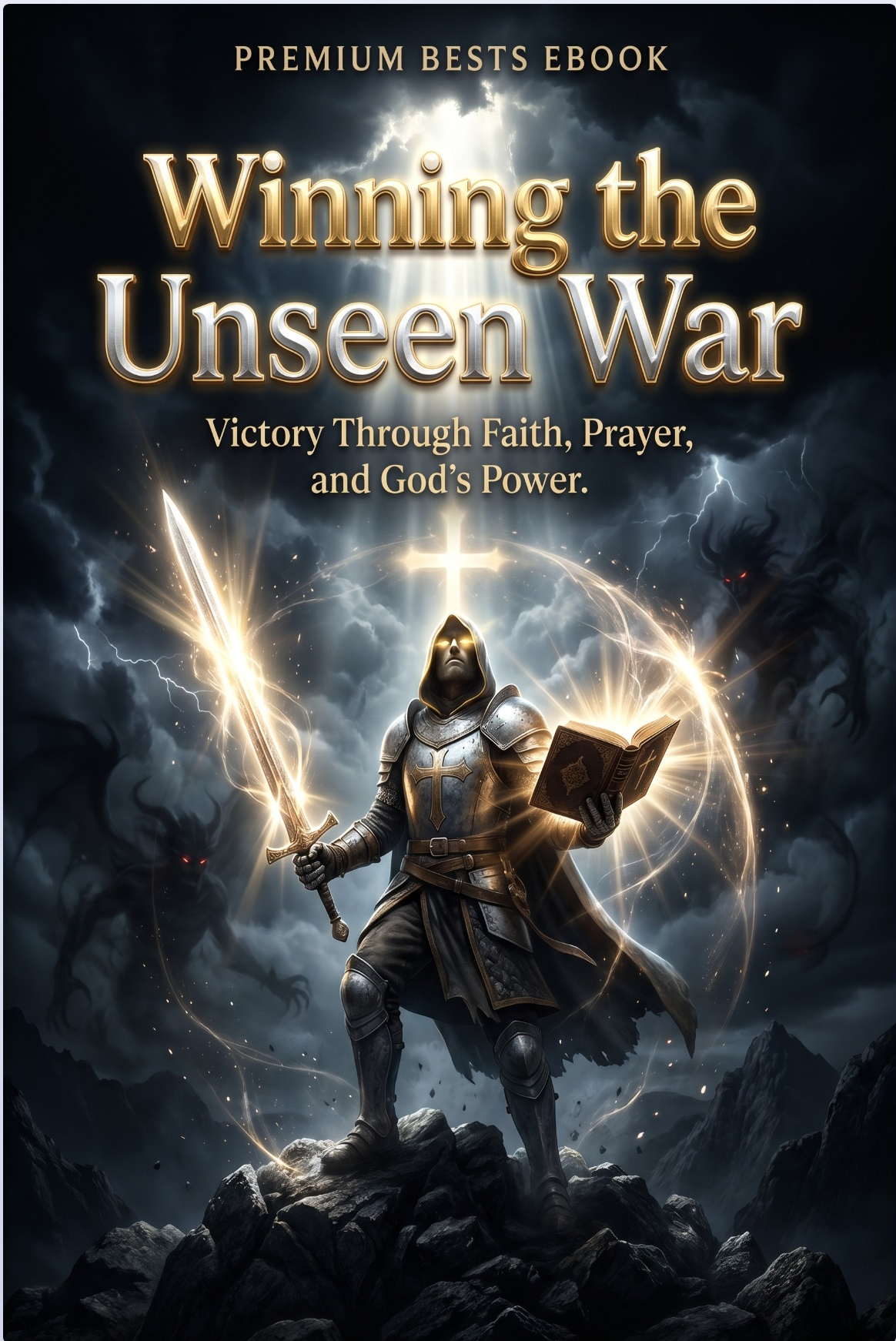


PREMIUM BESTS EBOOK

# Winning the Unseen War

Victory Through Faith, Prayer,  
and God's Power.



# Winning the Unseen War

## A Biblical Guide to Overcoming Spiritual Attacks and Standing in Christ's Authority

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**By Faith Revealed**

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## **Dedication**

To the intercessors who stand in the gap when no one is watching, and to every believer who has ever felt like the weight of the world was actually a weight from the enemy—this book is for you. May you find your strength in the One who has already won the war.

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# Introduction: The Reality of the Unseen

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Spiritual warfare is a reality that many Christians prefer to ignore until they find themselves in the middle of a crisis. We often live our lives as if the physical world—the things we can touch, see, and measure—is the only thing that matters.

However, the Bible teaches that there is a parallel reality, an unseen realm where a conflict is raging for the souls of men and the effectiveness of the church. This war is not fought with tanks and guns, but with truth, prayer, and the authority of Jesus Christ.

To understand spiritual warfare, we must first accept that we have a real adversary. Scripture describes him not as a cartoon character in a red suit, but as a cunning strategist who seeks to steal, kill, and destroy. He works through deception, accusation, and temptation. If you have ever felt a sudden, inexplicable sense of dread, a recurring thought of worthlessness that contradicts everything God says about you, or a series of obstacles that seem timed to stop your spiritual growth, you have likely encountered the unseen war.

This book is about how to fight back. It is not a manual for finding a demon under every rock, nor is it a collection of superstitions. Instead, it is a biblical look at the tools God has given us to stand firm. We are not fighting for victory; we are fighting from the victory that Jesus already secured on the cross. When He said, "It is finished," the back of the enemy's power was broken. Our task is to learn how to enforce that victory in our daily lives.

Many believers feel ill-equipped because they haven't been taught how to use their spiritual armor. They try to solve spiritual problems with physical solutions. They try to fix their marriage, their finances, or their mental health without ever considering that there might be a spiritual root involved. While not every problem is a spiritual attack, many of the most difficult battles we face have a spiritual dimension that requires a spiritual response.

Throughout these pages, we will look at what the Bible says about our authority in Christ. We will talk about the nature of the enemy, the importance of our thought life, and the power of persistent prayer. This is not about becoming afraid of the dark; it is about becoming so full of the light of Christ that the darkness has no choice but to flee. If you are tired of feeling like a victim of your circumstances, it is time to take your place as a soldier of the Cross.

# Chapter 1: Knowing Your Enemy's Tactics

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The first rule of any conflict is to know who you are fighting. In the Christian life, our battle is not against people. It isn't against our spouse, our boss, or our difficult neighbor. Paul makes this clear in his letter to the Ephesians. When we mistake people for the enemy, we waste our energy fighting the wrong battles. We end up hurting people and leaving the real adversary untouched.

The enemy uses a few primary methods: deception, accusation, and distraction. He is called the father of lies because he cannot create anything; he can only pervert what God has already made. He takes a truth and twists it just enough to lead us astray. He takes a God-given desire and suggests a sinful way to fulfill it. If he can get us to believe a lie about God's character or our identity, he has already gained a foothold.

I remember a time when I was convinced that God was angry with me. Every small thing that went wrong felt like a punishment. I stopped praying because I felt unworthy to speak to Him. It took weeks of reading the Psalms to realize that my feelings weren't based on the Bible; they were based on a lie I had allowed to take root. The enemy didn't have to destroy my life; he just had to ruin my communication with the Father. Once I recognized the lie, the "attack" lost its power.

#### TEACHING: THE NATURE OF THE ADVERSARY

The Bible gives us a clear profile of our opponent. He is described as a "roaring lion" looking for someone to devour and as an "angel of light" who deceives. These two descriptions show his range. Sometimes he is obvious and terrifying, but more often, he is subtle and appealing.

**Scripture:** 1 Peter 5:8 says, "Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour." This verse tells us two things: we must be alert, and the enemy is looking for an opening. He doesn't attack randomly; he looks for the person who is distracted, isolated, or spiritually asleep.

2 Corinthians 11:14 warns us that "Satan himself masquerades as an angel of light." This is perhaps his most dangerous tactic. He rarely shows up as a monster. He shows up as a "good idea" that contradicts God's Word, or as a "shortcut" to a blessing. To defeat this, we must have discernment, which only comes through a deep knowledge of the Bible.

#### APPLICATION

To win this part of the war, you must stop reacting to people and start discerning the spirit behind the situation. When conflict arises, ask yourself: *Is this just a person being difficult, or is there a spirit of division trying to wreck this relationship?* When a discouraging thought enters your mind, ask: *Does this sound like the voice of my Shepherd or the voice of the Accuser?* The Shepherd corrects with hope; the Accuser condemns with shame.

*Pull Quote: "The enemy's greatest weapon is not his power, but his ability to make you believe his lies are your own thoughts."*

#### REFLECTION QUESTIONS

Where in your life have you been fighting against people instead of the spiritual forces behind the conflict?

What is one recurring negative thought you have about yourself that contradicts Scripture?

How can you tell the difference between God's conviction and the enemy's condemnation?

#### PRAYER

Lord, give me eyes to see the truth. I ask for the gift of discernment so I can recognize the tactics of the enemy before they take root in my heart. Help me to remember that my battle is not against flesh and blood. I choose to put my trust in Your Word and reject every lie that the adversary tries to whisper to me. Amen.

#### ACTION STEP

This week, every time you feel a surge of fear or shame, stop and speak the name of Jesus. Ask the Holy Spirit to reveal if there is a lie attached to that feeling.

## Chapter 2: The Belt of Truth and the Breastplate of Righteousness

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In the ancient world, a soldier's belt was not just an accessory; it held everything else together. It secured the tunic and provided a place to hang the sword. For the believer, truth is that belt. Without a commitment to the truth—both the truth of Scripture and personal integrity—the rest of our spiritual armor will fall apart. If we are living a double life or compromising on the truth, we are essentially walking into battle with our pants around our ankles.

The breastplate of righteousness protects the most vital organ: the heart. In spiritual terms, this isn't about our own "goodness" or how many religious deeds we've done. Our own righteousness is like "filthy rags" (Isaiah 64:6). The breastplate is the righteousness of Christ credited to us. When the enemy tries to attack your heart with guilt or old sins, the breastplate reminds him that you are covered by the blood of Jesus.

### TEACHING: POSITIONING YOURSELF FOR DEFENSE

Paul tells us to "stand firm then, with the belt of truth buckled around your waist" (Ephesians 6:14). This is an active choice. We buckle the belt by choosing to align our lives with what God says is true, regardless of how we feel. Truth is the objective standard of God's Word.

**Scripture:** Ephesians 6:14: "Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place." This is a command to be ready. You don't put on armor after the battle starts; you live in it.

Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." By wearing the breastplate of righteousness, we are guarding our hearts from the poison of bitterness, unconfessed sin, and the weight of past failures. We are safe because Christ is our righteousness.

#### APPLICATION

Putting on the belt of truth means being a person of integrity. If you are struggling with a "secret sin" or a habit of lying, you have a gap in your armor. The enemy loves to exploit these gaps. To close them, practice confession. Tell God where you've failed and, if necessary, tell a trusted brother or sister in Christ.

To wear the breastplate, you must preach the Gospel to yourself every day. When you wake up, remind yourself: *I am a child of God, justified by faith, and accepted in the Beloved.* This prevents the enemy from using your mistakes as a weapon against you.

*Pull Quote: "Righteousness is not a feeling you earn; it is a position you inhabit because of Jesus."*

#### REFLECTION QUESTIONS

Is there any area of your life where you are not being completely truthful with yourself, others, or God?

How often do you find yourself trying to "earn" God's favor instead of resting in Christ's righteousness?

What is one "truth" from the Bible that you need to fasten around your life today?

#### PRAYER

Father, I thank You for the truth of Your Word. I choose to buckle the belt of truth around my life today. Help me to walk in integrity. I put on the breastplate of righteousness, thanking You that I am not saved by my works, but by the finished work of Jesus. Protect my heart from the arrows of shame and guilt. Amen.

#### ACTION STEP

Identify one area where you have been "shading the truth" or being dishonest. Confess it to God and make it right with any person involved.

## Chapter 3: Taking Up the Shield of Faith

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One of the most terrifying tactics in ancient warfare was the use of flaming arrows. They weren't just meant to kill; they were meant to start fires. If a soldier's shield was small or poorly made, an arrow could hit his equipment or his clothing and set him ablaze. In the spiritual life, the enemy fires "flaming arrows" of doubt, fear, and sudden panic. These are thoughts that seem to come out of nowhere, designed to ignite a fire of anxiety in your soul.

The Roman shield (the *scutum*) was large and rectangular, covered in leather that was often soaked in water before a battle to extinguish those flaming arrows. When Paul speaks of the "shield of faith," he is talking about a faith that covers your whole body. It is a protective barrier that says, "I don't care what I see or feel; I believe what God has said."

### TEACHING: EXTINGUISHING THE ARROWS

Faith is not a vague feeling of optimism. It is a settled confidence in the character of God. When an arrow of doubt hits—*Does God really care about me?*—the shield of faith stops it by recalling God's faithfulness in the past.

**Scripture:** Ephesians 6:16: "In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one." Note that it says *all* the flaming arrows. There is no attack so fierce that faith cannot handle it.

Hebrews 11:1 defines faith as "confidence in what we hope for and assurance about what we do not see." This is the essence of the shield. We are assured of God's protection even when the circumstances look like a defeat.

#### APPLICATION

Taking up the shield is a mental and spiritual movement. When a thought of fear enters your mind, you must consciously "raise" your faith. You do this by speaking out loud. If the arrow is a fear of lack, you raise the shield by saying, "My God will meet all my needs according to the riches of his glory in Christ Jesus" (Philippians 4:19).

I once went through a season where I was terrified of losing my job. Every meeting felt like a threat. I had to learn to carry my shield. Every time the "fire" of anxiety started, I would recite the promises of God's provision. Eventually, the arrows stopped hitting their mark because the shield was always up.

*Pull Quote: "Faith is not the absence of flaming arrows; it is the presence of a shield that is stronger than the fire."*

#### REFLECTION QUESTIONS

What "flaming arrows" have been hitting your mind lately?  
(Fear, doubt, jealousy, lust?)

Is your shield "soaked" in the Word, or has it become dry and brittle?

How can you help a fellow believer "link shields" with you in prayer this week?

#### PRAYER

Lord, I take up the shield of faith today. I refuse to be intimidated by the flaming arrows of the enemy. I believe that You are my protector and my provider. When doubt whispers to me, I will answer with Your truth. Thank You that no weapon formed against me shall prosper. Amen.

#### ACTION STEP

Write down three specific "arrows" (fears or doubts) you are currently facing. Next to each one, write a Bible verse that proves that arrow is a lie. Read those verses out loud whenever the fear returns.

## Chapter 4: The Sword of the Spirit and the Power of the Word

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Most of the armor of God is defensive, meant to help us "stand." But the Sword of the Spirit is different. It is an offensive weapon. Paul identifies it as "the word of God." In the Greek, the word used here is *rhema*, which refers to a specific, spoken word for a specific situation. It's not just the Bible sitting on your shelf; it's the Bible living in your heart and coming out of your mouth.

When Jesus was tempted in the wilderness, He didn't argue with the devil using His own logic. He didn't say, "I'm the Son of God, leave me alone." Instead, He answered every temptation with, "It is written." He used the Sword. If the Son of God needed to use the Word of God to defeat the enemy, how much more do we need to do the same?

### TEACHING: USING THE WORD EFFECTIVELY

A sword is useless if it stays in the scabbard. To use the Word as a weapon, we must know it well enough to pull it out at a moment's notice. This is why Scripture memory is not just for Sunday school children; it is a survival skill for the Christian life.

**Scripture:** Hebrews 4:12: "For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart." The Word doesn't just push the enemy back; it cuts through the confusion in our own minds.

Psalm 119:11: "I have hidden your word in my heart that I might not sin against you." Hiding the Word in your heart is how you sharpen your sword. When the enemy tries to tempt you, the Holy Spirit brings that hidden Word to your remembrance.

#### APPLICATION

To use the Sword of the Spirit, you must speak the Word. When you are in a situation that feels like a spiritual attack, don't just think about verses; say them. There is something powerful about the human voice declaring the truth of God in a dark place.

If you are struggling with a spirit of heaviness, speak Psalm 34:1: "I will extol the Lord at all times; his praise will always be on my lips." If you are feeling overwhelmed, speak Isaiah 41:10: "So do not fear, for I am with you; do not be dismayed, for I am your God."

*Pull Quote: "The enemy does not fear your opinion; he fears the Word of God that you speak in faith."*

#### REFLECTION QUESTIONS

How often do you use the Bible as a weapon against your problems, rather than just a book of advice?

What specific area of your life feels most "under attack" right now?

Which Scripture can you memorize this week to serve as your sword in that area?

#### PRAYER

Holy Spirit, teach me how to wield the Sword of the Spirit. Help me to not just read the Bible, but to believe it and speak it. Let Your Word be a lamp to my feet and a weapon in my hand. I thank You that Your Word never returns void. Amen.

#### ACTION STEP

Pick one verse that speaks to your current struggle. Write it on a card and carry it with you. Every time you feel stressed or attacked, say that verse out loud three times.

# Chapter 5: Identifying and Breaking Mental Strongholds

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A stronghold is a fortified place. In the context of our minds, a stronghold is a pattern of thinking that has become so ingrained that it feels like "just the way I am." These are often built over years, sometimes starting in childhood. They are built on lies, trauma, and repetitive sins. The enemy loves to hide inside these strongholds because they provide a base from which he can influence our behavior and emotions.

Common strongholds include things like a "poverty mindset," a "spirit of rejection," or "uncontrollable anger." You can tell a stronghold is present when you find yourself reacting to a situation in a way that is vastly out of proportion to what is actually happening. It's like a "button" the enemy can push to get a guaranteed result.

## TEACHING: TEARING DOWN THE WALLS

The good news is that we have "divine power" to demolish these strongholds. We don't dismantle them by willpower alone; we dismantle them by bringing every thought into captivity to Christ. This means we stop letting our thoughts run wild and start interrogating them.

**Scripture:** 2 Corinthians 10:4-5: "The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

Romans 12:2: "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Transformation happens as we replace the architecture of the stronghold (the lies) with the architecture of the Kingdom (the truth).

#### APPLICATION

To break a stronghold, you must first identify the lie at its foundation. For example, if you have a stronghold of rejection, the lie might be: "No one will ever truly love me if they know the real me."

Once identified, you must repent for believing that lie. Repentance isn't just saying sorry; it's changing your mind. Then, you replace it with the truth: "I am fearfully and wonderfully made, and I am accepted in the Beloved." This is a process. It took time to build the stronghold, and it may take time to tear it down, but the power of God is sufficient.

*Pull Quote: "A stronghold is a house made of lies; the truth is the wrecking ball that brings it down."*

#### REFLECTION QUESTIONS

What is one area of your life where you feel "stuck" in a negative pattern?

What lie have you been believing that keeps that pattern in place?

What does God's Word say about that specific area?

#### PRAYER

Lord Jesus, I ask You to reveal any strongholds in my mind. Show me the lies I have allowed to become walls. I repent for believing them and I ask for Your help to tear them down. I choose to renew my mind with Your Word. I take every thought captive to the obedience of Christ. Amen.

#### ACTION STEP

Identify the "root lie" of your most persistent struggle. Write it down. Then, find a verse that contradicts that lie. Every time the lie comes up, say, "I reject that lie in Jesus' name. The truth is [insert verse]."

## Chapter 6: The Role of Fasting in Spiritual Breakthrough

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There are some battles that don't seem to yield to prayer alone. In the Gospels, when the disciples couldn't cast out a certain demon, Jesus told them that "this kind does not go out except by prayer and fasting" (Matthew 17:21). Fasting is not a way to "bribe" God or to show Him how holy we are. Rather, fasting is a way to humble ourselves and disconnect from the distractions of the flesh so we can be more sensitive to the Spirit.

Fasting starves the flesh and feeds the spirit. When we are under intense spiritual attack, our physical senses are often overwhelmed. We feel the pressure, the fatigue, and the fear. Fasting helps us to quiet those physical "voices" so we can hear the clear direction of the Holy Spirit. It is a powerful tool for breaking through "brass heavens" where it feels like your prayers aren't going anywhere.

### TEACHING: THE POWER OF HUMILITY

Fasting is an act of spiritual hunger. It says, "God, I want You more than I want food." It is a physical expression of our total dependence on Him. When we humble ourselves this way, God promises to respond.

**Scripture:** Isaiah 58:6: "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?" Fasting is biblically linked to deliverance and the breaking of yokes.

Joel 2:12-13: "'Even now,' declares the Lord, 'return to me with all your heart, with fasting and weeping and mourning.' Rend your heart and not your garments." True fasting starts in the heart. It is an invitation for God to come and do what only He can do.

#### APPLICATION

If you are facing a situation that seems impossible—a broken relationship, a long-term addiction, or a severe spiritual oppression—consider a period of fasting. This could be a full day, a "Daniel Fast" (vegetables and water), or even fasting from media and social media.

The goal is to use the time you would normally spend eating or scrolling to pray and read the Word. Don't just "go without"; "replace" the physical with the spiritual. I have seen more breakthroughs in my life during seasons of fasting than at any other time. It clears the spiritual air.

*Pull Quote: "Fasting is not about changing God's mind; it is about changing your capacity to receive what He has already provided."*

#### REFLECTION QUESTIONS

Have you ever practiced fasting as a spiritual discipline?

What was the result?

What "yoke" or "chain" in your life needs to be broken right now?

What is one thing you could fast from this week to focus more clearly on God?

#### PRAYER

Father, I desire to seek You with all my heart. Teach me how to fast in a way that honors You. I want my spirit to be more sensitive to Your voice than my body is to its desires. I ask for breakthrough in [name your situation] as I humble myself before You. Amen.

#### ACTION STEP

Choose one day this week to fast for at least two meals. Spend the time you would have spent eating in intentional prayer for a specific breakthrough.

## Chapter 7: Standing in Your Authority in Christ

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One of the most tragic sights in the spiritual realm is a believer who has been given all authority but lives like a slave. Imagine a police officer standing in the middle of traffic. He doesn't stop a semi-truck because he is physically stronger than the truck. He stops it because he has the authority of the government behind him. The truck driver respects the badge, not the man's muscles.

In the same way, you have been given "the badge" of the name of Jesus. When you command the enemy to flee, you aren't doing it in your own strength or your own holiness. You are doing it because of the authority of the King of Kings. If you don't know your authority, the enemy will walk all over you. But when you stand in who you are in Christ, he has to obey.

### TEACHING: THE SOURCE OF OUR POWER

Our authority is a delegated authority. It comes from our union with Christ. Because He is seated at the right hand of the Father, far above all principalities and powers, and because we are "in Him," we are also spiritually positioned above those powers.

**Scripture:** Luke 10:19: "I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you." Jesus spoke this to His followers, and it remains true for us today. We have the "right" to use His name.

Colossians 2:15: "And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross." The enemy has already been disarmed. He is a criminal who has lost his legal right to rule over you. You are simply the "enforcer" of what Jesus has already done.

#### APPLICATION

To walk in authority, you must stop "begging" God to do what He has already given you the power to do. Instead of saying, "Lord, please make the enemy stop," you say, "In the name of Jesus, I command this spirit of fear to leave my home."

This isn't about being loud or aggressive; it's about being confident. Authority is exercised through the spoken word and a firm heart. When you recognize an attack, take your stand. Remind the enemy of his defeat at the Cross and remind yourself of your position in Christ.

*Pull Quote: "You don't need more power; you need to understand the authority you already have in the Name of Jesus."*

#### REFLECTION QUESTIONS

Do you tend to pray from a position of defeat or from a position of Christ's victory?

What does it mean to you personally to be "seated with Christ in heavenly places"?

In what area of your life do you need to start exercising your spiritual authority?

#### PRAYER

Lord Jesus, thank You for the authority You have given me. I realize now that I have been living beneath my privileges as a child of God. I choose to stand in Your name and Your power. I command every spirit of darkness that is attacking my mind and my family to go, in the name of Jesus. I occupy my position of victory. Amen.

#### ACTION STEP

The next time you feel a sense of spiritual oppression or a direct temptation, do not just "ignore" it. Speak out loud: "In the name of Jesus, I stand against this attack. I am covered by the blood of Christ, and you have no place here."

## Final Encouragement

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As you close this book, I want you to remember that the war you are fighting is real, but the victory is certain. You are not a victim of your circumstances, your past, or the enemy's schemes. You are more than a conqueror through Him who loved us. The tools we have discussed—truth, righteousness, faith, the Word, and authority—are not just concepts; they are your lifeline.

Do not be discouraged if the battle feels long. Some wars are won in a day; others are won through the steady, faithful occupation of the territory God has given you. The key is to keep standing. Keep praying. Keep speaking the Word. The enemy is looking for people who will give up. If you refuse to quit, he has no choice but to eventually flee.

You are not fighting alone. You are part of a great cloud of witnesses and a global body of believers. Most importantly, the Holy Spirit lives within you, providing the strength and the wisdom you need for every moment. Go forward with your head held high. You belong to the Lion of the Tribe of Judah.

## Closing Prayer

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Heavenly Father, I thank You for every person who has read these words. I pray that You would seal these truths in their hearts. Strengthen their hands for battle and their hearts for worship. I ask that You would break every lingering chain and demolish every stubborn stronghold.

Let the peace of God, which surpasses all understanding, guard their hearts and minds in Christ Jesus. May they walk in the full authority of Your name, bringing light into dark places and hope to the hopeless. We give You all the glory, the honor, and the praise, for the victory is Yours. In the mighty name of Jesus, Amen.

## About the Author

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Faith Revealed is a ministry dedicated to teaching believers how to live out the deep truths of Scripture in their everyday lives. With a focus on spiritual formation and biblical authority, Faith Revealed seeks to equip the church to stand firm in a changing world. The author is a seasoned Bible teacher and intercessor with a heart for seeing people set free by the power of the Gospel.

# Call to Action

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If this book has helped you, we invite you to take the next step in your spiritual journey:

**Share this book** with a friend who is going through a difficult season.

**Join a local Bible study** to continue growing in your understanding of God's Word.

**Commit to a daily time of prayer**, using the "Action Steps" from each chapter to build your spiritual muscles.

May you walk in victory every day.