

Discipline To Fight The War That Discipline Cannot Win

I have decided to write this study in outline form. The reason is because, while I could simply write a short book on the subject and tell you everything I know, that would be much less helpful than you using this as a guide and allowing Yehovah¹ to teach you personally. The lessons we learn personally are usually more powerful than lessons people teach us.

I have been a soldier all my adult life (and pretended to be one as a child). I spent many years training for war and then fought a war myself. I view life through the eyes of a war fighter and now in recent years Yehovah has appointed me a spiritual war fighter. I approach this spiritual fight much the same way I had approached the physical fight.

In physical warfare, we use what we call Battle Drills. A Battle Drill is essentially a reflex response. The response must be immediate, intense and automatic. It is a generally outlined response. A Battle Drill is general enough to be modified to fit your current situation, and specific enough to be useful.

This is exactly what I am aiming for. I am aiming to outline a Battle Drill for spiritual warfare. But first, we must understand our surroundings before we can react:

1. There are 2 primary influences in our lives:
 1. Physical Influences
 1. mental
 2. emotional
 3. physical (your body)
 2. Spiritual Influences
 1. the spirit of Yehovah (the Holy Spirit)
 2. messengers of Yehovah (angels)
 3. the enemy (demons, the satan)

Physical Influences:

1. Mental
 1. What do I allow myself to think about?
 2. What messages, images, attitudes do I allow into my mind?
 3. When I think wrongly, what do I do about it?
 1. Do I passively allow it to continue in my mind?
 2. Do I choose to put it down and walk away from it in my mind?
 3. Do I choose to think about what is right, helpful, unselfish?
2. Emotional
 1. Emotion is not right or wrong by itself. It is what we choose to do with that emotion that will prove to be right or wrong (whether in our mind or in action).
 2. Emotion can be a very strong and powerful influence if we allow it freedom to control us.
 3. You can control your actions (whether in your mind or in action) no matter what you are feeling. Do not allow emotion to choose for you.
 4. Not allowing yourself to feel emotion, whether positive or negative emotion, will damage you. (I know this by experience.) It is good to feel negative emotion. It allows you to understand and let go of things and move on with life. It allows you to grow

¹ "Yehovah" is the name of our creator. Tradition commonly has us substitute "The LORD" for his name (this comes from Jewish religious tradition) but it is specifically "Yehovah" by which Yehovah told us to remember him. See Exodus 3:15

stronger. You need not fear emotions.

3. Physical (your body)

1. Your body wants food. Eating is good. Eating too much on a regular basis will damage you.
2. Your body wants sex. Sex is good (inside of the limits set by Yehovah). Sex outside of those limits will damage you (whether in your mind or in action).
3. You can train your body to habitually react certain ways, whether for your good or for your harm.

Spiritual Influences:

1. The Spirit of Yehovah

1. Yehovah is spirit, and typically communicates with us spiritually. Learning to discern his influence takes careful practice. (Although, on occasion, Yehovah has communicated to me in ways that are completely obvious and unmistakable. He does that too.)
2. Before we choose to commit ourselves to him, much of that communication is aimed to draw us to commit ourselves to him.
3. After we commit, much of that communication is aimed to change us for the better, to help us and to direct us how to serve others.
4. This of course is a positive influence. But, a part of us wants it and a part of us does not want it. Choose which part of you that you will strengthen.

2. Messengers of Yehovah

1. An "angel" is simply a messenger or someone who is doing errands. This is a servant who gives a message or does something on behalf of Yehovah and at his direction.
2. Yehovah at times sends these spirit servants to communicate to us or to do things for us.
3. Our enemy may try to deceive us into thinking he is one of these messengers, in order to do us harm.

3. The Enemy

1. In Genesis, he is referred to as "the nahash". It means something like "the hisser". A nahash is also a snake.
2. He is described as being "crafty". The idea is something like he naturally makes plans with bad intentions. (There is also evidence to say that we have this exact same trait. So, be on guard against yourself as well.)
3. A part of us naturally understands the enemy and wants to be like him.
4. He is also referred to by a title: "The Satan". (It is not actually a name.) This title describes his function as the adversary, the one who opposes us or accuses us.
5. The enemy also appears to have his own servants who influence us as well. We call them "demons" or "evil spirits" or whatever name you wish to use.

Now we get to the Battle Drill section. I am trying to outline basic principles that can be used in most situations you encounter in your every day life. Understand that we live in a spiritual battlefield. The fight is always around us whether we perceive it or not. Physical and spiritual influences are almost always intermingled. It is not a question of "either / or" but it is a question of "what part" is physical and "what part" is spiritual.

How Do I Control Physical Influence?

1. Discipline

1. Discipline is hard work.

2. Do the hard right, not the easy wrong.
3. Do what is right, **especially** when you don't feel like doing it.
2. Training
 1. The more consistently you do right, the easier it gets. The opposite is also true.
 2. It will never become **always** easy. You must maintain it.
3. Accountability
 1. Find someone who will lead you by example and will confront you when you are wrong.
 2. Be open and honest with them. Do not hide your wrong doing.
 3. This person should be willing to help empower you to do right, not help you make excuses for doing wrong.

Once again, like I heard thousands of times as a soldier:

Do the hard right, not the easy wrong!

This is what discipline is all about.

How Do I Control Evil Spiritual Influence?

1. Recognize the Spirit
 1. You can't fight the enemy you don't recognize.
 2. Ask Yehovah to teach you the difference between physical and spiritual influence. The difference between the two may be very subtle.
 3. Sometimes influence may be only physical. Sometimes it is only spiritual. More often in my experience, the influence is a mix of both.
2. Confront the Spirit
 1. Understand you are confronting a person (a spirit-person). That spirit may exhibit willfulness just like you and I do.
 2. Understand that, as a child of Yehovah, you personally have **authority** to tell that spirit to stop what they are doing and to leave. This authority is derived from Yehovah and delegated to you. You are using that authority.
 3. Speak to that spirit out loud. I find no reason to believe that spirit can read your mind.
 1. You do not need to yell (I promise, yelling will not scare it away).
 2. You do not need to speak loudly.
 3. You may whisper if that is appropriate.
 4. There are no particular words which must be used
 1. Just say what is necessary for the situation and allow Yehovah to lead you.
 2. You don't even need to use the words "in Jesus name" (or some similar phrase). In fact, "in Jesus name" is actually a figure of speech that means "according to Jesus character or nature".
 3. You may simply tell that spirit to "stop" or to "leave".
 5. Insist.
 1. This confrontation may be immediately over and the spirit will leave.
 2. This confrontation may be a sustained battle of wills. Be willful for the right purpose. While that spirit may not submit immediately, while it may make a scene, while it may try to fight back, that spirit must eventually submit to the **authority** delegated to you.
 3. Don't ask Yehovah to send the spirit running. You tell the spirit directly to go running. This job has been given to you.

I hope this has been helpful to you. The one thing about war is that every battle is unique.

There is no fixed method that will be effective to fight every battle. A good Battle Drill, which can be changed to fit the situation, is an excellent tool to train yourself to respond effectively to any fight.

Remember that your part in this fight is really not about you having power. It is about you directing the power that has been delegated to you to direct. Yehovah does the fighting for you. But he wants you to ask for his help and he wants you to use the authority he has delegated to you.

Why the title: "Discipline To Fight The War That Discipline Cannot Win"? Because you can and should discipline the physical. But you cannot discipline away the influence of an evil spirit.

The two influences are different—the physical and the spiritual—and the two influences must be handled differently. You can't demand your body stop desiring food. Your body will continue to desire food. Neither can self discipline get rid of a spiritual influence. Your self discipline will eventually wear down and you will give in to it.

And, so the one thing I say frequently is the one lesson we here in the USA have not learned:

**Discipline the body.
Confront the spirit.**

So, learn this and keep it in mind. It takes simple hard discipline to keep your body under control. But you must confront evil spirits as well. It takes quite a bit of discipline to fight a war—whether that war be against men or against evil spirits—but it is confrontation that will win the war.

**Discipline the body.
Confront the spirit.**