

# Warfare Challenge

According to Ephesians 6, we have been given two offensive weapons by Father God: the Sword of the Spirit (the Word of God) and praying in the Spirit (tongues). Use the model below to both build your spirit muscle up and war against the enemy in the spirit realm.

**Instructions:** Repeat this drill 3x per day for 30 days. Check off a box for each day you have completed the drill.

## ***Pray in Tongues for 1 Minute***

Speak: "God has not given me a spirit of fear, but of power, of love, and of a sound mind."

## ***Pray in Tongues for 1 Minute***

Speak: "I sought the Lord, and He heard me, and delivered me from all my fears."

## ***Pray in Tongues for 1 Minute***

Speak: "I will not be afraid for the terror by night; nor for the arrow that flies by day."

## ***Pray in Tongues for 1 Minute***

Speak: "In God I have put my trust. I will not be afraid what man can do to me."

***Pray in Tongues for 1 Minute***

Speak: "I will not fear because God is with me. I will not be dismayed for He is my God. He will strengthen me and help me. He will uphold me with His righteous right hand."

***Pray in Tongues for 1 Minute***

Speak: "The name of the Lord is a strong tower. The righteous run to it and are safe."

***Pray in Tongues for 1 Minute***

Speak: "There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love."

***Pray in Tongues for 1 Minute***

Speak: "In Jesus I have peace. In the world I will have tribulation; but I am of good cheer. Jesus has overcome the world."

***Pray in Tongues for 1 Minute***

Speak: "For God shall give His angels charge over me, to keep me in all my ways. In their hands they shall bear me up, lest I dash my foot against a stone."

## Challenge Tracking Chart

1.	4.	7.	10.	13.	16.	19.	22.	25.	28.
2.	5.	8.	11.	14.	17.	20.	23.	26.	29.
3.	6.	9.	12.	15.	18.	21.	24.	27.	30.

**Pastor Nate Thompson**

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