garden assembly
CHURCH

SPIRITUAL ATTACKS WHILE FASTING RESOURCE GUIDE

Let's start by reading the account of Jesus being spiritually attacked while fasting. He truly is our example in all things.

Matthew 4:1-11
Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. 2 After fasting forty days and forty nights, he was hungry. 3 The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." 4 Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" 5 Then the devil took him to the holy city and had him stand on the highest point of the temple. 6 "If you are the Son of God," he said, "throw yourself down. For it is written: "'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'" 7 Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'" 8 Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. 9 "All this I will give you," he said, "if you will bow down and worship me." 10 Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'" 11 Then the devil left him, and angels came and attended him.

Here are some things we can learn from this passage:

- Jesus' spiritual attack and temptation in the wilderness took place while he was fasting. Fasting increases spiritual warfare in our lives as well.
- Spiritual attacks do not disconnect us from the leadership and presence of the Holy Spirit. Be intentional about spending time in worship, prayer and intentionally seek to abide in the presence of the Lord when you discern you are experiencing a spiritual attack or season of temptation.
- At the core of most, if not all, spiritual attacks is the real temptation is to doubt what God has said and our identity in Him.
- It is important to name what you feel the spiritual attack may be. Ask the Holy Spirit for clarity and language so you can pray with intentionality in the midst of spiritual attacks.
- We, like Jesus, should use the word of God as our primary weapon when fighting spiritual attacks and or temptations. Find passages that relate to your situation and proclaim the truth and reality of them out loud, like Jesus did!
- The devil is after our worship. Worship in large part is about obedience and submission. The devil wants us to yield to his temptations, believe his lies, and submit to him. All spiritual warfare will eventually bring us to the place where we have to decide if we are going to trust, obey and worship God alone, no matter what happens. We must refuse to give our worship to anything or anyone else but Him.

- The devil is not all powerful, he is not omnipresent (everywhere at all times), and he is not all knowing. The promise of God's word is that if we submit ourselves to God, and resist the devil, that he will flee from us (**James 4:7**).
- **Matthew 4:1-11** helps us understand that there is angelic assistance, and supernatural aid available to us as children of God. **Hebrews 1:14** makes it clear that angels are ministering spirits sent to serve those who are inheriting salvation. Ask the Lord to assign angels to you, your family, and loved ones who will strengthen you and assist you in the midst of spiritual attacks.
- Remember the elements of the Armor of God found in **Ephesians 6:10-18**. Pray them over yourself and commit to walking in them.
- Finally, look for peace, clarity, reaffirmations of God's love, and breakthrough as signs of victory.