



UNIT 6: Spiritual Growth and Development

LESSON 19: Maintaining Victory — Guarding What God Has Entrusted

Lesson Objective:

1. Understand how open spiritual doors invite demonic influence or oppression.
2. Learn biblical principles for identifying and closing ungodly access points.
3. Develop a plan for “spiritual housecleaning” — purifying their lives and surroundings.
4. Discover how worship and the Word maintain spiritual strength and victory.
5. Commit to a lifestyle of holiness and spiritual vigilance.

Key Scriptures

- Ephesians 4:27 (NIV): “Do not give the devil a foothold.”
- James 4:7–8 (NIV): “Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and He will come near to you.”
- 2 Corinthians 10:4–5 (NIV): “The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.”
- John 15:7 (NIV): “If you remain in Me and My words remain in you, ask whatever you wish, and it will be done for you.”
- Psalm 24:3–4 (NIV): “Who may ascend the mountain of the Lord? Who may stand in His holy place? The one who has clean hands and a pure heart...”

I. Introduction

After gaining ground in spiritual warfare, we must learn to maintain victory. The enemy’s strategy doesn’t end when we win a battle, he seeks to regain territory through subtle compromise, distraction, and open doors in our lives.

Maintaining victory means actively protecting what God has entrusted to us: our faith, peace, joy, calling, and relationships. Like Nehemiah who rebuilt the walls of Jerusalem and then stationed guards to watch the gates (Nehemiah 7:1–3), we too must build spiritual walls of protection through obedience, discernment, and devotion to God.

This lesson explores three practical areas that help us live in continual triumph:

1. Closing Spiritual Doors
2. Spiritual Housecleaning
3. Maintaining Victory Through Worship and Word

II. Closing Spiritual Doors

Ephesians 4:27. *“Do not give the devil a foothold.”*

Every believer has been given authority over the enemy, but that authority can be weakened when we allow open _____ in our lives. An open door is any area where sin, compromise, or disobedience gives Satan _____ access to influence our thoughts, emotions, or environment

Common Open Doors Include

- Unforgiveness: Bitterness gives Satan room to _____.
Matthew 6:14–15. *For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.*
- Unconfessed sin: Hidden sin creates spiritual _____.
1 John 1:9. *If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*
- Ungodly relationships or soul ties: Unholy alliances can drain spiritual _____.
2 Corinthians 6:14–17 (Summary). Paul urges believers not to be unequally yoked with unbelievers, reminding them that light and darkness cannot mix. As God’s temple, they are called to live set apart and avoid anything that compromises their faith.
- Fear and negative confession: (2 Timothy 1:7; Proverbs 18:21) Fear contradicts _____.
2 Timothy 1:7. *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*
Proverbs 18:21. Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.
- Occult involvement or superstition: (Deuteronomy 18:9–12) These directly oppose God’s _____.

Deuteronomy 18:9–12 (Summary). Do not imitate the occult or idolatrous practices around you; trust God alone for guidance and protection.

How to Close Spiritual Doors

1. **Confess and Repent:** Bring _____ things into the light (1 John 1:9).
2. **Renounce the Agreement:** Verbally reject and break any _____ covenant, vow, or habit.
3. **Replace with Truth:** Fill the space with God's Word and prayer
Matthew 12:43–45 (Summary). Deliverance requires not just removal of evil, but ongoing filling with God's presence to prevent a worse return.
4. **Forgive Others and Yourself:** Release every offense to _____ the enemy.

III. Spiritual Housecleaning

2 Corinthians 7:1. *"Let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God."*

Just as we clean our homes to create order and peace, God calls us to _____ our lives and environments of anything that contaminates our _____. Spiritual housecleaning means evaluating what we allow into our hearts, homes, and habits, and removing anything that doesn't align with God's _____.

Areas to Examine:

1. **Media:** Music, movies, or online content that promotes sin or darkness.
2. **Objects:** Items linked to past sins, occultism, or idolatry.
Acts 19:18–19. *Many of those who believed now came and openly confessed what they had done. A number who had practiced sorcery brought their scrolls together and burned them publicly. When they calculated the value of the scrolls, the total came to fifty thousand drachmas.*
3. **Relationships:** Toxic connections that pull us away from God.
4. **Habits:** Addictions, negative routines, or timewasters that hinder spiritual growth.

How to Conduct Spiritual Housecleaning

1. **Pray for Discernment:** Ask the Holy Spirit to _____ what doesn't belong.
2. **Remove and Replace:** Get rid of what _____; replace it with what _____.
3. **Anoint and Dedicate Your Space:** Pray over your home, room, or workspace, inviting God's presence.

4. **Create a Holy Environment:** Play worship music, post Scriptures, and maintain peace through prayer.

A cleansed environment becomes a dwelling place for the Holy Spirit, not the enemy.

IV. Maintaining Victory Through Worship and Word

Psalm 149:6. *“May the praise of God be in their mouths and a double-edged sword in their hands.”*

Victory is not a one-time event, it's a lifestyle. Worship and the Word are the believer's two strongest _____ to sustain spiritual victory. Worship keeps the heart _____ with God, while the Word _____ the mind and equips us for daily battles.

The Power of Worship

1. Shifts _____ from problems to God's presence.
2. Breaks spiritual _____ (2 Chronicles 20:21–22).

2 Chronicles 20:21–22 (Summary): When King Jehoshaphat appointed singers to praise the Lord ahead of the army, they went into battle worshipping, saying, “Give thanks to the Lord, for His love endures forever.” As they began to sing and praise, the Lord set ambushes against their enemies, causing them to be defeated.

3. Builds an atmosphere of victory and faith.

The Power of the Word

1. Strengthens faith

Romans 10:17. *So then faith cometh by hearing, and hearing by the word of God.*

2. Exposes the _____ of the enemy.
3. Equips us to respond to temptation as Jesus did (Matthew 4:1–11).

How to Maintain Victory

1. Stay Rooted in God's Word

- Read and meditate on Scripture daily.
- Let the Word renew our mind and shape our decisions. (*Joshua 1:8, Psalm 1:2–3*)

Example: Begin each morning reading a Proverb for wisdom and a Psalm for encouragement.

Joshua 1:8. *This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.*

Psalm 1:2–3. But his delight is in the law of the Lord; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

2. Maintain an Active Prayer Life

- Talk to God _____, both in structured and spontaneous moments.
- Believers are called to pray in the _____ on all occasions and remain alert with perseverance for all God's people.
- Prayer keeps our spirit sensitive and aligned with His _____. (1 Thessalonians 5:17)

1 Thessalonians 5:17. Pray without ceasing.

Example: Set aside specific times for prayer but also whisper prayers throughout your day.

3. Walk in Obedience

- Victory is sustained by doing what God says, even when it's _____. (Deuteronomy 28:1–2)

Deuteronomy 28:1–2. *If you fully obey the Lord your God and carefully follow all his commands I give you today, the Lord your God will set you high above all the nations on earth. 2 All these blessings will come on you and accompany you if you obey the Lord your God*

Example: Forgive someone when the Holy Spirit prompts you, even if you don't feel like it.

4. Live a Lifestyle of Worship

- Worship invites God's presence and power into our _____. (2 Chronicles 20:21–22)

2 Chronicles 20:21–22 (Summary): *King Jehoshaphat appointed singers to go before the army, praising the beauty of God's holiness and declaring, "Give thanks to the Lord, for His love endures forever." As they began to sing and worship, the Lord set ambushes against their enemies—Ammon, Moab, and Mount Seir—and they were defeated.*

Example: Play worship music during your commute or quiet time to keep your heart focused on Him.

5. Cultivate Spiritual Discernment

- Learn to recognize God's voice and _____ it from the enemy's or our own. (John 10:4–5)

John 10:4–5 (Summary): Jesus describes Himself as the Good Shepherd whose sheep recognize His voice. When He leads them, they follow because they know and trust His voice—but they will not follow a stranger. Instead, they will flee from him because they do not recognize the voice of strangers.

Example: Before making major decisions, pause and pray for clarity instead of reacting in emotion.

6. Stay in Fellowship with Other Believers

- Surround ourselves with people who strengthen our faith and hold us accountable. (*Hebrews 10:24–25*)

Hebrews 10:24–25 (Summary): Believers are encouraged to actively consider how to spur one another toward love and good deeds. They are also urged not to neglect meeting together, but to encourage one another, especially as times grow challenging.

Example: Join a Bible study, prayer group, or ministry team that challenges you to grow.

7. Practice Self-Control and Guard Your Heart

- Protect what enters our mind, ears, and eyes. (*Proverbs 4:23*)

Example: Limit time on social media or with negative influences that drain your spiritual focus.

8. Put on the Whole Armor of God

- Daily apply each piece of spiritual armor through prayer and awareness. (*Ephesians 6:10–18*)

Ephesians 6:10–18 (Summary): This passage teaches believers to be strong in the Lord and in His mighty power by putting on the full armor of God to stand against spiritual forces of evil. The armor includes:

- Belt of truth:** integrity and honesty grounded in God’s Word.
- Breastplate of righteousness:** living a righteous life through Christ.
- Gospel of peace as shoes:** readiness to share the message of peace.
- Shield of faith:** trusting God to ward off the enemy’s attacks.
- Helmet of salvation:** assurance of salvation protecting the mind.
- Sword of the Spirit:** God’s Word as a weapon.

Example: Each morning, declare: “I put on the helmet of salvation and the shield of faith today.”

9. Walk in Love and Forgiveness

- Love _____ the enemy and keeps our spirit free from bitterness. (*Ephesians 4:31–32*)

Ephesians 4:31–32. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Example: Choose to bless someone who mistreated you instead of retaliating.

10. Keep a Grateful Heart

- Gratitude keeps us focused on God’s _____ instead of life’s _____. (*1 Thessalonians 5:18*)

1 Thessalonians 5:18. *In every thing give thanks: for this is the will of God in Christ Jesus concerning you.*

Example: Write down three things you're thankful for each day as a spiritual habit.

11. Fast Regularly

- Fasting disciplines our _____ and heightens our spiritual _____. (*Matthew 6:16–18*)

Summary of Matthew 6:16–18: In this passage, Jesus teaches about fasting with the right heart and motive. He warns against fasting to show off or gain human approval. Instead, fasting should be private and sincere, done to draw closer to God. When done correctly, God—who sees in secret—will reward the act of humility and devotion.

Example: Dedicate one day a month to fasting and prayer for spiritual renewal.

12. Keep Your Eyes on Eternity

- Remember that true victory is eternal, not just earthly. (*Colossians 3:2, 1 Corinthians 15:57*)
Colossians 3:2. *Set your affection on things above, not on things on the earth.*
1 Corinthians 15:57. *But thanks be to God, which giveth us the victory through our Lord Jesus Christ*

Example: When facing trials, remind yourself that your ultimate victory is in Christ's return.

Victory in the Christian life comes through spiritual preparedness, reliance on God, and active engagement in prayer and God's Word.

Conclusion

Maintaining victory requires vigilance, holiness, and a heart continually surrendered to God. The same Spirit who empowered you in battle will sustain you in peace. When you close spiritual doors, cleanse your environment, and live a lifestyle of worship and Word. This will make you a fortress, a dwelling place for the presence of God.

1 Peter 5:8–9 (NIV) reminds us: "Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith..."

Victory is not just won, it's *kept*. And those who walk in obedience, worship, and the Word will experience lasting peace and protection through the power of the Holy Spirit.