

Lasting Results Session 2 Part 6

How the Enemy Operates

This part of the series, “**Lasting Results**” (Session 2 Part 6: **How the Enemy Operates**), focuses on understanding the strategies of the enemy and learning how to counteract them through intentional speech and action. Here’s a summary and reflection of the key points:

Key Lessons:

1. The Power of Words:

- What we speak out loud, whether positive or negative, can be exploited by the enemy.
- Speaking negatively or venting frustrations provides the enemy with "hints" about our vulnerabilities.

2. Guarding Our Speech:

- Avoid speaking unnecessarily, especially about weaknesses or complaints.
- Proverbs 21:23 emphasizes the value of restraint in speech: *“He who guards his mouth and tongue keeps himself from troubles.”*

3. Strategic Silence:

- Disclosing plans or intentions prematurely can be counterproductive, as the enemy may interfere.
- It’s wise to keep certain information private until its release is necessary.

4. Actions Speak Too:

- Non-verbal actions (slamming doors, eye-rolling, etc.) can also indicate frustrations and serve as *“wood for the fire.”*
- Such behaviors inadvertently empower the enemy to torment or bother us.

5. Biblical Support:

- Proverbs 26:20 remind us that removing "wood" (negative speech or actions) puts out the fire of conflict or trouble.
- Psalms 19:14 encourages us to align our words and thoughts with God’s approval.

6. Being Alert to the Enemy’s Devices:

- Awareness of Satan’s tactics helps us prepare and resist distractions or spiritual attacks.
- 2 Corinthians 2:11 warns against ignorance of Satan’s schemes, which can lead to being taken advantage of.

Practical Applications:

- 1. Monitor Your Speech:**
 - Replace phrases like “That’s frustrating” with neutral or faith-filled declarations.
 - Speak about life and positivity even in challenging situations.
- 2. Limit Leakage:**
 - Keep personal frustrations, future plans, or sensitive topics out of public conversations.
 - Trust God with your concerns instead of vocalizing them unnecessarily.
- 3. Exercise Self-Control:**
 - Manage non-verbal expressions of frustration (e.g., slamming doors, speeding off in anger).
 - Let your demeanor reflect peace and trust in God.
- 4. Pray Over Your Thoughts and Words:**
 - Use Psalms 19:14 as a prayer: *“Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord.”*
- 5. Stay Spiritually Vigilant:**
 - Be proactive in recognizing when distractions or disruptions are attempts by the enemy.
 - Rely on God’s guidance to navigate through these challenges.

By guarding our words and actions, aligning them with God’s will, and being wise to the enemy’s strategies, we can prevent unnecessary spiritual warfare and maintain focus on our mission. **This session teaches us to live intentionally, speak wisely, and trust in God’s sovereignty.**

[Click here.](#) Main resource.

