

**INVISIBLE WAR**  
**6-Day Reading Plan**  
**January 2026**

**DAY 1 AN INVISIBLE WAR**

**Scripture:** [1 John 3:8](#), [4:4](#), [5:19](#)

**Reflection:** Have one of these thoughts ever held you captive?

- I feel like there's more going on beneath the surface of my struggles than I can see.
- My problems feel bigger than just circumstances or bad luck.
- I'm anxious and overwhelmed, but I don't know why.
- I keep falling into the same sin patterns no matter how hard I try.
- I feel spiritually stuck or defeated.
- My every thought feels negative, condemning, or obsessive.

In his preface to *The Screwtape Letters*, C.S. Lewis writes,

“There are two equal and opposite errors into which our race can fall about the devils. One is to disbelieve in their existence. The other is to believe, and to feel an excessive and unhealthy interest in them. They themselves are equally pleased by both errors, and hail a materialist or a magician with the same delight.”

There are those who give Satan too much credit, but perhaps the other extreme is just as dangerous. John tells us, “*the whole world is under the control of the evil one*” and “*the reason the Son of God appeared was to destroy the devil’s work*” (1 John 5:19 and 3:8, NIV).

It is Satan who tempted Adam and Eve to doubt God’s goodness and truth. Their original sin has infected the whole world and everything in it. And while Jesus is the son who has crushed the head of our great Enemy (Genesis 3:15, NIV), in his death throes, Satan lashes out against all who follow Christ.

There is no doubt that we are engaged in an invisible war. There is, without a doubt, a King on the throne who leads us to victory.

*You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.* –1 John 4:4 (NIV)

**Ask Yourself:**

- How much thought have you given to the invisible war?
- What kinds of battles do you face: mental, emotional, physical, relational?

**Pause to Pray:** Praise Jesus, for He is greater than the Enemy and His victory is sure and certain. Be honest with Him about the battles you face. Where do you feel like you’re losing ground? Invite His Spirit to strengthen, prepare, and arm you to face down the Enemy in Jesus’ name.

**Take a Next Step:** Memorize 1 John 4:4. Write it on a notecard or sticky note and put it somewhere prominent. Make it the lock screen for your phone or device. Practice saying it out loud when you’re driving. Keep the truth in your mind!

## DAY 2 5 TRUTHS ABOUT SPIRITUAL WARFARE

**Scripture:** [2 Kings 6:15-17](#); [Ezekiel 28:14](#); [2 Corinthians 10:3-5](#); [Colossians 1:16](#); [James 4:7](#); [1 John 5:4-5](#); [Revelation 12:7](#)

**Reflection:** There is an increasing interest in supernatural and spiritual things. From ghosts to guardian angels and everything in between. There is a lot of information out there, but what is true? Consider these five biblical truths about spiritual warfare.

### Truth 1 – There is an invisible world.

This truth is threaded throughout the scriptures. The evidence is resounding and pervasive. In his second letter to the church in Corinth, Paul explained that our struggles are not merely a matter of psychology, nor are the weapons we use merely physical. The struggles and the weapons are spiritual and the forces behind them are personal.

In one of the most intriguing Old Testament stories in 2 Kings, Elisha's servant is terrified in the face of an evil king's army, so Elisha prays that his servant's eyes would be open to the reality of God's army. *"Then the Lord opened the servant's eyes, and he looked and saw the hills full of horses and chariots of fire all around Elisha"* (2 Kings 6:17, NIV).

### Truth 2 – We are involved in an invisible war.

This isn't about a cute angel on one shoulder and a grimacing demon on the other. Paul reminds the church in Ephesus that *"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"* (Ephesians 6:12, NIV). Which leads us to ask, who are these spiritual forces of evil?

### Truth 3 – Our Enemy is formidable.

According to Job 1:6 and Colossians 1:16, Satan is a created spirit. Matthew 25:41 and Revelation 12:7 refer to him and his minions as angels. A cherub is the kind or category of angel he is (Ezekiel 28:14). That word cherub conjures up images of greeting cards on Valentine's Day, but cherubs in Hebrew Scripture are not cute, puffy little cupids. They are the highest class of angelic beings, and Ezekiel 28 states that Satan was the highest among them: the highest angel of the highest class of angels, the greatest created being.

Rick Dunham summarized the Enemy's goal:

*"Satan and his forces have a plan to terrorize your soul, to render you impotent as a believer, to make you worthless to the cause of Christ, and to make your life one of misery and spiritual defeat."*

### Truth 4 – We must respect our foe but not fear him.

Even though Satan is more powerful than we can imagine and more deceptive than we can understand, we give him too much credit—or give God too little credit—if we fear him. We learn his strategies from his names:

- Satan means 'adversary' (Job 1:6-7; 1 Thes 2:18)
- Devil means 'slanderer' (1 Pet 5:8)
- Lucifer means 'son of the morning' – he will appear beautiful not ugly (Is 14:12)
- Beelzebub means 'lord of the flies' – a pagan idol – the god of filth (Mt 12:24)
- Belial means 'false god' (2 Cor 6:15)

- The evil one means 'absolute corruption' (1 Jn 5:19)
- The tempter means he will exploit good desires and entice us to fulfill them with artificial means (1 Thes 3:5)
- The prince of this world means the master of false systems (Jn 12:31)
- The accuser of the brethren means he will condemn you (Rev 12:10)

While he is formidable, we can be confident, for he is a created being. He is not God's equal and opposing evil force. He is not like God, not omniscient, omnipotent, nor infinite. James 4:7 assures us that God's people can resist Satan.

Truth 5 – We do not fight FOR victory, we fight FROM victory.

This is really good news! Our Enemy is already defeated. Jesus said he came to destroy the works of the devil, and in John 12:31, He asserted that the time had come for the ruler of this world to be cast out. Whenever we are in the heat of spiritual battle, we are not defeated if we rely on Jesus's victory and the promises of God.

**Ask Yourself:**

- How do these truths counter lies that I have believed?
- Why are these truths good news for me and all Christians?
- How can these truths help me encourage someone who is in a spiritual struggle?

**Pause to Pray:** Praise Jesus for his victory. Confess any lies you have believed. Invite the Holy Spirit to fill you with confidence in Jesus' Name.

**Take a Next Step:** Continue to memorize 1 John 4:4 and add another verse to your memory bank. 1 John 5:4-5 reminds us that those who believe in Jesus will overcome the Enemy!

### DAY 3 SURVIVING SATAN'S ATTACKS

**Scripture:** [Job 1:6-10](#); [Ezekiel 28:12-17](#); [Isaiah 14:12-15](#); [John 8:44-47](#); [John 10:10](#)

**Reflection:** In many modern cultures, Satan's existence is well known (and pretty easily seen). Western culture's reluctance to acknowledge his presence can be attributed to the fact that he has disguised himself well. Somehow, he has convinced us that he's a cartoon character (a man dressed in a red suit and carrying a pitchfork), or a football mascot (Red Devils, Blue Devils, Sun Devils), or just a philosophical metaphor for evil (the dark side of "the Force" or the secret desires of human nature). As the senior devil in *The Screwtape Letters* instructs the junior devil, "Suggest to him a picture of something in red tights, and persuade him that since he cannot believe in that (it is an old textbook method of confusing them) he therefore cannot believe in you" (C.S. Lewis)

Through two key Old Testament passages (Ezekiel 28:12-17; Isaiah 14:12-15) and other supporting verses, we can see that Satan (then Lucifer) was created perfect. He had a heavenly estate (Jude 6). His job was to be the guardian of God's glory. According to Ezekiel, he had more power than anyone in the universe except for God, and he was more beautiful than anything or anyone but God. Those attributes led to his fatal flaw. The occasion of his sin, his rebellion against God, was pride.

Satan is not a metaphor for evil. He is a powerful angel who committed treason against his Creator and convinced a third of the angels to rebel along with him. He now seeks to destroy all that is good and God-ordained, and his strategy ever since his fall has been to tempt us with the same agenda he had—to be like God.

What are Satan's Schemes? Deception – Division – Destruction.

Deception is Satan's primary scheme. John 8:44 tells us that Satan has no truth in him for he is a liar and the father of lies. Since the Garden, the fundamental lie he whispers is that God can't be trusted. He lies about God's character and twists the very words of God. Paul warns the church, "*The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God*" (2 Corinthians 4:4, NIV).

Another scheme is division. Through anger and bitterness, he wants to divide the Church against itself. He wants to divide marriages and families. When we're unwilling to forgive, unwilling to listen, too proud to apologize, or just holding a grudge, we're engaged in the invisible war. Satan wants to gain a foothold so he can tear us apart.

Sometimes Satan wages a full-on attack, as he did with Job. It may come in the form of sudden, catastrophic loss, severe illness or injury, overwhelming depression, or the piling on of "bad luck." These often occur when you're experiencing spiritual renewal or taking a step of obedience to Christ. Not every hardship is a demonic attack. We live in a fallen world. Sometimes bad things just happen. We get sick. People die. Cars break down. There is a caution here to not be overly paranoid. But sometimes there is a spiritual component. When attacks seem strategically timed or targeted, pay attention.

**Ask Yourself:**

- Are there lies I have believed about God or about my identity in Christ?
- Am I succumbing to Satan's divisive schemes through my attitude or actions?
- Has Satan targeted my life in a destructive way?

**Pause to Pray:** Praise Jesus that you do not have to live under the deception, division, or destruction of the Enemy. Invite the Spirit of Jesus to strengthen you to discern the lies, refrain from division, and survive every attack.

**Take a Next Step:** If you've got 1 John 4:4 and 5:4-5 memorized, add John 10:10 to your memory. Satan is a liar and schemer, but Jesus has defeated him so that you may have abundant life!

*The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.* – John 10:10, NIV

## DAY 4 THE RIGHT RESPONSE TO EVIL

**Scripture:** [Mark 3:22-27](#); [Luke 4:18](#); [Romans 12:1-2](#)

**Reflection:** There is no way to take the Bible seriously and not see that the demonic is an active part of life. The Bible presents certain temptations as demonically charged--Eve's deception in the Garden of Eden was led by the chief of all demons, Satan (Genesis 3). Ananias and Sapphira lying to Peter—that is attributed to Satan's influence on them (Acts 5). We see from Luke 11 that Jesus attributed even some physical maladies to demonic activity. Not all of them, by any means, but some. Jesus would go so far as to summarize his ministry as being sent to proclaim liberty to captives--and when he says that, he's primarily talking about delivering spiritual captives from demonic strongholds. Jesus never picked up a sword and led a jailbreak. But he did routinely free people from spiritual captivity (Luke 4:18 and Isaiah 61:1-2).

You may wonder- why does Satan continue to fight if he's been defeated by Jesus? Mark 3:23-27 offers an interesting answer. Jesus was accused of being possessed by Satan himself. He responds to this opposition with two parables. The first is about a kingdom divided, and it appeals to logic (verses 23-26). But the second parable in verse 27 appeals to authority. Jesus pulls back the curtain on a parallel spiritual world and, in one short verse, gives one of the Bible's most succinct theses on spiritual warfare.

In Mark 3:27, we have a picture of Satan as the ruler of this world. The strong man is Satan. And he is strong for a time. And he has a house, and he has stuff. His house is his dominion, it's his territory, and right now, his dominion is this world. He is seeking to hold it secure. And the stuff that the strong man is protecting is people, the children of God, people who have been held captive by Satan's schemes. But then *He* shows up. And *He* is the opposite of no one. *He* is the *Someone* who is strong enough to go into the strong man's house and plunder his stuff. *He* is Jesus. He is the one who is stronger than the strong man. In fact, He ties up the strong man. Jesus binds the strong man and rescues his children from their captivity by the evil one. A stronger and more powerful Someone has entered the scene – and He is the Savior.

With the coming kingdom of God, Jesus' battle is not just being waged against the petty tyrants and kings of this earth and their domains, but against the kingdom of Satan, which has enslaved all humanity. Jesus came to free the captives. You are in this battle. I am in this battle. The outcome is a foregone conclusion, but we're still in it.

### Ask Yourself:

- How does it change the way I feel or think to know that Jesus has already won my greatest battle?
- If I see my life through the lens of Jesus' victory, how will it change my perspective on the difficult circumstances?

**Pause to Pray:** Praise Jesus as the victor over your greatest Enemy. Invite Him to increase your faith, confidence, trust, hope, and peace. Take a moment to pray for a shift in perspective to help you navigate the difficult circumstances of your life.

**Take a Next Step:** Continue to memorize 1 John 4:4, 5:4-5, and John 10:10. Be intentional to call them to mind throughout the day.

**Scripture:** [Psalm 46:10-11](#); [Ephesians 6:10-18](#)

**Reflection:** Now that we've established the fact of an invisible war, we can turn to Paul's battle preparedness plan in Ephesians 6. This is a passage that has been reduced, at times, to cute soldiers, but Paul was deadly serious.

*Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For 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. Therefore put on the full armor 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. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And 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 Lord's people. (Ephesians 6:10-18, NIV)*

In the Christian Standard Bible, Psalm 46:10 is translated as: “*stop fighting and know that I am God.*” This world needs Christians who will stop fighting against those God has called them to love. Instead, it needs Christians who will fight an invisible war with the weapons of worship and prayer.

**Ask Yourself:**

- Meditate on these words for a few moments: truth, righteousness, gospel, peace, faith, salvation, Word of God, prayer.
- Which ones do I fully understand? Which ones do I need to learn more about?
- Choose one piece of the armor: how will this specific piece of armor help me in my invisible war against the Enemy?

**Pause to Pray:** *Thank you, Jesus, for providing us with everything we need to stand firm in this invisible war. I will stumble and falter. I will be weak and weary. But you are my strength, my shield, and my Savior. Praise you, Lord!*

**Take a Next Step:** Do a deep dive to learn more about one of the pieces of the armor of God! The Bible Project is a great resource. They have a class on the Armor of God and a video word study for “gospel.”

**Scripture:** [Psalm 46:10-11](#); [Ephesians 6:10-18](#)

**Reflection:** This world needs Christians who will stop fighting against those God has called them to love. Instead, it needs Christians who will fight an invisible war with the weapons of worship and prayer. Let's practice with silence and prayer right now.

Prepare yourself: Get in a comfortable position and think of a word, phrase, or picture that you associate with God's presence or power. This is what you will use to bring your mind back to Him when you drift in the silence.

Start with your palms up. This posture reflects your goal: to be still in God's presence and receive his rest and love. If your mind drifts, flip your palms down, release the distracting thought, and recenter on the word or picture you chose. You may flip up and down several times. That's okay!

Set a timer for 5-10 minutes of silence. When the timer goes off, thank the Lord for the gift of time in his presence.

**Ask Yourself:**

- What was hard for me about sitting in silence?
- How could this practice be useful in the invisible war against my Enemy?
- What are other ways to employ the armor of God in my life?

**Take a Next Step:** How will you suit up with the armor of God every day?

Find more resources at [www.whoisgrace.com/READ](http://www.whoisgrace.com/READ).