

CHAPTER 11

A CLOSER LOOK AT HOW TO RESIST DEMONS

Submit yourselves, then, to God. Resist the devil, and he will flee from you.

James 4:7 (NIV)

³ Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places,

Ephesians 1:3 (ESV)

There are times when God permits a demon to have access to your life to bring judgment on you

This isn't a nice point to make, but sometimes the reason a person is opposed by a demon, or by demonised humans, is because *God sent them to oppose the person*. What's more this applies to saved believers too, not just to the unsaved. At any rate, it applied to King Solomon who was clearly saved and who wrote three books of the Bible.

God raised up human adversaries to cause trouble for Solomon because He was angry that he had worshipped other gods that his idol worshipping foreign wives introduced him to. Although this opposition was human on that occasion rather than purely demonic, it demonstrates that there are times when God can become our opponent and intentionally resist us in order to judge us or teach us a lesson or to get us to wake up and realise where we are going wrong.

He does so through making use of either human beings or demons or both. In Solomon's case it happened to be human beings, i.e. kings and their armies, but the point is still the same. Solomon married foreign women who were heathens and idolators and he even worshipped their idols:

⁶ So Solomon did what was evil in the sight of the LORD, and did not wholly follow the LORD, as David his father had done. ⁷ Then Solomon built a high place for Chemosh the abomination of Moab, and for Molech the abomination of the Ammonites, on the mountain east of Jerusalem. ⁸ And so he did for all his foreign wives, who burned incense and sacrificed to their gods. ⁹ And the LORD was angry with Solomon, because his heart had turned away from the LORD, the God of Israel, who had appeared to him twice,

1 Kings 11: 6-9 (RSV)

Therefore, God raised up human adversaries to oppose Solomon as a judgment upon him:

²³ God also raised up as an adversary to him, Rezon the son of Eli'ada, who had fled from his master Hadad-e'zer king of Zobah. ²⁴ And he gathered men about him and became leader of a marauding band, after the slaughter by David; and they went to Damascus, and dwelt there, and made him king in Damascus. ²⁵ He was an adversary of Israel all the days of Solomon, doing mischief as Hadad did; and he abhorred Israel, and reigned over Syria.

1 Kings 11:23-25 (RSV)

You might argue that although God responded to King Solomon's sins in this way, He would never do it to you. Don't be so sure. I think He would and it would not be inconsistent with the Bible for Him

to do so. In all sorts of ways God has promised to bless right behaviour and to curse those who do wrong. For example, He says He will bless those who bless Israel and the Jews, and curse those who curse them.

He has also promised to exalt the humble and to humble the proud. Being exalted is a blessing and being humbled by God is a curse. He also promised in Zechariah 5:1-4 to send a curse on those who lie and steal. And nowhere does the Bible say that these curses only apply to unsaved unbelievers and don't apply to us. Therefore, take careful note of this and pay close attention.

And take it very seriously. Don't do anything which might provoke God to oppose you. Make sure you do all those things which He has promised to bless, not least supporting Israel. Strangely, an alarming number of Christians imagine they are at liberty to express all their opinions and to oppose and criticise Israel if they want to. Please take my advice. **Don't ever criticise Israel.**

Leave that to others as there is no shortage of foolish people volunteering for that job. Show some common sense. Focus instead on blessing and supporting Israel and the Jewish people worldwide. You will receive God's blessing for doing so and avoid making Him into your opponent. It isn't rocket science. It is just plain common sense. Therefore, do it.

There are times when it is 'evil's hour,' and God allows the powers of darkness to have their way in your life for a period or to be in charge of your country

Not only in your own personal life, but also in the life of your country, there will be times when God allows the demons to have their way, to succeed, to have victory over you and to come to power in your country. This even happened in Jesus' life when the time came for Him to die. Jesus spoke of this being their "hour" and He was referring not only to the men seeking to kill Him but also to Satan and the powers of darkness i.e. the demons who were behind it:

⁵² Then Jesus said to the chief priests and officers of the temple and elders, who had come out against him, "Have you come out as against a robber, with swords and clubs? ⁵³ When I was with you day after day in the temple, you did not lay hands on me. But this is your hour, and the power of darkness."

Luke 22:52-53 (RSV)

If such times come in your life, don't be discouraged or give up and don't speak as if God was letting you down or doing wrong. He isn't and He never will. But He will at times let the demons have their way, or appear to do so. I think He did it in my life when He allowed my former business partners to steal all my capital in 1999 and force me to leave our law firm and start a new business from scratch.

No matter what I did, I couldn't defeat them. Instead, they defeated me and took my money and I couldn't afford the legal costs to fight them. I wasn't wildly keen on the idea of God allowing this at the time but, as I look back, I can see that letting me be defeated, suffer and be humbled was good for me.

Indeed, without it I might never have gone into this ministry. I certainly couldn't have written Books 5 and 6 on wisdom and handling the wicked, had it not been for my painful and bruising experiences from 1999 onwards until at least 2012 and even beyond then.

We see it in the lives of nations too. Take Nazi Germany for example. From 1933 to 1945 God allowed Germany to fall under the power of a desperately wicked man who was full of demons. Perhaps even Satan himself was within him. For a time, Hitler had a charmed life and didn't put a foot wrong and was victorious in all he did, taking control of all of Western Europe.

But why did God allow it? My own personal opinion is God allowed it for one primary reason, which was to bring about the rebirth of the nation of Israel, after 1878 years in exile, i.e. from AD 70 to 1948. World War 2 was catastrophic and upwards of 60 million people died in it. You might wonder how on Earth God could be willing to let that scale of devastation happen just to bring Israel back to life as a nation state.

But I think He did. And, if I'm right it shows us how important Israel is, in case you think I am exaggerating about how much the Jewish people mean to Him. He knew anti semitism worldwide (not just in Germany) was so terrible the nations of the world would never have cooperated with allowing Israel's rebirth as a sovereign nation state had it not been for World War 2 which put America temporarily into a position of world leadership.

By the way, Great Britain could and should have established a Jewish State in 1922 when the League of Nations granted us the "Mandate" to govern the whole area after we had defeated the Turks and driven them out of the Holy Land in 1917. That was when the UK's Foreign Secretary, Arthur Balfour, made the "*Balfour Declaration*" indicating that we supported the establishing of a homeland for the Jews. But we broke that promise and buckled to pressure from the Arabs, mainly for fear of losing access to oil.

Therefore, the Jews had no homeland during the 1930s to which they could have fled from the Nazis, and so the Holocaust happened. I personally believe that if Great Britain had kept its word in 1922 and looked after the Jews then God would have found us some other way to get oil. I think also that World War 2 would have been made unnecessary (from God's perspective) as a means of recreating the Jewish State. So, viewed in those terms, you could say it was the UK, not Germany, which made World War 2 necessary.

What is more, I suspect Great Britain would have avoided bankruptcy and kept its worldwide Empire of 60 countries. If so, we would possibly still have much of it today, as well as the peace it maintained and its effectiveness in suppressing the viciousness of Islam. However, because we betrayed the Jews I believe God brought His judgment upon the UK with:

- a) having to fight World War 2 with the loss of many British lives
- b) national bankruptcy
- c) the loss of the whole Empire within 20 years, having kept it in place for 400 years
- d) unleashing the movement of millions of Muslims to the UK and the West generally, which they had never managed to do in the previous 1300 years as we and other European nations had successfully fought many wars to keep them out.

I also personally believe God removed President Roosevelt who had done nothing to stop the Holocaust or even to speak of it, and who probably wouldn't have been a strong supporter of Israel's rebirth as a nation. God replaced him with Harry Truman, who was appointed as the new vice presidential running mate in 1944 at the last minute, just in time to take over when FDR died in April 1945. Unlike FDR,

Truman was a solid friend to the Jewish people, even defying the advice of his Secretary of State, George Marshall, who counselled against supporting Israel.

Due to Great Britain's failure to set up the Jewish State in 1922 when it had the perfect chance to do so, Israel's rebirth then required the much more painful route of World War 2 and the Holocaust. That (very briefly) created a feeling of sympathy towards the Jews, though it quickly disappeared again.

I suggest you reflect on how far God was willing to go in allowing an unprecedented amount of war, famine and devastation in order to produce the necessary circumstances to raise up His people the Jews. Then let that realisation influence your thinking on whether it's a good idea for you to be opposing Israel. Choose instead to bless and support them.

But let it also make you more realistic about what levels of suffering, stress and catastrophe He will allow to come into your personal life if He thinks it will draw you closer to Him and mature you as a disciple. God is willing to pay a very high price for the things He wants, as He showed when He gave up the life of His own Son to save us. So, don't imagine He wouldn't be willing to make you pay a high price in your life in order to become a mature disciple.

Consider also the position in the western world today and how far we have fallen into corruption, tyranny, depravity and even overt Satanism. In the UK most of our leaders (except for the Reform Party) are now traitors, crooks and liars. They actually work for the "World Economic Forum" and the rest of the "Global Elite" and the "Deep State", not for the British people.

Likewise, in the USA, God allowed the 2020 presidential election to be stolen in the most blatant way by the corrupt paedophile Satanist, Joe Biden. That said, Biden is actually just a puppet and he is owned and completely controlled by the homosexual Muslim, Barack Obama. However, the key point is *God allowed all this*. There is no getting away from that fact.

In my view the degeneration of the two major western democracies, the USA and UK into corrupt "banana republics" has been allowed by God in order to prepare the way for the rise to power of the antichrist ready for the Tribulation. If Satan had tried to raise up the antichrist in 1950 or 1850 or 1750 then the UK and subsequently the USA as well, would have opposed him, as they did with Hitler, and as Britain did with Napoleon of France and Philip of Spain, both of whom sought to dominate Europe.

But not now. The governments of both the USA and UK have been taken over by criminal gangs and so we are too weak, too corrupt and too blind to put up a substantial fight against Satan's plans. Indeed, we are ruled over at present by globalist traitors, many of whom are literally Satanists.

But all of this is hardly surprising when you remember that the Bible prophesies that it will happen, i.e. the coming of the Great Apostasy prior to the rise of the antichrist. God isn't going to go back on that or change His mind. The antichrist and Satan will assuredly be given their allotted time, and their opportunity to rule the whole world. God's Word says so.

Therefore, if God is willing to allow such massive things to happen worldwide, and to permit the undermining of great nations like the UK and USA, which were once so godly and so blessed, why would you imagine He won't allow painful things to happen in your personal life?

Our battle is primarily a defensive one and is against demons, not people – but there are exceptions where I am willing to pray and proclaim against an organisation or even a person

Our resistance against the Devil and his demons is not primarily, or even often, about us going on the offensive and bringing the attack to them. Neither is it about us trying to “*claim territory*” or “*win cities for God*” or drive out demons from a town or village. We have no power to claim cities or nations or to take them over, and God has never us asked to do it. None of that is seen anywhere in the Bible.

Our real battle, so far as demons are concerned, is *overwhelmingly a defensive one*. We are usually just commanded by God to *stand firm and to resist them*. We are not generally called upon to attack demons or to take the fight to them in an offensive sense. That said, there are exceptions to that general rule and so there is such a thing as praying and proclaiming in a warlike, aggressive manner. Indeed, there is even a time and a place for cursing something and speaking destruction or closure over it.

So, there are rare occasions when God does want us to go on the offensive and to pray against something, or even someone, and to do so aggressively. I recall an occasion when Derek Prince did exactly that in relation to a sex shop which had opened next door to his church. He felt a prompting that he needed to curse that sex shop and so he did. And shortly afterwards it burned down and was destroyed. Yet, the flames never touched his church. It was plainly supernatural.

Likewise, he came to hear in 1953 that Josef Stalin in the USSR was planning a holocaust of the Jews in Russia. So Derek Prince prayed against Stalin personally and, very shortly afterwards, Stalin suddenly dropped dead and the new holocaust was cancelled. I personally believe Stalin’s death occurred as a result of Derek Prince’s (and others) warlike prayers and proclamations. So, there is such a thing as this, on rare occasions, and I hope to say more about it elsewhere.

I am willing to pray against the corrupt tyrants taking over our governments and betraying the people

One example of how and with whom I would be willing to pray *against* a group, institution, or even a person, is the corrupt tyrants such as the “WEF”, or “Global Elite” or the “Deep State” as the Americans call them. Most governments, especially in the West, in particular the UK, USA and the EU, have been taken over by an international criminal gang of globalists, many of whom are Satanists. They are busily engaged in destroying everything the Christianised West used to stand for.

It was this same group which undermined and removed the godly Mrs Thatcher in 1990 because they knew she was an obstacle to their globalist aims and to the creation of a One World Government. They then replaced her with the series of mediocre globalist puppets we have had ever since. Their only purpose is to do whatever the WEF tells them to do, regardless of what we vote for.

In return for that, the politicians who do as they are told are each given millions in bribes using many billions of public money which is embezzled and redirected to them. How else could talentless nonentities like Obama, Biden, Zelensky, Tony Blair and even Jacinda Arden of New Zealand become multi millionaires in a very short space of time *while in public office on modest wages*?

The decline really gathered pace when the WEF installed the corrupt Muslim, Barack Obama, as president in 2008, with his husband Michael Robinson, also known as Michelle Obama. They are in

fact two homosexual men and their alleged “children” are obviously not theirs but were just borrowed for photo shoots from a married couple.

Likewise, the 2020 US presidential election was blatantly stolen by systematic voter fraud on an industrial scale. They used crooked vote counting software from a corrupt company called “Dominion” which has links to George Soros, a profoundly evil man who is part of the WEF.

President Trump also claimed that the Clintons were part of it, which they denied but I think we can safely choose to believe President Trump rather than the Clinton crime family whose political careers are littered with the dead bodies of people who have tried to expose them. Indeed, the long list of witnesses and whistleblowers who have supposedly committed suicide just before giving evidence against the Clintons is amazing. It even gave rise to the phrase that they were “*suicided*.”

That vote counting software was then encouraged to be used in many states by Barack Obama – to enable the Democrats to cheat in all subsequent elections. By the way, I don’t believe it is any coincidence that this corrupt vote counting software is called “Dominion”. You may recall from chapter 8 when we were looking at how Satan’s kingdom was organised into ranks that one of those ranks for senior demons (and also angels) was a “dominion”.

That reflects the tendency which Satanists have to give clues as to what they are and whom they work for. They aren’t ashamed to be Satanists. They are proud of it and can’t resist referring to it, even if only with hints. We see this rank and other ranks referred to in Colossians and, although the same rank structure applies to both angels and demons, we can safely assume they weren’t thinking of angels when they named the product “Dominion”:

¹⁶ for by Him all things were created, both in the heavens and on earth, visible and invisible, whether thrones, or dominions, or rulers, or authorities—all things have been created through Him and for Him.

Colossians 1:16 (NASB)

Yet, many Americans, and almost all non Americans simply can’t see any of this cheating and refuse to believe it even when told. The Democrats, who are the servants of the WEF, used the crooked Dominion software to take electronic votes away from President Trump and transfer them to Biden (I refuse to call him “President” because he didn’t win).

They also used other forms of voter fraud, including casting votes for dead people and also literally printing off tens of thousands of fake ballot papers, *on all of which* they had put a cross against Biden’s name. They then delivered these boxes of votes in the middle of the night to various places where the counting of paper ballots was being done. This proved to be necessary at the last minute because the WEF had underestimated how massive the support for President Trump was so they needed to forge even more fake votes than they had expected to use.

I actually watched the electronic part of the cheating being done on slowed down videos which showed President Trump’s vote in each state jumping *downwards* by 20,000 or 40,000 at a time and on numerous occasions. These votes were then transferred each time to Biden’s tally until he had enough to “win”. That is why I say Biden is not the President and never was. He is a complete fraud. President Trump actually won in 2020 by a huge landslide but was robbed of it.

In November 2020, the American people failed in what I saw, in my personal opinion, as their civic duty to rise up in armed rebellion, as in 1776. They should have deposed the criminal gang who have taken over their country and forcibly reinstated President Trump. But they didn't. They stood by and did nothing, hoping someone else would give the lead, but nobody did.

Therefore, the criminals remained in place and have since then carried out a long series of corrupt actions to undermine and destroy America. By the way, the reason the WEF wants to destroy the USA (and UK) is that both those nations would, in the past, have resisted the rise to power of the antichrist and the creation of a One World Government. So, it was essential for them to destroy the USA and UK first.

They have also lied systematically about President Trump, falsely prosecuted him, and even attempted to assassinate him. Make no mistake. That shooting in Pennsylvania was not organised by a 20 year old "loner" who was "acting alone" as the media consistently tell us.

He was obviously instructed and assisted to do it by the Secret Service on the orders of the people who control Joe Biden. How else could he have got up onto the roof with a rifle and a range finder and, weirdest of all, *be allowed to stay there* for a long time even though many in the crowd were vigorously telling the Secret Service and police that he was there?

Moreover, during all of those minutes why did the Secret Service not *remove President Trump from the stage* before the shooting began? They could have removed him from the stage 20 times in the time available but they *chose to leave him there*, despite *knowing* there was a man with a rifle on a roof 130 yards away.

And why were no agents on that roof (and only that roof) in the first place, as is standard procedure? The Secret Service departed from their normal procedures and they then insulted our intelligence when questioned later by making the lame excuse that the roof had a "slope" which was a health and safety concern for their staff. Yet, other roofs with far steeper slopes were all manned.

That one section of roof was left unmanned on purpose and no valid reason for that can conceivably be given. The collusion with the shooter is obvious. There is no way all of that series of extraordinary events and omissions can have happened without being planned and authorised from the very top.

Indeed, perhaps the most sinister part of it was that that rally at Butler, Pennsylvania was the only Trump rally that the media chose to *broadcast live*. All his other rallies are routinely ignored or given only brief attention. But on that day, and *that day only*, they chose to broadcast it live.

I don't believe it was the TV companies' own idea. They had plainly been *told* to broadcast live on that day so that all of America's enemies could have the thrill of seeing President Trump being assassinated. In my view, the heads of the media companies must have been tipped off that something big was going to happen or they wouldn't have agreed to depart from their usual procedure and film it live.

That is how evil these people are. They are absolutely off the scale in their depravity. The assassination attempt was organised by the traitors whom the WEF had inserted into the Secret Service, the head of which, another nonentity, was appointed solely for being a "friend of Jill Biden". She would never

have risen anywhere near that rank under an honest President. But she was appointed because she was willing to do whatever the WEF told her to.

The conspirators behind it all have plainly also had the active assistance of senior members of the FBI ever since the shooting. They have been energetically involved in covering it up and obstructing any meaningful enquiry. I do hope that if President Trump can somehow overcome the voter fraud and get elected in 2024 he disbands the FBI (and CIA) and at least removes the senior ranks of the Secret Service. He then needs to start again with honest, patriotic men running all of them.

These traitors had all been expecting to be able to rejoice and celebrate President Trump's death. But they were shocked and bitterly disappointed by what even many Democrats accept was a miraculous divine intervention. Thankfully, God saved Mr Trump (who only became a Christian while he was President, just as Abraham Lincoln did in the Civil War).

Indeed, on the morning of the very day, 13 July when President Trump was shot at, I felt a profound burden to pray for his safety, so my wife and I prayed for him – with unusual vehemence and at unusual length. Then a few hours later, we heard of the failed attempt, which was obviously thwarted by God's personal intervention. Nothing else can explain it.

I feel privileged that I was one of the many people whom God alerted to pray that day and I know there were thousands of others all over the world who felt that same urgent prompting. My fervent wish is that God will continue to intervene to keep President Trump alive because the Deep State's only hope now is to kill him.

If he is elected, he will take them down, by force, and they know that perfectly well. So, they fully intend to take him down instead and will keep on trying to kill him. Therefore, the first point is that we must keep on praying for President Trump's safety and for the safety of his family and all his team of advisers.

When are we entitled to pray and proclaim against people?

But that now brings me to the key point which is that I personally feel entitled, even though I am British, to pray *against* the nest of snakes in America whom we refer to as the Deep State, the WEF or the Global Elite. I am perfectly willing, at the very least, to pray against them for failure, for them to make mistakes, and for their evil schemes to be thwarted and exposed. I also pray for whistleblowers to emerge and for co-conspirators to come forward seeking plea bargains and to give evidence against those above them in the criminal conspiracy.

But I personally am also willing to go further than that with such people whose level of evil is off the chart. I am also prepared to curse them and to pray and proclaim within the forum of the heavenly places that these vicious criminals will be brought to justice on this Earth before military tribunals on treason and murder charges.

Indeed, I am even willing to pray that God Himself would also *strike them dead* and bring them to an early judgment by Him, as He did with Josef Stalin. I emphasise that *this kind of prayer is not to be done in our ordinary daily lives*, but only against such exceptionally evil servants of Satan of the kind who seized power, by fraud, over the USA. By the way, it is equally applicable within the UK and the EU, both of which are now ruled by criminals just as bad as those in the USA.

Remember, also, by the way, that the Constitution of the USA, by the 2nd amendment, gives the American people the right to bear arms. That is a precious freedom which is denied to us in the UK and in most other countries. I bitterly regret that fact and envy the American people for the dignity they have through being able to bear arms.

But it is crucial to realise that the 2nd amendment was not put in place to ensure that Americans would always be free to shoot rabbits on their land. Its purpose is very clear indeed, and that is to enable the people to rise up and ***fight the government*** if tyrants should ever take it over, as the ‘Founding Fathers’ foresaw might happen. Well, they have now taken it over. That is exactly what the Deep State tyrants have done. Therefore, an American, if his conscience will permit him, is morally entitled in my view to go to war against this gang of amoral criminals and traitors.

The same applies in the UK and the EU, but the problem is our population are all unarmed, so we are largely powerless. All we can do is protest but even the right to do that is being taken away by our tyrannical Labour Government which is sending people to prison for speaking out against illegal immigration. These tyrants are truly evil and they mean to crush us.

Indeed, the Deep State intends the same outcome for the citizens of the USA by taking steps to confiscate all firearms which they fully intend to do, regardless of what the Constitution says. My advice to Americans therefore is do not hand over your weapons, no matter what laws are passed, as you would then be as powerless as we are.

By means of fraud, bribery, murder and blackmail, the Deep State criminals in the USA have completely taken over the Executive branch of government. They also control a large percentage of the Congress and the judiciary. Therefore, I see it like this – if citizens are entitled to use guns to defend America, as they clearly are under the Constitution, then they are even more entitled to pray and proclaim for God to strike these villains dead.

It is not only the law or the US Constitution which confers the right of self defence. The Bible also confirms it at Luke 22:36

However, if you don’t think the American Constitution has any relevance to what you are allowed to pray for, or against, let’s look instead at a little known verse, Luke 22:36. This verse is almost never preached on because, in my opinion, most pastors are afraid to be controversial and don’t want to be criticised. So, they ignore it, as they don’t know how to handle it and don’t want any trouble.

The statement in the verse is made on the night of Jesus’ betrayal and arrest and He tells His disciples to go out and ***buy swords***. The purpose of these swords was not so they could prune their roses or cut each other’s hair. They were meant to be used for ***self defence***. And remember, this is Jesus Himself speaking:

³⁶ ***And He said to them, “But now, whoever has a money belt is to take it along, likewise also a bag, and whoever has no sword is to sell his cloak and buy one.***

Luke 22:36 (NASB)

You must be guided by your own conscience, and your interpretation of Scripture. However, I believe an American would be fully justified in using lethal force to defend President Trump, and his family

and staff, and to depose the criminals, traitors, embezzlers, Satanists, murderers and paedophiles who have taken over their country. And I would see Luke 22:36 as supporting that stance and, even more so, in justifying Christians in praying against those monsters. Please see my chapter on self defence in Book 6 for a fuller discussion of this.

By the way, in case you might imagine I am some kind of “hot head” who is saying extreme things due to having lost his temper, nothing could be more wrong. I am speaking entirely calmly after careful reflection and sober analysis of the facts and from the perspective of a former police officer and lawyer.

Everything I say is based on logic, reason and legal and biblical principles and is not an emotional outburst. If this was 1776 or even 1940, almost everyone would agree with me but our populations have been so brainwashed and so thoroughly trained to instantly comply without question that they have lost the ability to think for themselves and have become like sheep.

Nevertheless, the general position is that our spiritual warfare is primarily defensive, not offensive

However, leaving the exceptions to one side and returning to the general theme, most of the time our spiritual warfare is wholly defensive. It is quite different of course when it comes to the *spreading of the Gospel* itself. That is where we as Christians are commanded to go on the offensive. That is how we are really meant to “take territory”, by evangelising and making converts and turning them into mature disciples, not by fighting demons or taking geographical territory.

Our objective is to obey Jesus’ command and to bring the Gospel to all of mankind. Thus, if you want to see yourself as going on the offensive, think in terms of evangelism. Start telling men and women who live near you about the Gospel of Jesus Christ so they can be set free from their blindness and bondage to sin and be liberated from their present ruler, the Devil. That is how we are generally meant to go on the offensive, albeit with rare exceptions as discussed above when warlike prayers are needed and justified.

So, the real way we are to win “territory” is by leading men, women and children to believe the Gospel and be saved, and thereby to break free of Satan’s control and willingly come under the authority of Jesus Christ. That is how God’s Kingdom is advanced and Satan’s kingdom is reduced, i.e. one by one as each sinner repents and is saved. It is not about claiming “ownership” of cities or nations on God’s behalf or driving demons out of such places.

You may have heard people talk in that way. It was a very popular idea around about year 2000, but it is misconceived and futile. Above all, it is unbiblical. We have no power to do any of that and God has never asked us to do it. There are no examples in the Bible of the apostles throwing demons out of towns or cities or claiming those places for God. We can pray that God would do this, as supplicatory prayer, but we ourselves do not have the power to do it or to command it to be done.

Never mock or insult demons and do not speak of them light heartedly or make fun of them

Furthermore, we are not to insult or mock demons or to make fun of them in any light hearted way. To do so is foolish and dangerous and it puts us in a wrong frame of mind. It promotes pride in ourselves

and is likely to cause us to become complacent and over confident when we should be vigilant and wary.

Note how Archangel Michael was very careful and restrained in how he spoke to the Devil, despite Michael being way above us in rank. He knew that Satan, when he was Lucifer, had been not only a cherub but the most senior cherub and the closest to God's throne. So, Michael knew that despite his fall into sin, Satan was senior to him and that it would be wrong to revile or insult him:

⁹But even the archangel Michael, when he was disputing with the devil about the body of Moses, did not dare to bring a slanderous accusation against him, but said, "The Lord rebuke you!"

Jude 9

If that is how the Archangel Michael felt it best to operate, how much more should we be careful and avoid insults, boastful exuberance, joking and silliness when dealing with demons? On the contrary, we should be sober, serious and vigilant in all our dealings with them. We should be confident, but not over confident, such that we underestimate our enemy. We should be wary and watchful, but not afraid, knowing that the source of our confidence is not ourselves, but our position as disciples and ambassadors of Jesus Christ.

The biblical way to resist demons – Ephesians 6 and “the armour of God”

In accordance with the point that spiritual warfare is primarily defensive, not offensive, the main chapter in the Bible which deals with this issue is Ephesians 6. It speaks mainly in terms of armour, which is of course used primarily for defense, not attack. That passage gives practical advice about how to put on what is called the “*armour of God*” to protect us in various ways from demonic attack and sabotage:

¹⁰Finally, be strong in the Lord and in his mighty power. ¹¹Put on the full armour of God so that you can take your stand against the devil's schemes. ¹²For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

¹⁴Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷Take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

Ephesians 6:10-18 (NIV)

The above passage is very well known and I have heard many sermons preached about it. Quite often, however, it is misunderstood and badly explained, as if the armour of God referred to were almost magical weapons that you might see in *The Lion, the Witch and the Wardrobe* or *The Lord of the Rings*. That is not the case. The various forms of metaphorical armour are *neither magical nor mystical*.

Instead, this passage from Ephesians 6 is describing the ways in which we are protected from demonic attacks upon us by the *character traits* that are listed. In other words, if we can grow in maturity and in Christlike character, then those characteristics, as they are displayed day to day *in our behaviour and attitudes* will protect us from many of the tricks and schemes that demons use to trip us up.

I will look briefly at each character trait in turn. Note that apostle Paul uses each of the parts of the armour and equipment of a Roman soldier as metaphors to explain his points:

- a) **“The belt of truth”** – in a secondary sense this means the truth of the Gospel i.e. holding to the true Gospel, as opposed to the many false versions which are also around us. However, it primarily means *truth itself*, i.e. the solid habit of *speaking and acting truthfully in all that we do*. The Devil is a liar, as are the demons who serve him. So are the wicked people in this world with whom we have to deal. Indeed, even our own hearts are full of deception, in particular self-deception:

⁹ *The heart is deceitful above all things,
and desperately corrupt;
who can understand it?*
Jeremiah 17:9 (RSV)

Most of us therefore lie to each other and to ourselves daily unless we seek strenuously to avoid doing so. However, if we allow God to change us and to develop in us what the Bible calls “*the love of the truth*”, then we will begin to think, speak and act differently. The love of the truth means wanting to know the truth and then speaking it and acting upon it *even if it works to our disadvantage or proves us wrong or costs us money*.

Demons know all about our natural tendency to dishonesty. Therefore, they tempt us to lie so we will trip ourselves up, harm our reputations and reduce our credibility. It also creates further ‘knock on effects’ as our lies result in all sorts of other problems and consequences for us later. Let us all therefore seek to be like Nathanael, of whose honesty Jesus spoke so approvingly:

⁴⁷ *Jesus saw Nathanael coming to Him, and said of him, “Here is truly an Israelite, in whom there is no deceit!”*

John 1:47 (NASB)

Above all, lying displeases God and prevents us being effective for Him. Furthermore, as we know from Zechariah 5:1-4, *God sends a curse* upon all those who *lie and steal*. That includes Christians. At any rate, there is no reason to suppose it doesn’t.

¹ *Again I lifted my eyes and saw, and behold, a flying scroll!* ² *And he said to me, “What do you see?”* *I answered, “I see a flying scroll; its length is twenty cubits, and its breadth ten cubits.”* ³ *Then he said to me, “This is the curse that goes out over the face of the whole land; for every one who steals shall be cut off henceforth according to it, and every one who swears falsely shall be cut off henceforth according to it.”* ⁴ *I will send it forth, says the Lord of hosts, and it shall enter the house of the thief, and the house of him who swears falsely by my name; and it shall abide in his house and consume it, both timber and stones.”*

Zechariah 5:1-4 (RSV)

Therefore, predictably, what the Devil wants is for each of us to develop and maintain *the habit of lying*. He wants it to be your natural reflex reaction whenever you face difficult circumstances or temptations. If so, that habit will trip you up, create ongoing problems in your life, destroy your reputation and render you ineffective. It will also rob you of many of the rewards you might otherwise have received, not only in this life, but at the Judgment Seat of Christ.

If, however, you wear the “*belt of truth*” i.e. develop the *consistent habit of truthfulness*, then you will not fall for it when a demon tempts you to lie. The ingrained habit, or characteristic, of truthfulness will protect you and prevent all the damaging consequences that would otherwise have resulted if they had been able to tempt you to lie. Above all, it will prevent curses coming upon you as a result of your lies or, if you prefer, it will prevent you from making God into your opponent.

Consider how different things would have been for all the MPs in the House of Commons if more of them had developed the habit of being truthful and straight in all their dealings. So many of them have been needlessly ruined by developing the habit of being just a little bit crooked here and a little bit dishonest there.

We saw this illustrated in the recent scandal in May 2024 when so many Conservative MPs, aided by *inside knowledge*, placed bets that the election would be on 4th July. The stupid ones placed the bets in their own names, by bank card, and so they were caught. But many more placed their bets anonymously using cash and so got away with it. That was sheer fraud and they all ought to go to prison for it, though they obviously won’t because too many of them did it and those in charge have no desire to expose them, possibly because they placed bets themselves.

They and many other MPs have bent some rules and stretched others and it has come back to haunt them. But there is nothing new or unique about this type of fraud. They have done it before, not least in the even bigger scandal some years ago about fiddling their expenses claims. It could all have been avoided simply by strengthening their consciences and learning to love the truth as a thing in itself. Then they would not have yielded to the temptation.

It would also have been easier for them to stay honest if they had reminded themselves that everything we ever say, think or do from the moment of our conversion onwards, if we are Christians, and from before then if we are unsaved, is *being recorded*. Therefore, it is going to be judged one day, either at the Judgment Seat of Christ or, far worse, at the Great White Throne. That sobering thought should help us to always tell the truth. If so, the very absence of lies will prevent all sorts of bad things from happening in our lives later on.

We would avoid trouble not only by what we do but what we *don’t do*. Of course, we will probably never know what those bad things were that didn’t happen – because they never happened. But God knows and we should take His word for it and act upon it by speaking and acting truthfully at all times, even if we never get to know what problems were prevented.

b) “**The breastplate of righteousness**” – The Roman soldiers, including the one whose job it was to stand guard over Paul, wore a metal breastplate. This covered the soldier’s chest and abdominal area, guarding his heart and vital organs. The meaning of the metaphor is that if we grow in maturity such that we learn to *live righteously* and make *godly choices* and have *right reactions* when under pressure, and if we avoid doing unrighteous things, then that way of living will prevent all kinds of problems and disasters in our lives.

For example, if we have learned to be faithful to our own wife, such that an affair with another woman is absolutely ruled out, then it will affect how we relate to other women. It will cause us to continually “transmit” signals to the women we meet that say *“I’m not interested in you in any improper way”*. Rest assured, those women will pick up those transmissions and keep their distance.

That in itself will prevent situations from ever starting that might otherwise have led, step by step, to flirting, improper conduct and even adultery. Sadly, many men (and women) are transmitting a very different kind of message, even Christians, and it leads to disaster for those who allow those signals to be sent and eventually yield to that temptation.

That’s just one example of how living righteously prevents problems from even getting started. It applies to many other situations too. For example, if you live righteously at your workplace people will soon notice and they will then exclude you from any sinful or crooked practices they might engage in. Sometimes, being excluded is an advantage and you can actually benefit from being left out of things.

A story from my police career may help to illustrate this principle. On my very first day at a police station after I had finished at the Regional Training Centre, I was assigned a “tutor constable”. For ten weeks I had to accompany him everywhere and he had to show me how to do the job.

On that first day, when we had only been together for about an hour, my tutor constable, an experienced officer who had previously been in the Army, turned to me and said *“Whatever I write in my pocket book, that is what you will write in yours”*.

I knew immediately what he meant. He was telling me that any evidence I gave must never be different from his evidence. He wanted to avoid me getting him into trouble by making sure we always presented an identical account of what happened.

I knew immediately in my spirit this was a crunch moment and that I could not sign a blank cheque like that by agreeing in advance to confirm in court anything he ever said. So, I replied, *“That’s fine, just as long as what we write is always true.”* He turned and looked at me with a face like thunder and was not impressed.

I then explained further that I was a committed Christian and could not tell any lies under any circumstances. This alarmed him greatly because he feared I would end up landing him in trouble by saying exactly what had happened, warts and all, and revealing precisely what had been said and done in situations where he might not have behaved properly.

So, when we went back to the station later that day he told the whole shift what I had said and they quickly told all the other three shifts so the whole station soon heard. Then, on my second day in the job I was basically shunned by all my colleagues. They avoided me because they had been told it was dangerous to be with me as I would “get people sacked”.

It was an extremely painful and bewildering ordeal and it continued for about four months until they got to know me better when the 1984 coal miners’ strike began and we were all sent out to the picket lines in packed carrier vans. Then they were forced to mix with me and they softened and changed their view of me.

But here's the point. My saying what I said created for me, quite unintentionally, a reputation throughout the entire station and even beyond there, to other stations, for being absolutely straight. Therefore, I found for the next three years that whenever I was on duty nothing improper ever happened in my presence. No prisoner was ever assaulted. No lies were ever told. No excessive force was ever used and all rules were fully observed.

It was almost as if I was the Superintendent. Nobody ever misbehaved when I was present, whereas things quite often happened on the other three shifts, or even on my shift *when I was not present*. I would come in to work after a day off to hear of bad things that had been done but which I never saw.

Therefore, in a roundabout way, I ended up achieving the very thing I had hoped for on day one which was to avoid ever being put in a situation where a fellow officer did wrong in my presence and I was then required to give evidence about it. I had dreaded being trapped in that tight corner where I had to choose between telling a lie in court or getting a colleague into trouble.

I really didn't want anybody to get into trouble, but I wasn't willing to lie either, whether in court or anywhere else. However, God used that painful incident and the notoriety it produced to create a solid protection for me which meant I never had to give evidence against any of my colleagues because they all behaved like angels when I was around.

So you see, my insistence on acting rightly and on letting it be known that I would do so, protected me, like armour. It kept me out of difficult situations by never allowing improper things to happen in the first place. Therefore, seek to develop the character trait of righteousness and to build a *reputation* for it.

Ask God to help you to become mature and to develop righteous habits and patterns of acting and to be known for it. You will probably be mocked, despised and even hated, especially if you are in a junior position at work. I can't deny that. But you will also avoid many heartaches and disasters that way and it will make it so much harder for a demon to trip you up.

Again, if you remind yourself every day that you will one day face God's judgment where the decision or situation you now face will be *replayed and judged publicly*, as if on a large TV screen, then it should help you to make the right choices, even where you feel tempted to do wrong.

c) “..... And with your feet fitted with the readiness that comes from the gospel of peace”

This part of the armour, from verse 15, is perhaps the least clear and the one for which the metaphor is hardest to explain. If you look at commentaries they have a lot to say about how stout, strong shoes are vital for a Roman soldier to enable him to go into battle. We can all see that and nobody would disagree. The issue for us, however, who are not Roman soldiers, is:

- i) What do our feet represent here in this metaphor or, to be more precise, the shoes that a soldier puts on? What do feet or shoes represent to us, rather than to soldiers?
- ii) What is the peace referred to in the verse and what has that peace got to do with the Gospel?
- iii) What exactly is apostle Paul telling us to do or what character trait is he telling us to acquire and develop?

Let me try to make it clear therefore, at least as I understand it. The point of the metaphor is that if we are to be protected from harm and made capable of taking part in the spiritual battles we face then we need the character trait of peace. That is to say that instead of being agitated, anxious, bewildered or troubled, we need to have our lives so ordered as to be at peace and to feel calm, relaxed, confident and unafraid, whatever issues, opposition or trouble we encounter.

The source of this peace, which Paul chooses to portray by the metaphor of a stout pair of shoes, is the Gospel itself. If we know the true Gospel, and believe it, and if we know without a shadow of a doubt that we are saved, forgiven, made righteous by Jesus' blood and facing an eternity with Him, no matter what people do to us here, then we will have peace.

We will have stability, assurance and serenity because we know who we are, what we are, and where we are going and that Jesus, our commanding officer, is going to be totally victorious. Jesus alluded to this victory and the peace it can give to us:

³³ ***I have said this to you, that in me you may have peace. In the world you have tribulation; but be of good cheer, I have overcome the world."***

John 16:33 (RSV)

I often say, especially since 2020, that I feel I am living in an insane asylum due to the crazy things that are now happening, and the deranged, corrupt, psychopathic people in charge of our governments, media, courts, police, hospitals, schools, universities and corporations. Moreover, they are getting worse.

I dread to think of what is going to happen to my beloved England in the decades ahead when, as seems inevitable, Islam takes over due to our corrupt politicians letting Muslim illegal immigrants enter the UK unhindered. They even put them in 4 star hotels and then grant them council houses while our own native homeless remain on the streets, including the veterans of our armed forces.

But when I feel such dread and apprehension, I remind myself that:

- i) I am saved and have eternal life and nobody can take that from me
- ii) My LORD and Saviour, Jesus Christ, who is also the King of Israel, is going to return and when He does He will destroy all evil, including Islam, kill all His enemies and send the Devil and his demons to the abyss and then to the Lake of Fire.
- iii) Therefore, Islam, though vile, is purely temporary. So are the corrupt globalists in the WEF, the EU, and the governments of the world. They will all be destroyed by Jesus, never to be seen again.

Can you see how that absolute assurance of all things being put right in the future, when Jesus' Kingdom is set up, is capable of restoring your equilibrium and giving you a sense of peace and assurance? Please remember *the Gospel is not only about personal salvation* for each of us as individuals, vital though that is.

It is also about the fact that we have a King who is going to return *and set up His Kingdom* here, on this literal, physical planet Earth, not in Heaven. He will then rule the whole world from Jerusalem with perfect laws and perfect justice. I can't wait to see it. Therefore, the point we are to take from

this stout shoes metaphor is that we can, and should, develop this character trait of peace, serenity and calm assurance.

We can do so by knowing the Gospel, believing it, acting on it and reminding ourselves of it whenever we are induced to “take our eyes off the ball” and focus on our troubles, our opponents and all the evil that is in the world. I consider that a very worthwhile part of our armour and it liberates us to get on with the things God wants us to do, in particular sharing that very Gospel with the unsaved.

d) **“the shield of faith”** – one of the Devil’s favourite tricks is to get you to doubt God and His Word. Demons want your heart to be troubled by nagging “*unbelief*” instead of trusting God and taking Him at His word. If you are troubled by doubt and unbelief it will have a crippling effect on you and leave you weak and much less useful to God. You will shrink back from challenging circumstances and opportunities.

God wants you, and all His children, to be *bold, strong and confident*. He wants you to constantly and instinctively *trust Him and His Word*, and believe all His promises, as stated in the Bible. If you are like that, you will not fall victim to the demons when they seek to plant thoughts of doubt, unbelief and distrust in your heart. Also, you won’t suspect God’s motives and character or accuse Him of anything.

You will know He can be trusted, and that you can rely on His promises, even where you are bewildered, disorientated and dazed by problems you face and have no idea what’s going on or what the future holds. When you face those hard times, as you surely will, you may not know what’s going on, or what to do, but the one thing you will know is that *you can trust Him and His Word*:

*⁴ In God, whose word I praise,
In God I have put my trust;
I shall not be afraid.
What can mere mortals do to me?
Psalm 56:4 (NASB)*

The demon assigned to you wants your relationship with God to be dysfunctional, as if God was some estranged, feckless, abusive parent who cannot be trusted or relied upon. Imagine the damaging effect it would have on your children’s relationship with you, or your relationship with your parents, if there was such mistrust, doubt and suspicion. It would be debilitating and very hurtful too.

Having faith in God, trusting Him completely, knowing His character, and believing His promises about how He will always be with us and provide for us etc, protects you from all that. Then, when the demon’s fiery arrows of lies and accusations fly at you, the shield of faith will stop them before they even get to you. If the demon whispers in your ear that God is not to be trusted or that He will abandon you or let you down, why not proclaim out loud the truth that the Bible tells us:

*⁸ The LORD himself goes before you and will be with you; he will never leave you nor forsake you.
Do not be afraid; do not be discouraged.*

Deuteronomy 31:8 (NIV)

*⁹ Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged,
for the LORD your God will be with you wherever you go.*

Joshua 1:9 (NIV)

There are hundreds of verses such as these. Learn as many as you can by heart and speak them *out loud*, not just in your head. Or write them out on little cards which you can read from when you need to proclaim and rely on His promises. Say them as a confident proclamation of what you believe (or want to believe) if ever you are tempted to fear or to doubt God's goodness, faithfulness, provision or protection.

When a demon sees you doing that consistently they will choose to leave you alone. The last thing they want is to do things that backfire on them by prompting you to remind yourself and others of God's promises and His faithfulness rather than believing their lies about Him. On top of all that, remember that the universe God created is based on faith and operates on faith.

The need for faith is therefore central to so many things and has a huge bearing on how our lives work out and, above all, whether our prayers are answered and whether we turn out to be "overcomers". That is because all of that, and much more besides, is dependent on us having faith *in God Himself* and therefore *in His Word* such that we act upon it with confidence and rely on it without hesitating or needing to think about it.

Doing so brings success and victory. Not doing so brings failure and defeat. Therefore, "pick up the shield of faith" and raise it metaphorically whenever you need to by asserting out loud that you believe God, trust His Word and trust His character. And stubbornly refuse to listen to any voice, human or demonic, which says otherwise. Make it a central part of your character and habits such that you get to the stage where trusting God and defending His reputation is your automatic default setting.

e) **"the helmet of salvation"** – to get the correct meaning of this phrase you have to look elsewhere in the Bible. That happens often in Scripture as a phrase is used in a verse but is only defined or clarified somewhere else. This unusual phrase involving the helmet, which originally comes from Isaiah, is used by apostle Paul in Ephesians 6 but it is explained in his first letter to the Thessalonians:

⁸But since we belong to the day, let us be self-controlled, putting on faith and love as a breastplate, and the hope of salvation as a helmet. ⁹For God did not appoint us to suffer wrath but to receive salvation through our Lord Jesus Christ. ¹⁰He died for us so that, whether we are awake or asleep, we may live together with him. ¹¹Therefore encourage one another and build each other up, just as in fact you are doing.

1 Thessalonians 5:8-11 (NIV)

This thing therefore which Paul likens to a helmet to protect the head, or rather the mind, is the character trait of *hope*. Firstly, it means the hope of our own personal salvation. However, it also means hope generally in all contexts and settings, as we shall discuss further below.

What's more, Paul refers to hope repeatedly in other letters. Those verses emphasise the vital importance of maintaining our hope as a protection for our minds and reveal the many other benefits hope gives to us:

²³ and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait for adoption as sons, the redemption of our bodies. ²⁴For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? ²⁵But if we hope for what we do not see, we wait for it with patience.

Romans 8:23-25 (RSV)

¹¹Therefore remember that at one time you Gentiles in the flesh, called the uncircumcision by what is called the circumcision, which is made in the flesh by hands-- ¹²remember that you were at that time separated from Christ, alienated from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world.

Ephesians 2:11-12 (RSV)

²⁷ To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory.

Colossians 1:27 (RSB)

¹⁷So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, ¹⁸so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. ¹⁹We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, ²⁰where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchiz'edek.

Hebrews 6:17-20 (RSV)

So, the 'helmet' means hope generally, but also the hope of salvation and what then lies ahead of us for all eternity. Paul uses the metaphor of a helmet because hope is the main protection we have for our minds. The Devil wants to attack us in our minds by getting us to become plagued by anxiety, worry, pessimism, fear, apprehension, depression and despair, all of which occur primarily in the mind.

The Devil wants you to be weakened by a general sense of hopelessness, such that you are worn down and give up the fight, believing you can't win it. Yet, the reality is we have a tremendous basis for hope and optimism. If you are a real Christian you have salvation and face an eternity with God in the future. On top of that, you also have the privilege of serving Him now with every reason to expect at least some victories in the battles He asks you to fight.

Derek Prince once defined hope as "*the confident expectation of good*". Therefore, develop the habit of speaking about, and focusing upon, your hope as to what God is going to do in the future and what He has in store for you. Make the effort to dwell on those good, positive, wholesome things, even if you don't feel like it.

And refuse to dwell on the negative, gloomy, morbid thoughts the demons seek to plant in your mind, or that you see on the TV news. Better still, don't watch the news at all. Most of it is lies anyway, given that the entire media is owned by 6 huge corporations, all of which support the corrupt global elite and act as their propaganda outlets, all telling identical lies at the same time.

The need to maintain a strong attitude of hope is an ongoing lifelong battle, not just a brief one off skirmish. The demon assigned to you is determined to sap your strength and undermine your hope. You have to be determined to resist that. Therefore, resolve with your will that, no matter what happens, you are going to train yourself to become an optimistic, confident, trustful person who fully expects a bright future and to experience God's faithfulness.

Make it your goal to fill your mind with hope and to maintain it. Pursue that as a long term project. The more you do that, the more you will frustrate and overcome the demon who has been given the

task of rendering you useless and ineffective. Just refuse to cooperate or to be beaten, no matter what your circumstances are.

Remember, all it takes for the demon to defeat you is for you to *give up in despair and drop out of the battle*. Indeed, that is what many Christians do. But, if you refuse to do that, *no matter what*, then you will always stay in the fight. That one thing alone, refusing to give in, means you have won, simply because it means you *carry on*, which is precisely what the demon expects you *not* to do. He expects you to be like most other people and to give up the fight. But you must be determined not to.

f) **“the sword of the spirit** which is the Word of God” – have you noticed that all the other phrases had to do with defensive metaphors, i.e. belts, shields, helmets, breastplates, etc? Now, this sixth one is capable of being used in an *offensive* mode i.e. as a *weapon* rather than just defensive armour. This weapon which you are to wield is God’s Word, i.e. the Bible, and this is where proclamation comes in, as that is the main way to use Scripture as a weapon.

If you study and memorise God’s Word and store it in your mind, then you will be able to use it to reply immediately when a demon’s lies and temptations are fired at you. You can then use God’s Word to speak out loud to the heavenly places exactly what God says and to assert it aggressively, to show that you place your own personal reliance upon it and to let the whole angelic and demonic realms know exactly where you stand on any issue that you face.

Then, in any situation when you are faced with a false idea, a lie or a false teaching, you can make the appropriate response and assert the truth. That means *to say the same as what God says about it* and to apply His statements, promises and principles. That is what Jesus did when He was plagued by the Devil in the desert while He was on His 40 day fast.

Each time the Devil tried to tempt Him, He just calmly quoted from the Bible. The Devil was unable to defeat that and, in the end, he went away. We need to adopt that assertive approach not just because it works but also because it is inherently the right thing to do.

What does it mean to “stand”?

Firstly, let’s remind ourselves of what Paul says in Ephesians 6 when he lists all of the “armour of God”. I shall quote verses 13 and 14 again, this time in the RSV

¹³ Therefore take the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. ¹⁴ Stand therefore, having girded your loins with truth, and having put on the breastplate of righteousness,

Ephesians 6:13-14 (RSV)

Note how the net effect of all this armour is it enables us to “stand” or “withstand”. Paul does not speak in lofty terms of it enabling us to do amazing things and to kill dragons and act like Superman. It is essentially about becoming able to stand, in the sense of *holding your ground* and resisting all that the demons can throw at you.

It reminds me of the 101st airborne division during the siege of Bastogne in December 1944 and January 1945 in the Battle of the Bulge when the Germans launched one huge final counter attack. Bastogne

was a small town but one through which several roads passed. So, it was a major crossroads and would have been of great value to the Germans if they could have taken it.

They could then have pushed on further and driven the Allies back. But the 101st airborne dug in and *held that town*, thereby denying it to the Germans. The US paratroopers never launched any attacks at that time or took any additional territory. They couldn't do so anyway in that situation as they were too few in number and had no tanks. Moreover, the weather was so bad they couldn't get air support either.

Their job was simply to “*hang on*” to “*hold the line*” and to deny Bastogne to the Germans. And they succeeded in that goal, which was a severe blow to the German advance. Likewise, in our own individual lives we are not often called upon to win territory or to capture towns or cities for God. Sometimes we are, but that is primarily done by preaching the Gospel, not by wearing the armour of God from Ephesians 6.

Most of the time, what God primarily wants each of us to do is to “*hold the line*”. That means to stand firm, not to give in, not to be defeated, not to be deceived, not to sin, not to lose heart, not to lie, not to despair and not to disbelieve. Have you noticed that most of these objectives are about *not doing things* rather than positively taking ground or doing anything spectacular. It is, as I said, primarily a defensive battle.

Our goal is not to give any ground to the enemy and above all, not to allow the demon assigned to you to capture any territory within you, in your heart, mind, body or emotions. Hold on to yourself and yield no ground to the demons. Don't let them capture any part of you or set up any strongholds within your life. This defensive theme is continued in two passages from 1 Peter and James:

⁶Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. ⁷Cast all your anxiety on him because he cares for you. ⁸Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. ⁹Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.

1 Peter 5:6-9 (NIV)

⁴You adulterous people, don't you know that friendship with the world is hatred toward God? Anyone who chooses to be a friend of the world becomes an enemy of God. ⁵Or do you think Scripture says without reason that the spirit he caused to live in us envies intensely? ⁶But he gives us more grace. That is why Scripture says: "God opposes the proud but gives grace to the humble." ⁷Submit yourselves, then, to God. Resist the devil, and he will flee from you. ⁸Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. ⁹Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. ¹⁰Humble yourselves before the Lord, and he will lift you up.

James 4:4-10 (NIV)

We see from the two passages above that the key elements of the approach we must take are that we should:

- a) *humble* ourselves
- b) *reject* the values of this world system (which are Satan's values)

- c) *submit* ourselves to God
- d) having done those three things, we are then to *stand firm* and to simply *resist* whatever the Devil and his demons seek to do in you, to you or through you.

Note also that none of these steps involves anything magical, mystical or spectacular. And again they are, almost entirely, to do with our character, values, attitudes and decisions. Yet we are told above in James chapter 4 that when we do these things demons will “*flee from us*”. But why would they do that? What does it mean? And what doesn’t it mean?

Those people who go around trying to fight demons and “*throw them out of cities and nations*”, or trying to command them to “*go to the abyss*”, are largely wasting their time. Demons will not obey such instructions. They are free to remain active on this Earth until Jesus binds them at the start of His millennial kingdom. So, they are not going to leave early or go to the abyss just because you or I say so.

The thing that causes a demon to give up and go away is *the realisation that he is wasting his time* in trying to tempt, deceive, demoralise or derail you and that he is just banging his head against a brick wall and getting nowhere. When they realise that, they will voluntarily *give it up* – though only to regroup, rethink their approach and come back later to try some other scheme.

But when they do, just repeat the same defensive exercise and stand firm all over again. You will find that each time they try a new attack, even if it is a stronger one, your ability to resist will have risen at least as much, if not more than, the increased scale or intensity of their attack. That is because you are growing in maturity.

What does it mean to say that demons will “*flee from us*”?

Demons are pleased when believers try to do misguided, unbiblical, pretentious things in dealing with demons and when we focus on them excessively. They know you would then be wasting your time and failing to do the real tasks God has told you to do. When the Bible says demons flee from us, it does not mean the demon is frightened of us or that we can harm the demon. They aren’t afraid of us, and we can’t harm them.

The reason the demon would “flee” from us is because our obedience to those steps set out above makes us *effective* as Christians. It also makes us *more immune* to the demon’s tactics and methods. A humble person who rejects the world’s values, submits himself to God and is determined to stand firm and resist, is a very formidable opponent to a demon.

If we do all these things we become too difficult for them to deal with and they realise we cannot be overcome. We become like an immovable obstacle or roadblock in the demon's path and prevent him achieving his specific objectives. Demons are sensible and they don’t persist in wasting their time and effort doing unprofitable things which achieve nothing for them.

Therefore demons “flee from us” in the sense that *they give up the attack*, or at least that particular attack, and *withdraw*. That is to say they get frustrated and give up whatever trick they had been using up to that point. They will abandon their less successful tactics, recognising that they do not work on you, and even that they are counterproductive from their perspective.

They will therefore try some different method with you. What they will not do is to carry on using the same method against you when they can see it is clearly *not working*, especially if they can see it is actually back firing on them by causing you to become closer to God and to grow stronger as a believer.

The assumptions demons make about us, and which they rely on when dealing with us

Demons operate according to their own sinful nature and their selfish values and methods. So do most human beings. They therefore want and *expect you to do the same*. Indeed, they bank on it. Their techniques rely on you thinking, acting and reacting in the ways they expect you to. In other words, they expect you to think, act and react *like them*. They therefore rely on you being:

- a) **carnal and fleshly**, i.e. selfish, proud, hot tempered, lustful, greedy, etc.
- b) **worldly**, i.e. prone to operating according to the lust of the flesh, the lust of the eyes and the boastful pride of life.

If you are any or all of the above, then a demon can play you like a violin. They can accurately predict your reaction to any given situation or temptation. They can then easily tempt, deceive, demoralise or distract you by using your own sinful nature to catch you out or trip you up.

For example, if you are proud, the demon will rely on your pride to cause you to respond in the ways it wants you to when certain things are said or done. All the demon has to do is cause some human over whom they have influence to say or do something that will provoke your pride.

The demon can then confidently expect that you will deliver the goods by reacting badly. That's exactly what the demon wants you to do. The same logic is true if the demon seeks to rely upon your characteristics of envy, hatred, anger, greed, selfishness, lust, deviousness, and so on.

If they can safely rely on you to think as they do, to share their values, and act as they do, they can then confidently expect you *to react in the way they want you to*. You become predictable, and thus easy to manipulate. The demon has only to press the right "buttons" in you and he can operate you like a ventriloquist's dummy.

The importance of acting in the opposite way to what our flesh, or the world's values, would urge us to do

God deliberately emphasises the three things I set out earlier, namely humbling yourself, rejecting the world's values and submitting yourself to God. If you sincerely do those three things you are in a far better position to stand firm and resist the demons because you are no longer so likely to react sinfully in the ways the demons expect you to.

The person who has decided to humble himself, who is then faced with a temptation to be proud, will pause and say to himself something like: "*No, I am not going to react proudly. There is already too much pride in me and this person's criticism of me probably has some justification in it. I am going to learn from it, rather than lose my temper or hit back*".

Demons are surprised when you react in that humble, honest, self-controlled manner, because it is so alien to them, given the depraved nature of their own sinful minds and hearts. You could repeat that same sort of internal conversation for every other kind of temptation to sin.

If you have humbled yourself, rejected the world's values and submitted yourself to God, then you will find it much easier to recognise when you are being tempted to do something wrong, whatever it may be. The strings the demon seeks to pull in you and the buttons they want to press will no longer work, or will not work so well.

That must be tremendously frustrating for a demon, which is another reason why they will flee from you when you act in this way. It is like a dishonest cowboy builder who abandons a building site which is proving to be unprofitable and involves more effort than it is worth. Demons hate it when the "levers" and "buttons" do not work. And they won't keep on doing something that doesn't work or isn't worthwhile.

The works of the flesh or the acts of the sinful nature

As we saw in the earlier chapters, we must resolve to act and react in the opposite way from that which we experience from other people or from demons. If a person speaks to us proudly then we should pause, brace ourselves and respond with humility. It is disarming to the person who is being proud, but even more so to the demon within or alongside that person and to your own demon as well.

The demon who accompanies you is hoping to use that person's pride, in conjunction with your own pride, to trip you up. But that trick won't work if only one of the people in the situation is proud, or at least if only one is willing to manifest their pride. Likewise, if someone is being selfish towards us, we need to pause for a moment and consciously decide to respond unselfishly.

The same is true for every other form of sin or temptation. If you respond in the opposite way to the world's system and values and in the opposite way to how your own flesh nature suggests, then you will do right. And your unexpected response will throw the demons, and the human beings they inhabit, off their balance, as if it was a judo match.

In the King James Bible the things that our carnal nature causes us to think and do are referred to as "*the works of the flesh*". In the New International Version it is translated as "*the acts of the sinful nature*". Look again at this passage from Galatians where apostle Paul describes these traits or types of behaviour:

¹⁹The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; ²⁰idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

Galatians 5:19-21 (NIV)

Look at each of these words in turn. Hopefully you will accept that they accurately describe your true nature. That's what you and I are like deep down in our sinful nature or "*old man*". Therefore, regardless of how you feel, or what you want to do, decide *as an exercise of your will* to act consistently

in the opposite way. You must do that because these are the very character traits the demon is hoping to use to get you to react in the way it wants you to.

The fruit of the Spirit - how these character traits help us to resist demons

Now let's look at what apostle Paul lists as the opposite characteristics, i.e. those to which we are meant to aspire, and seek to develop. These are God's characteristics and traits, which the Holy Spirit wants to reproduce in us as we mature as Christians.

That is why these characteristics are known as "*the fruit of the Spirit*" because they aren't gifts. They are *grown in us* over time like apples in an orchard. It simply means that, as time goes by, the Holy Spirit will seek to grow these qualities in us, just as a tree gradually produces fruit, which tells you what kind of tree it is:

²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law. ²⁴ Now those who belong to Christ Jesus have crucified the flesh with its passions and desires.

Galatians 5:22-24 (NASB)

You know a tree by its fruit. Likewise, people will know what we are by the type of fruit we produce, in particular in our character and, above all, in our reactions. If you deliberately choose to act and react in these godly ways when tempted, instead of doing what your flesh nature or the world's values suggest to you, then you will do the right things.

These attitudes and traits are only to be found in a person who has regularly humbled themselves, rejected the world's values and submitted themselves to God in one difficult situation after another, for a long period of time. It does not happen overnight.

We must purposefully set out to develop these traits known as the fruit of the Spirit and also ask God to help us to build these attitudes and character qualities in our lives. Then we will steadily become harder and harder for demons to deal with, even allowing for occasional mistakes, failures and setbacks. We will increasingly choose to react in ways which are not our natural fleshly reaction and in the opposite way from what the world would do.

Where there is conflict, or we are badly treated, then instead of responding with bitterness and rage and lashing out at people, saying further harmful things, we can forgive the other person, overlook the offence, remain calm, behave in a godly manner, and stop the rot spreading any further.

The importance of our reactions

Imagine a person does wrong to us, lies about us or insults us. Then let us say, for the purpose of this illustration, that "10 units of wrong" have been done to us. If we react well and don't add any more "wrongs" in return, then the overall wrongdoing has been kept at only 10 units in total. It doesn't get any bigger.

If, however, we lash out and “give as good as we get”, we will almost always find that we sin in our reaction. That means that now we have, perhaps, produced 20 further ‘units of wrong’ through the sinful way in which we reacted. So there are now 30 units of wrong in total.

What is more, our bad reaction will, probably, produce an equivalent carnal reaction in the other person, who will now, perhaps, bring forth a further 40 units of wrong in his response, bringing the running total up to 70 ‘units’. The chances are we will then react badly again and so the process goes on and on all because we reacted badly *to the initial provocation*.

If we had not done so, the total ‘units of wrongdoing’ would have remained at the initial 10 which came from the other person. No new or extra wrongs would have been done to add to those. That limitation of the damage is no small achievement and is one way in which we can make a real difference in the world. We can prevent harm and conflict escalating, just by the godly way we react at the start and by what we *don’t do*. By so doing, we limit what was done to being a single incident instead of a chain reaction

Before I became a Christian, my main sins were in my actions. I sinned in the things I did and the things I initiated. I sinned without anybody needing to provoke me or tempt me. Now, I believe my main sins are generally in my *reactions*. I am most prone to sin as a response when somebody provokes me or acts wrongly towards me, rather than me starting things.

Some people imagine that if we have been wronged then we are not blameworthy if we react in an equivalent way, as if we are entitled to do the same in return. That is not so. If someone lies about us we may not lie about them. If someone treats us unfairly we may not treat them unfairly. If someone acts proudly towards us that does not entitle us to act proudly in return.

The point is that although we frequently sin in our reactions, there is no justification for doing so. God views it as sin every bit as much as when we sin in our actions, i.e. when we start things. Therefore you will benefit if you focus carefully on regulating your reactions, and especially your temper.

Try to observe the way you feel, speak, think and act when under an unexpected stress or pressure. Once you start to study this you will see patterns emerging. Take for example a domestic argument with your husband or wife. No matter how mature you are, these will happen, though hopefully to an ever smaller extent. I have observed over the years that these flare ups used to follow very predictable patterns.

There would be some incident, intended or otherwise, which provoked a disagreement. It would then escalate, and continue to escalate, as both my wife and I reacted in the wrong way, taking turns to react badly, one after another, with pride, selfishness and lack of self-control. But remember that where any domestic row is in progress, it is highly likely that demons are involved and on both sides.

In fairness, one must emphasise again that the main cause, or at least the original cause, of that row is our own fleshly nature. Nevertheless, the demons can also play a significant part in egging us on to make it worse and more prolonged. Thus, imagine your wife has just said something unfair or unkind to you. At that moment you have a choice to make.

Your sinful flesh nature wants to hit back and respond in the same way by giving some equivalent rebuke, or at least giving her a piece of your mind. At the same time the demon is also egging you on

to do that, knowing that would go with the grain of your fleshly nature. Therefore the temptation the demon plants in your mind is likely to be yielded to.

If however at that moment you stop and say something along the lines of: *“No I am not going to react in the way my flesh nature and this demon want me to. I am going to stop this argument now, or at least I refuse to escalate it. I am going to humble myself, reject the world’s values, and submit myself to God.”*

Then, instead of giving your wife a sharp rebuke and telling her how unfair and wrong she is, simply say something like *“I am sorry for upsetting you. I was wrong to do what I did. My attitude was wrong and I would like to change.”* If you say anything along those lines, it may be the argument will suddenly stop.

Alternatively, it may not. Your wife’s own flesh nature is also at work and the demon assigned to her is equally as active as yours, and will seek to keep the argument going regardless. If, however, you can hold firm and resist the demon, and also crucify your own flesh by denying your sinful nature what it wants (the right to shout and lash out) then, sooner or later, you are going to put the fire out, or at least dampen it down.

I have found in this way that an argument that might have taken six hours to resolve can be shortened and resolved in six minutes. I would like to get it down to six seconds. I have not yet found a way to entirely avoid having any arguments. I don’t suppose I ever will prior to death. But there is an enormous benefit in shortening their length and frequency. And my wife and I now usually resolve things within minutes at most, never hours or even days as was the case when we were newly married nearly 40 years ago.

This applies not only to arguments and flash points in marriage, where all of this is at its most important, but also at work and in other relationships. It is well worth reducing the length, intensity and frequency of all disputes and rows, wherever they occur, even if you can’t stop them entirely.

Now you can begin to see why a demon may choose to leave you alone after a while if you keep reacting like this. If they see that when they try and tempt you to have a row, or to lash out, you instead humble yourself and seek reconciliation, they will soon recognise that you are only growing in maturity as a result of their interventions.

They will realise that their attacks upon you are therefore counterproductive from their perspective and are actually strengthening rather than weakening you. They will see that long before you do. And once they see that is happening they will be shrewd enough to stop attacking you in that way.

Unfortunately, they won’t then leave the country and emigrate. They will just turn their attention to attacking you in some other way. That is unavoidable. However, that is the reality, and we need to face it. Once you have risen to a new level of maturity, you will face a whole new set of battles. The process just keeps going on and on at an ever higher level until you die.

The fact that the demons call in “reinforcements” and attack you in new, bigger, more difficult ways is a good thing, not a bad thing, if you properly understand what is really going on and what God is seeking to achieve in terms of your maturity. It is like moving up to a new class each year at school, with harder things to do, increased levels of homework and less time in the playground.

That may be difficult for your child but ask yourself why you permit it, and even want it for them. You wouldn't want your child to remain in the infants' class forever, even if it was easier. Well, God sees it the same way with us.

Now perhaps you can see more clearly one of the reasons why God allows demons to operate in this world. If you realise that their attacks upon us can actually help to mature us, then it helps us to make sense of why God allows it and even to be thankful when we face such battles, even when they intensify after every victory we achieve.

The Biblical approach I've outlined above, i.e. (a) humble yourself, (b) reject the world's values and (c) submit yourself to God, will work no matter who you are and no matter what level of demonic activity or attack you are dealing with, whether mild or extreme, internal or external.

It is still the right approach to take, even if you are very heavily demonised through a lifetime's involvement in the occult, adultery, promiscuity, homosexuality and so forth. This is the method God gave us and it works. Of course, a person who has a demon on the *inside* also needs to have it cast out. But, until then, they should still resist it. It is just that to get total victory the demon must also be cast out.

Remember your own flesh (sinful nature) is your main enemy, even more so than demons

Although only some of us require the casting out of demons, we are all called to resist demons. However, the biggest enemy you will ever have is probably yourself. The Bible says more about our flesh than it says about demons. We saw earlier that the only way we can deal with our flesh is to crucify it. We cannot "cast out our flesh" as we can "cast out a demon". We are stuck with it.

All we can do is to keep on relentlessly crucifying the flesh by starving it, denying it and refusing to let it have its own way. This is the exact opposite of what modern psychology teaches, which promotes self-indulgence, pampering and endless focusing on self and on what we feel and want. In stark contrast to that, the Bible tells us to deny ourselves and humble ourselves.

If we do, we will gain victories over the flesh, and be in a far stronger position to face the secondary, but still important, battle against the demons who attack us. So, for every minute you give to thinking about how to resist demons, give five minutes to crucifying your own flesh i.e. denying and resisting your own sinful nature and all its wants, cravings and preoccupations.

The so called "*Jezebel spirit*" - is there such a thing?

There are many books on the subject of what is known as the "*Jezebel spirit*". This is a reference to Queen Jezebel in the northern kingdom of Israel who was the wife of King Ahab. She was an exceptionally wicked woman who was the daughter of a Sidonian king. Therefore, she was not Jewish. She was an idolater and practiced occult activities and, by her evil influence, she led her Jewish husband, King Ahab, into terrible sin which had a very harmful effect on the northern kingdom of Israel.

She operated through manipulation, domination and control. In other words she was practicing "witchcraft", because that is what witchcraft is really about. It is the attempt to dominate, manipulate

and control other people by a variety of means, some emotional or mental, and others spiritual. Whatever methods are used, they are all wicked because it is extremely important to God that every person should be completely free to make their own personal choices and should never be controlled, manipulated or dominated by any other person.

Many books have been written on the subject of the ‘Jezebel spirit’, but much of it is misleading and confused. The basic idea these people put forward is that there is a particular demon which is responsible for this kind of activity, all over the world. Therefore, according to their theory, whenever we come across a person who is manipulative, dominating or controlling or who is practicing witchcraft, then the “Jezebel spirit” is in operation in them, or they “*have the Jezebel spirit*”.

That way of thinking implies that there is a specialist demon or type of demon who is doing all of this worldwide. However, I feel sure that is not the case. ***All demons operate that way. That is their basic nature.*** Indeed, that is the way the whole world operates and it is the way our sinful flesh nature naturally operates. It is in line with our sinful nature to be dominating, manipulative and controlling. It is natural for demons, for you, and for other people. *It is also the way of the world.*

Thus, when we come across these things it is a misconception to think we can “*cast out the Jezebel spirit*” or “*bind the Jezebel spirit*”. We cannot do that because *there is no such thing*. Every demon we ever come across is operating in this way or trying to. It’s what they all do. It is not a particular super powered individual demon who does it all. Neither is it a sub group or specialist category of demons.

The way we deal with resisting demons is as I have explained in the preceding chapters and in this. We are to use all the usual methods i.e. (a) humble ourselves, (b) reject the world’s values, (c) submit ourselves to God, (d) crucify our flesh, (e) deny ourselves, (f) stand firm and so on. Then we are in a good position and are ready to resist the demons.

So, if we encounter these sinful characteristics and activities known as domination, manipulation and control, we need to respond as per (a) to (f) above. We must always resist these manipulative traits in ourselves and in others. That also means we must resist people, whoever they are, who seek to treat us in these ways, not just demons.

We must never allow ourselves to be dominated, manipulated or controlled by anyone. Whenever we see such traits being manifested in others we must resist it all strongly. If this is coming from other people, then they are acting in accordance with their own fleshly nature. But they are also acting in accordance with this world’s system.

Thirdly, they are acting in accordance with the promptings and temptations given to them by the demon who is influencing them. Your task, as you deal with such tactics from people, is to resist and not to cooperate. Do not submit to any of it. Always reject it. Never submit to it. And never imitate it.

What you cannot do is engage in any magical or mystical techniques or use special prayers or particular forms of words to deal with this so called ‘Jezebel spirit’. When up against witchcraft, just use the ordinary biblical methods as outlined above. And, of course, engage in prayer, praise, worship, thanksgiving and proclamation. However, what you must never do is to adopt or use any of these characteristics of witchcraft yourself.

Domination, manipulation and control can just as easily be found within you, not only within other people. Wherever you see it trying to emerge in your own life you have to beat it down and do the opposite of what your sinful habits, carnal tendencies or the influence of the world suggest to you. If not, then you are starting to operate in witchcraft and will make yourself a useful tool to the demon who is working in your life. They can then use you to harm other people or to damage a church.

Insofar as it is an expression of your own carnal nature then you need to crucify your flesh and deny it the opportunity to behave in these ways. If it is coming from the world and its values, then you need to reject those worldly values and refuse to be part of it.

So, if there is a project or task at your workplace which involves acting in a manipulative, dominating or controlling way on behalf of your company or church, refuse to do it. Explain to your boss or leader that you feel it is wrong and that you do not feel able to participate in that activity or operate in that way.

If the temptation to act in these ways is coming from a demon, which it very often is, then you need to resist that temptation and refuse to cooperate with it. In short, you put all three of these approaches into action, addressing the world, the flesh and the Devil, whenever you are tempted to operate in these controlling, manipulative or dominating ways.