

Rising Above Spiritual Oppression

- To be a follower of Jesus is to be engaged in a battle with an adversary.
- God wants to bless us, the devil wants to rob us of that blessing.

Spiritual Oppression

- **Definition** - to afflict, to causing suffering, to weigh heavily upon, to bring distress
- **Symptoms** – can vary. Mental anguish, inner torment, a loss of peace, lack of faith, a loss of control over an area of your life, an inability to understand simple biblical truths, acceptance of false doctrine (eg God just wants me to be happy) aggression, self harm, lack of freedom

People become oppressed when they:

- Fail to live in a way that honours God
- Deliberately disobedience to the word of God.
- Have suffered abuse – either physical, emotional or spiritual
- Allow unforgiveness to fill our minds
- Engage in occult activities

We overcome spiritual oppression by:

- Recognising that the devil is defeated
- Align your life with the word of God
- Be filled with the Holy Spirit
- Get rid of anything that is a stumbling block
- Be genuinely accountable to another

- Be honest and be aware of your weaknesses
- Affirm the blood of Jesus Christ
- Repent of unconfessed sin
- Forgive those who have sinned against you

