

The Bible instructs us to resist the devil, but have you ever thought about "How Do I Resist The Devil"? In this post, I'll be sharing with you 5 ways that will help you to resist the devil.

So, let's learn how to resist the devil!

The 1st step to resist the devil James tells us in chapter 4 verse 7 is to..."Submit to God"

*"Submit yourselves therefore to God. Resist the devil, and he will flee from you."*

*James 4:7*

When we surrender our lives to God, we come under His authority and protection. This submission involves obeying His Word, seeking His guidance, and trusting

in His power. As we submit to God, we are better equipped to resist the devil's temptations and attacks.

The 2nd step to resist the devil Paul tells us in his letter to the Ephesians in chapter 6 verses 10 through 18 is to... "Put on the Armor of God"

*"Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having*

*done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God, praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,"*  
*Ephesians 6:10-18*

Paul describes our spiritual warfare is a battle against the devil and his minions, to resist the devil, we need to put on the armor of God, which includes:

- \* The Belt of Truth
- \* The Breastplate of Righteousness
- \* The Shoes of Peace
- \* The Shield of Faith
- \* The Helmet of Salvation
- \* The Sword of the Spirit (the Word of God)

The 3rd step to resist the devil Peter tells us in chapter 5 verse 8 in his 1st book is to..."Be Sober and Vigilant"

*"Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour."*  
*1 Peter 5:8*

The devil is a cunning and deceitful enemy who seeks to devour us. To resist him, we

need to be sober (alert and aware) and vigilant (watchful and cautious). This means being mindful of our thoughts, emotions, and actions, and being prepared to respond to the devil's attacks.

The 4th step to resist the devil Jesus in Matthew chapter 4 verses 3 through 11 shows us to..."Use the Word of God."

*"And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, "'Man shall not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and set him on the pinnacle of the temple and said to him, "If you are the Son of God, throw yourself down, for it is written, "'He will command his*

*angels concerning you,' and "'On their hands they will bear you up, lest you strike your foot against a stone.'" Jesus said to him, "Again it is written, 'You shall not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory. And he said to him, "All these I will give you, if you will fall down and worship me." Then Jesus said to him, "Be gone, Satan! For it is written, "'You shall worship the Lord your God and him only shall you serve.'" Then the devil left him, and behold, angels came and were ministering to him.*

*Matthew 4:3-11*

When Jesus was tempted by the devil in the wilderness, He responded with Scripture. We can do the same. When the

devil attacks us with lies, doubts, or fears, we can counter with the truth of God's Word. This is why it's essential to know and memorize Scripture, so we can use it to resist the devil's attacks.

The 5th and final step to resist the devil Jesus tells us in Matthew chapter 17 verse 21 is to..."Pray and Fast"

*"But this kind does not go out except by prayer and fasting."*

*Matthew 17:21*

Prayer and fasting are powerful weapons in our spiritual arsenal. When we pray, we invite God's presence and power into our lives, and when we fast, we humble ourselves and seek God's guidance. Prayer and fasting can help us resist the devil by:

- \* Seeking God's wisdom and guidance

- \* Breaking strongholds and bondages
- \* Building our faith and trust in God
- \* Empowering us to overcome temptation and sin

As you can see resisting the devil is not a one-time event, but an ongoing process. It requires a commitment to living a life surrendered to God, armed with His Word, and empowered by His Spirit.

Have a blessed day!