



Ladies of Grace
Bible Studies for Women

A Woman & Her Walk With God Series

Encouraging Women to Walk With God on the Brighter Side of Life

A Woman & Her Battles

Today we are going to talk about something that will help and encourage every woman reading this ~ we are going to talk about A Woman and Her Battles. Why will this be something that will be helpful and encouraging? Because all woman have some kind of battle that they struggle with as they walk with God in the everyday details of their lives.

What kinds of things do women battle with? Some battle the temptation to overeat, yell at their kids, to judge others, to criticize themselves or waste away their days. Some battle with the meanness of others, the unfairness of life, or the feeling of depression that comes along when they get discouraged. And some just battle with doing right, living pure, and obeying what God tells them to do. Every woman battles with something, and I'm excited to teach you a little about what God's Word has to say about how we can become victorious and more than conquerors in the midst of our battles.

First of all, let's talk about why we battle. I mean, if we are saved, and walking with God, shouldn't HE be fighting all of our battles for us? That is a good question, and the answer is . . . Yes and No!

Yes, God does fight many of our battles for us, and that is why, in the END, we will win the war. But along life's way, He allows us to fight some of our own battles to keep us from becoming lazy, prideful, or ungrateful. Believe it or not, in the economy of God, battles are one of those wonderful "spiritual opportunities" that give us a chance to "flex and develop" our spiritual muscles, which causes us to grow stronger in our faith and more devoted to our God.

Now that we know all of that, let me share with you WHO are our personal enemies in this life:

1. **Satan & his spiritual wickedness** (Luke 22:31; I Peter 5:8, Ephesians 6:12) Satan shows up in the battles we have with our friends, family members, co-workers, government leaders and neighbors. What are some examples of battles that women fight that seems against other people, but really, Satan is the real enemy?
2. **Our own lust and sin nature** (Romans 7:23; James 1:13-15) Our lust and sin nature show up in things like smoking, drinking, overeating, vanity, pride, immorality, rebellion, etc.. What are some of the battles that women are fighting against themselves, rather than Satan and his wickedness?

What are the tactics that you usually use to fight these kinds of battles in your own life? According to the scriptures, HOW do you think we are supposed to fight these enemies?

The Bible tells us with something called Spiritual Weapons & Armor.

What are the weapons and armor that a woman has in her spiritual arsenal to help her fight and win her daily battles?

1. **The name of the Lord** (I Samuel 17:45; II Corinthians 10:4) How can the name of the Lord help you in your times of battle?
2. **The Word of God** (Hebrews 4:12; Revelation 12:11) How is the Word of God able to help us as a weapon? What does it specifically do for us?
3. **Our Testimony** (Revelation 12:11) How does the word of our testimony help to strengthen us in battle? It reminds us who we are and who's on our side, doesn't it?

*The Ladies of Grace Bible Studies for Women are written by Mrs. Julie Fink as a ministry of the Grace Baptist Church, 501 N. State St., Lockport, IL 60441, David M. Fink, Pastor.
If you are interested in contacting Julie, you may write her at the church, or e-mail her at: ladiesofgrace@cleaninter.net*

A Woman & Her Walk With God Series

4. **The Light of Christ** (Romans 13:12) How does the light of Christ help us to fight and win? It illuminates the right path to victory, doesn't it? And it keeps us from "beating the air" and getting involved in the wrong kinds of fights.
5. **Our Righteousness in Christ** (II Corinthians 6:7) What difference does our righteousness in Christ make in us as we battle? Our righteousness in Christ keeps us from offending others in the battle. It helps to keep us focused on the right issues at hand.
6. **The Whole Armor of God** (Ephesians 6:10-18; I Thessalonians) The whole armor of God consists of these pieces:
 - a. **Truth** (loins girt about with truth to give you strength to keep fighting for right)
 - b. **Righteousness** (breastplate of righteousness to protect your heart from deceiving itself)
 - c. **Peace** (feet shod with the preparation of the gospel reminds you that the goal is not to win at the expense of others, but for the edification and restoration of others)
 - d. **Faith** (the shield of faith to help you to keep believing in God no matter how tough the battle times get!)
 - e. **Prayer** (praying always with all prayer and supplication in the Spirit so that you stay connected with God and don't feel alone during the fight)

What does all this mean to YOU?

It means that if you want to win against the devil (in or out of disguise!), you must fight him with God's weapons of warfare like truth, righteousness, prayer, faith and peace. If someone is against you, you must ask God to give you the light of Christ to show you clearly how to deal biblically with them, and then stand firm in the name of the Lord.

And it also means, that if you are battling against yourself, that you can use these same weapons of truth, righteousness and prayer to win the battle as well. I know that in my own life, once I turned 40 years old, I began to battle the problem of overeating. I LOVE to eat! It's terrible! I'll eat my meal, and then a little while later, I will want to eat again (and I'm not even hungry!). This seemed like a little problem at first, because I was still skinny and it didn't seem to affect my weight. But after awhile, I was well on the road to eating myself BIG! When I stepped on the scale and saw that I had gained 15 lbs., I knew that I needed to do something. But what? I had already tried praying for strength, grace, deliverance, and a permanent muzzle across my mouth, but nothing seemed to work. And then I began studying for this Bible lesson, and it hit me! I was using the wrong weapon. Yes, I was praying, but I was praying the wrong kind of prayer. I was praying for God to help me, and God was trying to remind me that He was helping me. But the problem was that I wasn't helping myself to fight it off. So, you know what I decided? I decided that every time I was tempted to overeat, I was going to pray for someone other than myself. And you know what? It has worked better than any weight loss book or diet pill. And you know it works? Because I am fighting the evil in my life with good. I do have to confess though, it was very hard for me to begin putting this method of fighting into practice. When I was met with my first temptation, I tried my hardest to resist praying (because I wanted to eat those cookies)! As a matter of fact, I remember praying, thinking that I would eat the cookies anyway! But God did a marvelous thing when He saw me do a righteous thing . . . He reached down from Heaven and took the urge away and He has been doing it continually for the past four days. To God be the glory and praise for ever and ever (especially since I have already lost 3 lbs!!!).

Well, as we close, I want to remind you that when the battle does get too much for you to handle yourself, you can call on God and if you have been a faithful warrior, He promises to do the following for you:

- ◆ *Fight for you (Exodus 14:14)*
- ◆ *Be your fortress (Psalm 18:2;91:2; 144:2)*
- ◆ *Provide a place of shelter to protect you and allow you to rest (Psalm 27:5;30:20; 57:1; 119:114; Isaiah 25:4)*
- ◆ *Provide an extra tough shield to help you (Psalm 33:20; 115:9; Proverbs 30:5)*

So, as you go out and face those enemies (without and within) that seek to knock you out and bring you down, remember that God and all of His weaponry are on your side to help you do your best to FIGHT AND WIN!

Ladies of Grace Bible Studies for Women