

# TRAINING IN SPIRITUAL WARFARE

Overcoming Affliction, Infliction and Persecution

TRAINING IN SPIRITUAL WARFARE

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This Course is the collaborative initiative of the  
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**Online Video Course** – access at

<https://www.fruitfullifelearningcommunity.org/spiritual-warfare-training>

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# Welcome to Training in Spiritual Warfare

My wife and I had a very interesting conversation a few years ago. She had been reading and studying a book titled *A More Excellent Way*, written by Dr. Henry W. Wright. She learned that 80% of the time all diseases have a spiritual root.

So she's been discovering the spiritual roots to the diseases and disorders that have been plaguing our families for many generations. Over the last few years, two of my brothers have had heart attacks and my mother had a mini stroke. I've been battling high cholesterol and some joint pain in my hands and wrist.

I was working on the computer and Carol called out to me and said... the spiritual root of high cholesterol is self-bitterness, self-rejection and self-hatred. To that, I stopped and came over to sit with her.

Many times she has encouraged me as I questioned myself, my leadership ability and even my self-worth. I have told myself that no one wants to hear me teach, read my books, or hear my songs. In spite of evidence to the contrary, I still could not see past my view of myself.

As I sat there facing the reality that I have been battling high cholesterol and some joint pain in my hands and wrist, I could either choose to believe the revelation that was coming to me, or I could defend myself and say, *"Well that's not the case for me. I'm part of the 20% of cases that have nothing to do with a spiritual root."*

But I could not get away from the fact that when I was 15 years old, I would stand in front of a mirror and say, I hate you!

I also made an inner vow that I would never allow anyone to say anything to me that was worse than I had already said about myself.

Carol looked at me and said what a horrible vow... you need to renounce that and repent of that right now. So I did so, right then and there.

I felt the muscles in my face relax and change. Something came off of me. Even the joint pain I had been experiencing left immediately.

What is keeping you bound, oppressed, or unable to get free from that one certain stronghold?

What is keeping you from successfully crossing the wilderness and reaching the land of promise?

Many have preached that it is a demon.... that could be true, but let's take a closer look.

- Christopher G. Green

## Enduring Afflictions, Producing Faith

This entire training began with a request that was posted in the chat space during our weekly Spiritual Wellness Group Session on Zoom. The request was:  
***Please clarify the difference between Afflictions and Warfare.***

To begin, we want to take a look at a couple of passages of scripture.

2 Timothy 4:3-5 (New King James Version)

*3 For the time will come when they will not endure sound doctrine, but according to their own desires, because they have itching ears, they will heap up for themselves teachers;*

*4 and they will turn their ears away from the truth, and be turned aside to fables.*

*5 But you be watchful in all things, **endure afflictions**, do the work of an evangelist, fulfill your ministry.*

Let's take a closer look at the word affliction. Let's look at this passage in the Amplified Bible because the amplified version of the Bible uses the word **hardship** for afflictions.

AMPLIFIED

"But as for you, be clear-headed in every situation [stay calm and cool and steady], endure every **hardship** [without flinching], do the work of an evangelist, fulfill [the duties of] your ministry."

We have observed from scripture that most hardships and afflictions are primarily the result of the fall of mankind as recorded in the book of Genesis.

Hardship is a situation in which your life is difficult or unpleasant, most often associated with not having enough money, but hardships can include living in the aftermath of:

- Natural Disasters (hurricanes, floods, tornadoes, etc.)
- Accidental Disasters (car crashes, plane crashes, explosions, etc.)
- Intentional or Deliberate Disasters (bombings, robberies, assaults, homicide, suicide, rape, terrorism, vandalism, etc.)
- Incidents of loss (fired from a job, eviction from a home, car repossession, identity theft, divorce, excommunication, any unexpected break up of a close relationship, etc.)
- Sustained or Repeated Events (kidnapping, sexual abuse, spousal abuse, police harassment, racist/ terrorist threats, bullying, shaming, etc.)

Again, we have observed that all hardships are not always necessarily personal or direct demonic opposition, or warfare against us, but a continuation of the fallout of living in a broken world, with people who have been born in sin, and shaped in iniquity.

## Don't Take Them Out of the World

Here's a very familiar passage from Psalm 34:19. In the Amplified Bible it reads:

*Many (afflictions) hardships and perplexing circumstances confront the righteous, But the Lord rescues him from them all. Psalm 34:19 (Amplified Bible)*

Here's another Amplified Bible rendering of that passage.

*Many evils confront the [consistently] righteous, but the Lord delivers him out of them all.*

The writer is saying that the righteous can expect to confront affliction because we are consistently living against the grain (flow) of this fallen world.

The writer is also letting us know that the righteous (people of God) will experience the same afflictions (evil and hardships) in life as everyone else.

Our righteous standing does not exempt us from going through the same things that affect everyone else. However, the righteous can expect God's rescue and deliverance.

The question is: **What does the rescue and deliverance look like from God's perspective?**

We have observed that while we are in the midst of afflictions (hardships) and trials, there can also be warfare going on in our hearts, minds and relationships to keep us from expecting or receiving God's deliverance.

The Holy Spirit reminded us of this powerful passage of scripture. It is another fundamental element that many Believers have overlooked, ignored, drifted away from it, or they were never taught. Jesus told us point blank and directly:

These things I have spoken to you, that in Me you may have peace. **In the world you will have tribulation**; but be of good cheer, I have overcome the world."  
– John 16:33 (NKJV)

*I have told you these things, so that in Me you may have [perfect] peace. **In the world** you have tribulation and distress and suffering, but be courageous [be confident, be undaunted, be filled with joy]; I have overcome the world." [My conquest is accomplished, My victory abiding.] - John 16:33 (AMP)*

Notice that he specifically talked about the condition of this fallen, broken, and sinful world (system, order, arrangement). He didn't talk about demons, satan, or spiritual warfare. He told us what we would experience by being in this world.

But as always, **He also gave us the right perspective.**

**Be courageous [be confident, be undaunted, be filled with joy because He has overcome the world (system, arrangement, order)].**

John 17 records one of, if not the most important prayers of Jesus while he was on the earth. Let's enter into the prayer at verse 15.

(Read both NKJV and Amplified versions below)

15 **I do not pray that You should take them out of the world**, but that You should keep them from the evil one. 16 They are not of the world, just as I am not of the world. 17 Sanctify them by Your truth. Your word is truth. 18 As You sent Me into the world, **I also have sent them into the world** - John 17:15-18 (NKJV)

15 **I do not ask You to take them out of the world**, but that You keep them and protect them from the evil one. 16 They are not of the world, just as I am not of the world. 17 Sanctify them in the truth [set them apart for Your purposes, make them holy]; Your word is truth. 18 Just as You commissioned and sent Me into the world, **I also have commissioned and sent them (believers) into the world**.  
- John 17:15-18 (Amplified Bible)

From this passage we have made the following observations:

**John 17: 5-8**

1. **Jesus prayed that the Father would not take us out of the world.**  
(Our purpose is not to just hold on, suffer through hardships, and wait to go to heaven.)
2. **Jesus prayed that we would be kept from the evil one**
3. **We are not of this world**
4. **We are set apart in Truth**
5. **Set apart for the Father's purposes**
6. **The Father makes us holy**
7. **We have been commissioned into the world.**

"I do not ask You to take them out of the world, but that You keep them and protect them from the evil one. They are not of the world, just as I am not of the world. Sanctify them in the truth [set them apart for Your purposes, make them holy]; Your word is truth. Just as You commissioned and sent Me into the world, I also have commissioned and sent them (believers) into the world."  
John 17:15-18 (Amplified Bible)

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- **We are not of this world.**
- **We are set apart in Truth.**
- **We are set apart for the Father's purposes.**
- **The Father makes us holy.**
- **We have been commissioned into the world.**

# From Prison to Promise

In our teaching series ***Journey from Prison to Promise*** we explained it like this:

We face an internal battle when God is transitioning us to places of Promise. God has made certain promises to us, but in order to bring us into that promise, we need a time of transition as we journey from the prison to promise. God delivered us out of prison, but now He must get the prison out of us.

Our colleagues who work with people who have come out of incarceration tell us that the biggest struggle for those who have come out of prison is that they still have a prison mentality even though they are free. Freedom doesn't look or feel like what they imagined, so they fall back on prison survival impulses.

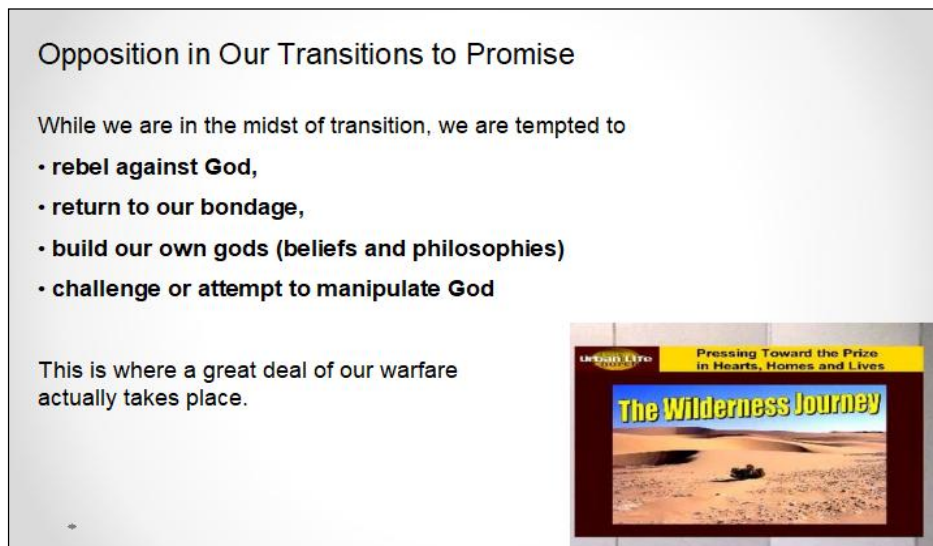
While we are in the midst of transitions from our bondages to God's promises, with it comes **internal opposition and struggle** in the form of temptations to:

Opposition in Our Transitions to Promise

While we are in the midst of transition, we are tempted to

- rebel against God,
- return to our bondage,
- build our own gods (beliefs and philosophies)
- challenge or attempt to manipulate God

This is where a great deal of our warfare actually takes place.

The image shows a PowerPoint slide with a light gray background. The title is 'Opposition in Our Transitions to Promise'. Below the title, there is a paragraph: 'While we are in the midst of transition, we are tempted to'. This is followed by a bulleted list of four items: 'rebel against God,', 'return to our bondage,', 'build our own gods (beliefs and philosophies)', and 'challenge or attempt to manipulate God'. Below the list, another paragraph reads: 'This is where a great deal of our warfare actually takes place.' To the right of this text is a small rectangular image. The image has a yellow banner at the top with the text 'Pressing Toward the Prize in Hearts, Homes and Lives'. Below the banner is a photograph of a desert landscape with sand dunes and a small tree. The title 'The Wilderness Journey' is overlaid on the image in a stylized font.

PowerPoint slide

- rebel against God,
- return to our bondage,
- build our own gods (beliefs and philosophies),
- challenge or attempt to manipulate God and try to force Him to do what we want.

This internal battle caused by our flesh fighting against the Spirit can hinder our journey to promise. It's not there to merely stop us from attaining our personal goals and aspirations. This struggle is always targeting God's mission or commissioning that is on our lives.

As we go forth, according to the John 17 prayer of Christ, we have each been commissioned to: advance God's Kingdom, make disciples, equip other Believers, teach others, guide our families, etc.

## It's Not Always a Demon

In our teaching series, “**Fight for Your Family**” we stated this: **Every time something bad happens to you, it does not mean you have been personally attacked by a demon.**

We were each born into and still live in a fallen, frail and fractured world. We live amongst imperfect people who are making choices and many of those choices affect us and everyone around them.

We live in a world where gas runs out, time moves on, machines wear down, accidents happen, and plans fail. Due to gravity, objects will fall. Human frailty means we can slip or stumble. Sometimes we guess and we guess wrong.

Sometimes we assume and circumstances change that makes our assumption go awry. Sometimes we miscalculate. It was not a demon. It wasn't even a particular sin. But we live in a world in which sin and evil have caused it to be broken and unpredictable.

Due to sin and its consequences, life is limited. There's disease; there are accidents; there are disasters, and there are all kinds of things that did not exist before sin. There was a time when nothing physically, mentally, or spiritually wore out, aged, withered away, or died. Just think about that.

So everything negative that happens to us is not always a direct demonic attack. However, **when things go wrong, sin and satanic powers are always crouching and waiting for the opportunity to take advantage of any negative situation.**

The Bible declares that we were born in sin, and shaped in iniquity (lawlessness). However, God will use the fallen nature and circumstances of life to reveal Himself to us, in us and through us. **In spite of the fallen nature of this world, none of it prevents what God purposes for each and every single soul to accomplish.** Instead, it most often reveals who we really are on the inside, and what we have been commissioned to do.

Of course there will be always be opposition against us as we set forth to obey God and advance His Kingdom, but we are exposing you to various forms of opposition and warfare. At the conclusion of this training we will give you weapons and tools for successfully fighting these various battles.

*The weapons of our **warfare** are not physical [weapons of flesh and blood].  
**Our weapons are divinely powerful** for the destruction of fortresses.*

- 2 Corinthians 10:4



# Self-Inflictions


Sometimes we're dealing with self-inflicted opposition and wounds. The evil one comes at us with the same tactics of temptation that were used against Jesus in the wilderness: *Lust of the flesh, lust of the eye, and the pride of life*. Many times the self-inflictions that we are facing are actually the consequences of giving in to those particular temptations.

In our online course called ***Guarding Our Hearts and Homes***, we share that many Believers sowed a lot of bad seeds before they got saved. They thought that because the penalty of sin was cancelled over their lives that all of the consequences were cancelled. Sometimes the inflictions are because we're reaping what we sowed.

Here are some of the other factors that we are battling with, mostly connected to self-inflicted battles and wounds:

**Self- Inflictions**

- Sometimes we yield to satan's tactics of temptation.
- Sometimes we're reaping what we sowed.
- Sometimes we're dealing with the consequences of the lack of knowledge.
- Sometimes were violating the order and wisdom of God.
- Sometimes we have given access by opening doors.
- Sometimes we give access by regarding iniquity.
- Sometimes we're holding someone in unforgiveness.
- Sometimes we haven't been faithful with the little.



PowerPoint slide

- Sometimes we are facing the consequences of giving in to temptations.
- Sometimes we're reaping what we sowed.
- Sometimes we're dealing with the consequences of the lack of knowledge.
- Sometimes were violating the order and wisdom of God.
- Sometimes we have given sin and evil access by opening doors in our lives by what we entertain.
- Sometimes we give access by regarding iniquity (cherishing and holding onto secret sin).
- Sometimes we're holding someone in unforgiveness.
- Sometimes we haven't been faithful with the little that God has given us, and therefore we we're not promoted by God.

**It's important to not confuse self-inflictions with real world afflictions and hardships.**

## The Excellence of God's Power

When we look at 2 Corinthians 4:7-10, we can see why Jesus prayed to the Father that we would be protected from the evil one.

When Jesus taught His followers to pray, part of that prayer was "deliver us from evil. Here's what it looks like to be delivered from evil.

It doesn't mean we won't ever be faced with the tribulations and troubles of this world, but that the warfare that comes to us in the midst of our troubles will not be able to overtake us.

*"But we have this treasure in earthen vessels; that **the excellence of the power** may be of God and not of us. We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed—*

We are **Hard pressed**

– troubled, compressed, afflicted, pressed like a fruit

**But not crushed....**

Not damaged to the point of becoming unusable....

Greater is He that is within me, than he that is in the world...

We are **Perplexed** –

to be left wanting (looking for answers)

Embarrassed,

To be in doubt

To not know what to do

**Not in Despair-**

Utterly at loss

Utterly destitute of measures or resources

Let's keep it real. Life can be so hard that despair overwhelms us.

In 2 Cor. 1:8. Paul said, "For **we do not want you to be ignorant, brethren, of our [tribulation] trouble** which came to us in Asia: that **we were burdened beyond measure, above strength, so that **we despaired even of life.****

Our God is with us in the midst of our perplexed moments.

Sometimes we have to go back to square one.

Did I hear God's voice; understand what He said?

Have I counted the cost; and dared to truly obey?

Sometimes we found ourselves rehearsing what He already spoke to us.

Sometimes we found ourselves reevaluating our understanding and expectations.

We are **Persecuted** –  
made to run or flee  
pursued  
harassed

**NOT Forsaken** –  
abandoned  
deserted  
Left alone and helpless (just merely surviving)

We are **Struck Down** –  
throw down to a lower place  
throw down to the ground with intent to completely destroy

**Not Destroyed**  
– not left irreparable  
Instead of shattering, we bounced.  
The only breaking that takes place is in our will to His will.

Recall our question earlier (from page 8): **What does the rescue and deliverance look like from God's perspective?** Well, it looks like the following:

We can be hard pressed on every side  
We can be perplexed  
We can be persecuted  
We can be struck down

HOWEVER,  
We are NOT crushed  
We are NOT in despair  
We are NOT forsaken  
We are NOT destroyed

**We are always carrying about in the body the dying of the Lord Jesus,**  
a)The dying (process) that Jesus went through in God's service  
b)The dying (process) we go through as we surrender our hearts and will to God

That dying meant letting go of anything and anyone that would hinder the intended and favorable outcomes of:

**1.) relationship with God and  
2.) the purpose for His life.**

**That the LIFE of Jesus may be manifested in our bodies:**

- \*the fullness of life
- \*real and genuine life
- \*active, vigorous, devoted life to God

# Productive Impact of Afflictions and Inflictions

What's the difference between Afflictions and (Spiritual) Warfare?

**Responding to Afflictions and Hardships**

- 1.) Discernment
- 2.) Direction
- 3.) Discipline
- 4.) Diligence
- 5.) Determination
- 6.) Devotion
- 7.) Documentation
- 8.) Duplication



Chris and Carol Green

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In our book "You are Success in Process", we list eight powerful dynamics that afflictions and inflictions can produce in your life.

A. **Discernment** – afflictions and inflictions teach us the difference between chasing fantasies and following a dream. Many people are chasing unrealistic projections and images of themselves that meet an emotional or psychological need for affirmation or attention. A dream is an image that God gives, that reveals who you are and why you were created.

B. **Direction** – afflictions and inflictions teach us to not lean on our own understanding of our purpose. We learn how to follow the directives (orders and steps) of God.

C. **Discipline** – afflictions and inflictions teach us to defer temporary satisfaction and prepare for that once-in-a-lifetime opportunity. Don't give in to the distractions that will steal your time and energy.

D. **Diligence** – afflictions and inflictions teach us to stay as consistent as possible; to try to be intentional and deliberate; try to do things right the first time; to always do the best you can with the talents, skills and resources that you have today.

E. **Determination** – afflictions and inflictions teach us to develop a 'don't quit', never give up attitude about God, our life, and ourselves; don't obsess over setbacks and disappointments.

F. **Devotion** – afflictions and inflictions teach us to keep our priorities intact: God, Family, Relationships/ Partnerships, and then Plans/ Dreams.

G. **Documentation** – afflictions and inflictions teach us to keep a record or journal of our journey. You must write the narrative of God's dream and purpose for your life. Don't leave it up to someone else to tell your story. It will also keep you encouraged.

We have built a library of data and evidence with blogs, books, advice and wisdom articles, opinion-editorials, white papers or video/audio podcast. We kept track of testimonials, establishing empirical evidence of God's faithfulness. We created logs and a database of best practice principles that we have successfully lived out in our journey. And with all of this material we have created classes, courses, an online institution, and a legacy for our children and children's children.

H. **Duplication** – afflictions and inflictions teach us to recognize that anyone can become preoccupied with their own personal or professional success, but they must also build and leave a legacy.

"Success without a Successor is ultimately failure," Dr. Myles Munroe

The dream should not die with you. Consider learning how to teach and instruct others in the process, protocols, practices and procedures that have made you successful in God. It's why we created and established an educational training system to duplicate our success.

**All of these dynamics clearly show us what enduring and overcoming afflictions and inflictions can produce.**

# Persecution

## Sharing in the Sufferings of Christ

Now let's start talking about direct warfare and opposition that comes by way of persecution. Again, we make the distinction between the afflictions and hardship that are simply part of living in a fallen world, or the self-inflicted battles. Let's take a close look at actual persecution and opposition because of bearing the name of Christ.

1 Peter 4:11-16 Amplified Bible

*12 Beloved, do not be surprised at the **fiery ordeal** which is taking place to test you [that is, to test the quality of your faith], as though something strange or unusual were happening to you. 13 But insofar as you are sharing Christ's sufferings, keep on rejoicing, so that when His glory [filled with His radiance and splendor] is revealed, you may rejoice with great joy. 14 If you are insulted and reviled for [bearing] the name of Christ, you are blessed [happy, with life-joy and comfort in God's salvation regardless of your circumstances], because the Spirit of glory and of God is resting on you [and indwelling you—He whom they curse, you glorify].*

Notice that this reference to **fiery trials** or **fiery ordeals** is not talking about the hardships that come that are due to the fallen nature of this world.

It's not talking about the self-inflicted stuff we have brought upon ourselves.

It's not even talking about the heartbreaks that we suffer as we lose relationships and loved ones due to death, divorce, desertions or disasters.

The writer was specifically addressing persecution (**insults and reviling**) that comes because we bear the name of Christ. He's talking about sharing in Christ's sufferings.

Peter was writing to people who were being imprisoned, tortured, and had already lost loved ones who had been executed in the gladiator arenas.

He goes on to clarify what he means by Christ's sufferings....

1 Peter 4:11-16 Amplified Bible

*15 Make sure that none of you suffers as a murderer, or a thief, or any sort of criminal [in response to persecution], or as a troublesome meddler interfering in the affairs of others; 16 but if anyone suffers [ill-treatment] as a Christian [because of his belief], he is not to be ashamed, but is to glorify God [because he is considered worthy to suffer] in this name.*

Don't let the suffering be because **you retaliated to the persecution** that came your way, or you put yourself in a difficult situation by responding out of your flesh.

Don't let the suffering be because you got involved in matters that had nothing to do with you.

Again he defines Christ's suffering as Ill-treatment because of your belief;

- not circumstances and situations of life;
- not because you retaliated or put yourself in a situation, and
- not because you were in everybody else's business.

# What is (Spiritual) Warfare?

Following one of our online teaching sessions, someone made a request:

**Please clarify the difference between affliction and warfare.**

## What is (Spiritual) Warfare?

It is the spiritual conflict that we are experiencing, against the evil strategies, wiles and schemes of the evil one; that have been deployed to manipulate, intimidate and dominate a human being's mind, body, and soul (emotions and will).

These strategies are also deployed to affect relationships, starting with the foundational family unit, which extends the warfare's affect on to every aspect of society including the highest levels of government and religion.

The evil one's main goal is to stop, delay, detour and distract Believers from declaring and demonstrating the good news (or gospel) of the Kingdom of God; and prevent them from making disciples or followers of Christ. Warfare comes at us in at least four modes, methods or waves:

### Warfare of Manipulation

(Deceptive influencing of perspectives, thoughts and behaviors of people)

### Warfare of Intimidation

*(Threats, insults, accusations, and attacks through individuals, or taking advantage of situations and circumstances to inflict hurt, harm, confusion, doubt, guilt, shame, and eventually to incite a sense of being offended, accused, or condemned; pushing you toward rebellion and disobedience to God)*

### Warfare of Domination

*(Forceful Opposition, Possession or Occupation of a human mind/ body/ soul)*

*(Forceful Opposition, Possession or Occupation of society: people/ groups, nations, etc.)*

### Warfare of Witchcraft

Witchcraft is the use of knowledge, influence and power to manipulate, intimidate, and dominate another person, group, family, community, or nation. It also includes using knowledge, influence and power to impress others or to make yourself appear to be at a higher status over another. It is also described as rebellion against God, especially when one is positioning themselves to go against or lead others against the will and plan of God for a person, group, family, community, or nation.

**Our enemy: Actual spirit-realm beings and entities (aka demons) led by the fallen angel known as satan, the devil, the evil one, Lucifer, etc.**

Ephesians 6:12 (Amplified Bible) For our struggle is not against flesh and blood [contending only with physical opponents], but against the rulers, against the powers, against the world forces of this [present] darkness, against the spiritual forces of wickedness in the heavenly (*supernatural*) places.

Our **Spiritual Warfare reference scripture** is - 2 Corinthians 10: 3-5 which reads:

3 *For though we walk in the flesh [as mortal men], we are not carrying on our [spiritual] warfare according to the flesh and using the weapons of man.*

4 **The weapons of our warfare are not physical** [weapons of flesh and blood]. Our weapons are divinely powerful for **the destruction of fortresses**.

5 We are **destroying sophisticated arguments** and **every exalted and proud thing** that sets itself up against the [true] knowledge of God, and we are **taking every thought and purpose captive** to the obedience of Christ,

From our study of scripture and experience with God, we have made some observations on the factors that distinguish between afflictions, self-inflictions, and the persecution that comes when we are partakers in Christ' suffering.

Most notably we have observed that all afflictions aren't necessarily spiritual warfare, and all warfare is not manifested through afflictions.

**We believe that afflictions, inflictions, persecution and spiritual warfare are distinguishable, but they are inseparable.**

The fact that these 4 elements are inseparable has caused many **to not understand or accurately discern:**

- 1.) **what** was happening to them,
- 2.) **why** it was happening to them,
- 3.) how to engage in skilled (not hit and miss) prayer or warfare responses,
- 4.) the strategy that the Holy Spirit was giving to engage, endure and overcome,
- 5.) how to move forward in wisdom and a tactical strategy (engaging the right weapons or tools at the right times), and
- 6.) how to teach someone else how to distinguish these differences and therefore engage, endure and overcome successfully as well.

For example: Paul said in 2 Corinthians 12: 7. "*Because of the surpassing greatness and extraordinary nature of the revelations [which I received from God], for this reason, to keep me from thinking of myself as important, a thorn in the flesh was given to me, a messenger of Satan, to torment and harass me—to keep me from exalting myself!*

Paul knew the **What** and the **Why**, so he engaged in targeted prayer. The Holy Spirit gave him the strategy to endure and overcome.

How many Believers have the discernment to do this; or will they just continue to scream at demons (in fear and frustration), because they can't discern afflictions from inflictions, from persecution; and therefore they can't receive the answers that God provides to deal with what is happening to them.

Access and watch the teaching video: **Pulling Down Strongholds**  
<https://vimeo.com/104249554>



# Definitions

*Refer to these definitions as you watch this teaching video.*

WEAPONS: any tool or instrument that is implemented against opposition; arms used in warfare

CARNAL: fleshly, having the nature of flesh, i.e. under the control of the animal appetites; to be governed by mere human nature not by the Spirit of God; any desire having its seat in the animal nature or aroused by the animal nature human: with the included idea of depravity pertaining to the flesh or to the body.

PULLING DOWN: destruction, demolition, dismantling

STRONGHOLD: a castle, fortress,

\* any thing or thought upon which one relies

\* **arguments** and **reasoning** by which a disputant endeavors to fortify his opinion and defend it against his opponent

These arguments and reasoning become the spiritual roots that trigger disease, disorders, destruction, doubt, discouragement, and even death.

CASTING DOWN: to take down, or to throw down

\*without the notion of violence: to detach from... (Detaching something that was nailed to you, or detaching you from something that you were nailed to.

\*with the use of force: to throw down, cast down, to pull down, to demolish the subtle reasoning that is likened to a fortress, i.e. to refute, to destroy

IMAGINATIONS: a reckoning, computation, calculated reasoning: a judgment, or a decision

HIGH THING: elevated structure (idea, concept, belief or philosophy) i.e. barrier, rampart, bulwark

EXALTS: to be lifted up with pride, to exalt one's self, thinking, ideas, concepts

KNOWLEDGE: general intelligence, understanding, things lawful and unlawful

THOUGHT: in this context, it is a mental perception with an evil purpose, that which the mind purposes

CAPTIVE: to lead away captive

OBEDIENCE: compliance, submission

CHRIST: Christ = "anointed" the Messiah, the Son of God

This is why you don't always need to have a demon deliverance service.

What you may need is the pulling down of strongholds (arguments and reasoning), which comes by one receiving the word of God when it has been rightly divided.

It comes by humbling yourself and receiving the word of God.

To stop lifting up the barriers of pride when the understanding comes.

To lead captive those mental perceptions of who you are and what you always purposed to do, and submit your thoughts, heart and life to the anointed one.

That's why we take the time to study the word of God.

It's why we challenge the tradition teachings of many churches because those poor interpretations of scripture have held people captive, even nailed to a sinful and defeated lifestyle, and unable to get free.

**Continuing from the Welcome and Introduction (page 3) of this manual, Chris Green shares:**

*"So, if I told you that not only high cholesterol can have a **spiritual root of Self Bitterness, Self-Rejection and Self Hatred**, but also Arthritis, Coronary Artery Disease, Diabetes (Type 1), Hyperthyroidism, Hypothyroidism, Immuno-suppression or Deficiency (Lupus, Crohn's, diabetes, rheumatoid arthritis) and Strokes.*

*Like me, you must recognize it, take responsibility, repent, renounce it, remove it (the root), resist (the enemy by submitting to God), rejoice, restore (others amongst your family and friends).*

*If I told you that in some cases, Asthma, Diabetes (Type 2), Migraines, and Ulcers have a spiritual root of **Fear, Anxiety & Stress**, would you receive that revelation or reject it?*

*If I told you that in the cases of **cancers that have a spiritual root, it always involves some type of bitterness** against someone for some reason; would you be able to receive that? In those cases, it usually involves long-term, lingering, festering and damage that leans toward death."*

*Through the years we have ministered to individuals regarding these spiritual roots. Some have carried regrets of never being able to have children. One friend said that regret had been tormenting her for many years. We have prayed with people who carried the bitterness that came from injustice, racism, and many other things that had been done against them. We have led them in prayers of forgiveness and the releasing of the perpetrators.*

Now it's your turn.

## Let's Engage

James 4:7-8a

7 Therefore submit to God. Resist the devil and he will flee from you. 8 Draw near to God and He will draw near to you...

In Ephesians 6: 11-18, we are reminded in God's word that we have spiritual armor that we can put on everyday. When we talk about putting on that armor, we are actually talking about putting on the very nature of Christ to protect us from the ways the enemy tries to take advantage of circumstances and situations where things in life go wrong.

Just look at the nature of Christ that you and I are able to put on:

- **Helmet of Salvation** – delivers, protects and preserves our minds and our thoughts
- **The sword of the Spirit** – the Word of God, the all powerful weapon of choice that inflicts damage on the wicked one and His influence in our hearts and homes.
- **Shield of Faith** – protects us against the poisonous accusations and attacks of the wicked one
- **Breastplate of Righteousness** is protection against our vital organs (heart, lungs, stomach, liver, etc. the commonly parts that keep us alive).
- **Belt of Truth** is protection against deception and lies.

“Stand firm then, with the belt of truth buckled around your waist,” (Ephesians 6:14). In ancient days, men would wear long robes that would get in the way of work or fighting, so they would wrap up the long, draping material. This was girding up one's loins. The Lord knew our loins needed to be wrapped in truth. “Every other piece of the full armor of God is attached to the belt of truth. If you don't begin with truth, you'll never defeat the enemy.

- **Feet shod with the preparation of the Gospel of Peace** – protects our daily walk, our everyday life with assurance and confidence that God is always with us and FOR us.

## **A Daily Prayer and Proclamation** by Mary Dennis

I give God my Tasting, Seeing, Hearing, Smelling, and Feeling, so that God can rule over them.

I put myself under the care of God.

I thank You for Your holy angels that are encamped around me to keep me in all my ways.

I thank You for goodness and mercy following me all the days of my life.

I thank You for your love.

I thank You for Your plan.

I thank You for Your provision.

I thank You that no weapon formed against me shall prosper.

I thank You that the gates of hell shall not prevail.

I thank You for grace.

I thank You for Your anointing

I thank You for Healing.

I thank you wisdom to navigate each day.

I thank You for wisdom to win souls, and that whatever comes out of my mouth would be for the glory and honor of Him; and that they would be a blessing to others.

I thank You that all things are working together for my good.

I thank You that You have given to me all things that pertain unto life and godliness.

I thank You that I am the righteousness of God in Christ Jesus

I thank You that I have the mind of Christ

I thank You that I have a sound mind.

I thank you for the joy of the Lord.

### **Here's another prayer that we shared with our congregation:**

Recognizing that my fight is not against flesh and blood, political parties, activist groups or social movements, I stand here in the gap for my family.

With the spiritual weapons of prayer, praise, worship and the Word of God, I declare that I am not afraid of spiritual enemies.

I remember the Lord, Great and Awesome, as I fight for my brothers and sisters, my sons and daughters, my spouse and my household.

According to the promise in Isaiah 54:17," No weapon that is formed against us will prosper; And every tongue that accuses us in judgment, we will condemn. This is the heritage of the servants of the Lord, And our vindication is from the Lord."

So Father God, I receive Your grace, favor, protection and wisdom. And I thank You for giving Your angels charge over me and my family, to keep us in all of our ways.

Amen

**Have you been battling with long term, persistent disease or mental or emotional disorders?**

We will lead you in prayers of repentance and renouncing.

**First let's deal with all of us who have been self-hating, self-rejecting and have self-bitterness.**

It may go all the way back to your early childhood or your teenage years, or even your young adult years.

Recognize, take responsibility, repent, renounce, and remove it (by casting down every vain imagination, dismantle the fortress, detach the lies, demolish the root).

**Now let's deal with roots of fear, anxiety and stress.**

Recognize, take responsibility, repent, renounce, remove it by casting down every vain imagination, dismantle the fortress (argument and reasoning), detach the lies, demolish the root).

**Finally, let's deal with roots of bitterness and unforgiveness of others.**

Recognize, take responsibility, repent, renounce, remove it by casting down every vain imagination, dismantle the fortress (argument and reasoning), detach the lies, demolish the root).

## Notes and Disclaimers:

Some of these matters also involve unresolved trauma from one's afflictions, self-inflictions, and persecution experiences of the past and present. Many are also dealing with multi-generational trauma, and other dynamics like generational iniquities and curses.

1.) We highly recommend consulting with a Christian Licensed Professional Counselor/ Psychologist, as well a Biblically sound spiritual leader (Pastor/ Teacher) who employs a **holistic** approach to your deliverance and recovery process.

2.) We also recommend that you consider a Holy-spirit-led Life Coach as you rebuild your life from this point forward.

3.) Consider enrolling in our online course: **Add to Your Faith Foundation** at <https://fruitfullifeleadershipeducation.talentlms.com/catalog/info/id:211>

### **Add to Your Faith Foundation**

2 Peter 1:5-7,10

**5** For this very reason, applying your diligence [to the divine promises, make every effort] in [exercising] your faith to, develop moral excellence, and in moral excellence, knowledge (insight, understanding), **6** and in *your* knowledge, self-control, and in *your* self-control, steadfastness, and in *your* steadfastness, godliness, **7** and in *your* godliness, brotherly affection, and in *your* brotherly affection, [develop Christian] love [that is, learn to unselfishly seek the best for others and to do things for their benefit].

**10** Therefore, believers, be all the more diligent to make certain about His calling and choosing you [be sure that your behavior reflects and confirms your relationship with God]; **for by doing these things [actively developing these virtues], you will never stumble** [in your spiritual growth and will live a life that leads others away from sin];

## Facilitators' Profile

Christopher and Carol Green, *BCMMHC, CMLC, DSe, Hon.Causa*

**Chris and Carol Green** are Board-certified master mental health coaches (BCMMHC) with emphasis on Marriage and Family (Carol) and Crisis Response and Trauma Care (Chris); certified master life coach trainers (CMLC), holistic wellness promoters, human value advocates, and marriage, family and ministry mentors. They have been educated, trained and certified in Christian Leadership, Lay-Counseling, Chaplaincy (Chris), and Business Administration (Chris).

They carry decades of personal and professional experience and for their many accomplishments, they have received numerous awards and acknowledgements, highlighted by each being conferred a life-achievement, competency-based ministry doctorate (DSe), and two honorary doctorates (Hon.Causa).

However, they see themselves simply as community servants. These former bivocational pastors have been international leadership advisors/ consultants/ professors/ and humanitarian statesmen; as well as songwriters, poets, authors, contributing authors (in an international best-seller), and ordained, licensed and commissioned ministers for more than 30 years.

Inspired to demonstrate servant-leadership by example, they stepped outside of traditional religious settings and facilities to directly connect with their community. Now, from a priceless wealth of experience, wisdom and insight, they have encouraged, empowered and educated other servant leaders in business, community outreach, government, education, human services, households, neighborhoods, churches and ministries on building capacity for CARE-Readiness, mental health awareness and advocacy, and spiritual wellness access and opportunities.

Their cooperation of international and local partnerships has been essential to their work with the professionals and volunteers who labor in diverse and under-served populations and communities, and all who are seeking to inspire a higher quality of life and greater purpose for living.

### Honors, Awards, Achievements and Acknowledgements

- Founders and Lead Instructors of the STEP Forward Life Institute™
- Founders and Spiritual Wellness Support Group Facilitators of the Fruitful Life Learning Community
- Business Owners, Consultants and Life Coach Trainers of C and C Connections, LLC
- Creators of the CARE-Ready Life Coaching® model: CARE-Readiness/ Training/ Certification
- Certified Chaplain Assistant (Chris)
- Board Certified Mental Health Coaches (International Board of Christian Care)
- Presidential Membership with the American Association of Christian Counselors
- Global Senior Advisors and Searcher Professors (UGCSI)
- Certified Master Life Coaches (UGCSI)
- Life Achievement Doctorates: Searcheremics (2022)
- ICN World Civility Icons: 2022 Global Educators of the Year (I Change Nations™)
- Productive Business Civility Award for Global Civility Business Leadership (2021)
- Inducted as Icons of Greatness in the 2021 World Book of Greatness (London, UK)
- Honorary Doctorates: Society and Human Rights (2018)
- International Humanitarian Statesmanship (ICN™, 2017)
- United Way Volunteer of the Year Nominations (2017)

- Honorary Doctorates: Christian Leadership and Humanities (2016)
- Goodwill Ambassadors of World Peace and Civility (ICN™)
- Ordained Ministers and Affiliate Members of the Urban Pastors and Leaders Alliance
- Founders Award (Metro Christian Worship Center, St. Louis, MO, USA)
- Producer of the Year (Chris) - DHTV: 1999 Best Religious Cable TV Broadcast (St. Louis, MO, USA)
- Outstanding Leadership Award (Metro Christian Worship Center, St. Louis, MO, USA)
- Authors of 20 books, 3 training manuals, and over 50 online course curricula
- Contributing authors in an International Best-Seller
- Writers and publishers of over 150 songs since the 1990's

Chris and Carol's travels have taken them from coast to coast within the United States, to Hawaii, the Bahamas, Trinidad, the United Kingdom, and West Africa.

The Greens have been faithfully married over 40 years, and have three adult sons, two daughters-in-love, two grandchildren, and a host of people throughout the world who call them 'mom and dad'.

They are a husband-wife team with one business, one school, and one mission: Renovations in Hearts and Homes.

Therefore, they are not aligned with any political party, religious dogma, or 'bandwagon' social movements. They have been front-line participants within an international, under-the-radar phenomenon in which people of faith have been moving, by the thousands, outside of their traditions and buildings, to take healing and hope to their personal and professional communities.

Learn more about their business, school and mission at [www.chrisandcarolgreen.com](http://www.chrisandcarolgreen.com)



# Recommendations

We are grateful and thankful for your participation. We know there are a lot of ministry training courses and programs out there. We appreciate the fact that you chose to invest in yourself by enrolling in one of the Fruitful Life Education and Training courses.

We want to strongly impress upon all of our students the very wise words of Dr. Elizabeth Mancuso, Professor of Psychology at Pepperdine University, who talks about being humble about your ideas, beliefs and thoughts.

She calls it INTELLECTUAL HUMILITY.

"Intellectual humility has 4 particular behaviors & attitudes:

- 1.) Not overconfident about your knowledge and beliefs,
  - 2.) Open to adjusting and revising your knowledge and beliefs when necessary,
  - 3.) Respectful of the viewpoints of others, and
  - 4.) Not defensive when others have a different perspective than yours."
- 

Recommended Books to enhance your learning experience:

**Rest, Retreats, Revival and Other Comedies** (You are Success in Process)

<https://www.amazon.com/dp/1539728234>

**What NOW?:** Navigating the Maze of Transition, Trials and Change

<https://www.amazon.com/dp/147521975X>

Recommended Teaching Series to enhance your learning experience:

**Fight for Your Family**

<https://vimeo.com/channels/fight4yourfamilyseries>

**Guarding Our Hearts and Homes**

<https://vimeo.com/channels/guardingheartsandhomes>

**Journey from Prison to Promise**

<https://vimeo.com/channels/prisontopromise>

**Pulling Down Strongholds**

<https://vimeo.com/104249554>

This Spiritual Wellness Master class is administered by the STEP Forward Life Institute™ and accredited by United Graduate College Seminary International.

If you have any questions, technical issues, or for troubleshooting problems please email [office@stepforwardlife.institute](mailto:office@stepforwardlife.institute) or call 1-267-571-7025.



**STEP Forward Life Institute an affiliate ministry and institution of the United Graduate College and Seminary International**

I agree to use my Spiritual Warfare Training in a manner upholding the standards and code of ethics of the STEP Forward Life Institute (SFLI) and the Biblical principles upon which the training was based.

I understand that the STEP Forward Life Institute, as an affiliate of United Graduate College and Seminary International (UGCSI), will be held harmless in the event I misuse this training in any way.

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My Signature and Today's Date

