. To Him who loved us and washed us from our sins in His own blood and has made us kings[and priests to His God and Father, to Him be glory and dominion forever and ever. Amen." (Revelation 1:5)
- **I am free** "Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage." (Galatians 5:1)
- **I am protected from judgment** "that you shall say, 'It is the Passover sacrifice of the Lord, who passed over the houses of the children of Israel in Egypt when He struck the Egyptians and delivered our households.'" So the people bowed their heads and worshiped." (Exodus 12:27)
- **I am freed from a conscience defiled by guilt** "let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water." (Hebrews 10:22)
- **I am no longer condemned** "There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit." (Romans 8:1)
- **I have been separated from the world and declared holy (wholly) to God** "I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and

the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me." (Galatians 2:20)

- **I can proclaim total victory** "And they overcame him by the blood of the Lamb, and by the word of their testimony, and they loved not their lives unto the death." (Revelation 12:11)
- **I can enter boldly into the holiest of holies...and live** "Therefore, brethren, having boldness to enter the Holiest by the blood of Jesus, by a new and living way which He consecrated for us, through the veil, that is, His flesh, and *having* a High Priest over the house of God, let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water." (Hebrews 10:19-22)
- **I have further revelation of who God is** "who being the brightness of *His* glory and the express image of His person, and upholding all things by the word of His power, when He had by Himself purged our sins, sat down at the right hand of the Majesty on high..." (Hebrews 1:3)