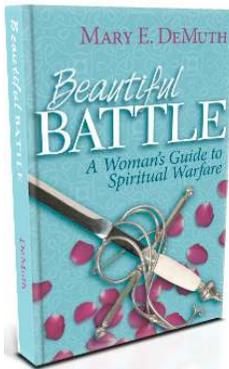


Is it Spiritual Warfare? 11 Questions To Ask Yourself

An excerpt from *Beautiful Battle*



How do we know when something is spiritual warfare? Maybe it's the bad pizza we ate the night before, or maybe it's just the fallen state of this world, or maybe we're willfully walking in sin. How do we discern what's happening? How do we know when the enemy is attacking? **Here are eleven questions to ask.**

1. **Has your peace suddenly eroded?** At what point did it flee? What was happening at the time when peace left?
2. **What are your thoughts/inner voice saying?** Are they accusatory, laden with despair? Are you hearing things like, "Your sin is too big for God to forgive" or "You'll never overcome that issue in your life" or "You are worthless."
3. **Is shame involved?** Remember, shame is an overwhelming feeling that you'll never overcome a situation in your life. Its boast is to keep you overwhelmed by your sin. Shame floods us in unspecific ways, producing a general feeling of spiritual malaise. True conviction from the Holy Spirit is

always accompanied by hope, within the context of a positive relationship with God. We can confidently approach God's throne of grace. (See Hebrews 4:16).

4. **Has a strange, out-there thought bombarded you**, followed by a condemning voice that says, "I can't believe you just thought that! What kind of a Christian are you?"
5. **Is this current struggle based on what you feel?** If so, are your emotions accurate? What is the truth about the situation? If another person looked at your situation, would they see the same thing? How much of your own tendency toward drama is coloring your view of the situation?
6. **Have you just experienced a significant spiritual victory in your life?** Often spiritual attack comes right after a victory. (Read the story of Elijah after his victory over the Baal prophets here: 1 Kings 19:1-14).
7. **Have you explored other options?** Are you exercising and eating right? How are your relationships? Your hormone levels? Are you disciplined in reading the Bible, praying, and sharing Christ? Do you have a broken relationship that needs mending?
8. **Is what you are experiencing God's discipline?** Have you neglected to reconcile with the difficult friend and now you can't sleep at night? This could be God's conviction and discipline in your life, not spiritual attack.

9. **Are you experiencing consequences for your own sin?** If you suffer in a relationship for telling lies, the other person's lack of trust isn't spiritual warfare, it's the natural consequence of your behavior.
10. **Have other discerning believers perceived this is spiritual warfare?** Once I was walking through a long, long period of extended trials. I wondered if I was simply being attacked. A wise friend watched my life, then said, "Mary, I think you're walking through a wilderness right now. Keep walking. The Promised Land will come." Her insight helped me press on, and it shed light on whether I was experiencing attack or simply walking through the mess of life.
11. **Has a sin you've conquered suddenly become alluring to you?** What brought about the enticing? Did you open the door to the sin in the past few weeks?

Find helpful lists like this, real-life spiritual warfare stories, and a balanced view of our battle in [*Beautiful Battle, A Woman's Guide to Spiritual Warfare*](#).

Thanks for valuing your walk with Jesus so much that you're willing to think further about spiritual warfare. May you find joy, peace, and victory today. Remember, our God is bigger than any foe you face!

With infectious joy,



Mary DeMuth