

Refrigerator Notes 01 February 2015
'Fighting Demonic Forces of Life'
Mark 1 20-28

1. We were born into a sinful world, therefore we too have become sinners, but we were born with the spirit of God in us first
2. Most people don't believe that the enemy is real, until it's too late, and we are stuck having to battle with demonic spirits or demonic oppression
3. Most people believe that Satan is just a caricature with red horns and a pitchfork, but I assure you that he is real
4. Tempting us daily is not enough for Satan and his dominions, he is after your soul
5. Like Jesus, we too are tempted, but God always provided a ram in the bush (the resurrection of our Lord)
6. The Gospel of Mark is in your face, warning us about spiritual warfare that exist although not always visible
7. In the Lesson, the demonic spirit revealed his presence publicly by taunting Jesus with words, "I know who you are, you are the Holy one of Israel"
8. Mark's exchange in the gospel is an affirmation that open warfare exist between good and evil, but we need to understand that the battle is not ours, but it's the Lord
9. Our job when tempted is to resist temptation, resist evil and resist sinning – if the demonic forces can show up in the synagogue, surly demonic presence can be in the church, yet many Christians feel as if church is a safe haven from evil forces – NOT!
10. We were **not** born with an evil spirit, it is an external thing that we allow to invade our temples, like a sponge, we allow evil to be absorbed internally into our temples
11. Satan has a legal right to feed upon our flesh, but only as God allows – so that when we are rooted in sin, we can turn to God - by repenting of our sins
12. Negative thoughts and emotions can weigh us down, but God has given us a remedy, "the garment of praise for the spirit of heaviness" Isaiah 61:3 – Praise the Lord even for the attacks themselves
13. In times of spiritual warfare, we need to pray first and without ceasing
14. Second, we need to take an inventory of our surroundings to ensure we have not allowed Satan to have a foothold in our lives
15. Third, we need to remove all cult materials and foreign objects from our home and lives that causes evil to exist as we know it
16. Fourth, check your relationships to insure that your family and friends are in God, as oppose to satanic things, which can bring about or cause spiritual oppression (if your family and friends want stop doing what they do that is wrong, then you got to pray for them and ask God to protect you from them or at least pray for God's intervention for their salvation)
17. Evil and Satan are real – as Christians, we are cleansed by the blood of Jesus Christ and the indwelling of the Holy Spirit (sometimes we need to review our past lives and openly confess, repent and ask the Lord to cleanse us)
18. Finally, there are two spirits that live in all of us – the spirit that wins the battle, is the one that is fed the most – thanks be to God that we can turn to our Savior Jesus Christ, in season and out of season!