

FREEDOM DEVOTIONAL

UNDER THE INFLUENCE

AUTHOR

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UNDER THE INFLUENCE

MEMORY VERSE

Submit yourselves, then, to God. Resist the devil, and he will flee from you.

James 4:7

DAY 1

Welcome to today's devotion titled Under the Influence. It's a reality that we have an enemy who opposes God and His people. The enemy's desire is to destroy everything that God loves—including His people. We will all face spiritual battles, but we don't have to live in fear. In Christ, we have the victory!

PAUSE

Let's take a moment to pray.

God, I come to You and take a moment to pause... to breathe deeply... and to meditate on Your truth. As I slowly inhale, I remember Your goodness and faithfulness. As I exhale, I release the anxieties, worries, and fears that have already tried to creep into my day. I want to experience Your peace right now. In Jesus' name, Amen.

REFLECT

In Luke 4:18-19, we see five foundational ministries of Jesus:

Salvation

For thousands of years, humanity longed for a Savior. Jesus of Nazareth declared that He came to bring salvation to the world. Through His life, death, and resurrection, Jesus brings us forgiveness and eternal life. This is the Good News—the Gospel that changes everything.

The Spirit

We need the power of the Holy Spirit in our lives, and through Jesus, we have access to Him. The Holy Spirit renews us and gives us the strength to live out God's plan. Jesus promised in John 15 to send us a Helper, and on the day of Pentecost, the Holy Spirit came, empowering God's people.

Healing

Jesus's ministry was marked by miraculous healings, revealing His divine nature. But His healing extends beyond the physical—it's holistic. Jesus brings wholeness to our bodies, minds, emotions, and souls.

Deliverance

Since the fall of humanity in the Garden of Eden, we've been in bondage to sin. But through Jesus' death and resurrection, we are set free. Where sin was once our master, Jesus is now our Deliverer.

Emotional Healing

John 8:36 declares,

“If the Son sets you free, you are truly free.”

Our old life of sin promised freedom but brought destruction and death. Jesus offers us true freedom, and with it comes emotional peace and security in His love.

As we look at the ministry of Jesus, we see the depth of His love for us. He gave everything so that we could experience these five ministries—salvation, the Spirit, healing, deliverance, and emotional healing. Through them, we have complete freedom.

ASK

- *God, which of these ministries have I forgotten are for me? Show me how Your love and sacrifice made each of these available to me.*

YIELD

Lord, I thank You for the gift of salvation and the freedom I have through You. I recognize that as a believer, I have the Holy Spirit living in me. Holy Spirit, open my eyes to see all that Jesus has given me—healing, deliverance, and emotional peace. I yield my heart and mind to You today, grateful for the freedom and life that comes through Christ. Amen.

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DAY 2

Welcome to today's devotion. It's a reality that we have an enemy who opposes God and His people. Satan's goal is to destroy everything God loves, including us. But we don't have to fear—our victory is in Jesus!

PAUSE

Let's take a moment to pray.

Lord, I take a moment to pause, breathe deeply, and focus on Your truth. As I inhale, I remember Your goodness. As I exhale, I release my worries and anxieties. Help me be present to Your voice. Amen.

REFLECT

When I was a child, I used to see images of Satan depicted as a red figure with horns, a tail, and a pitchfork. But Scripture doesn't describe him that way. Instead, Satan is a fallen angel who rebelled against God and was cast out of heaven (John 12:31). Jesus Himself said,

"I saw Satan fall like lightning from heaven" (Luke 10:18).

In Daniel 10, we see spiritual warfare at play when an angel bringing an answer to Daniel was delayed by the "prince of Persia," a demonic power working under Satan's authority.

Though unseen, these spiritual battles are real. Satan's strategy is to deceive and stay hidden, much like a criminal who wears a mask to avoid being caught.

However, as followers of Jesus, we have no reason to fear. God is sovereign, and Jesus has already defeated Satan through His death and resurrection. One day, Satan will be cast into the lake of fire forever (Revelation 20:10). Until then, we stand in the victory Christ has given us, equipped to resist the enemy.

ASK

- *Lord, open my eyes to the reality of spiritual warfare. Help me recognize the enemy's schemes.*

YIELD

God, I thank You for revealing the truth about the enemy. Help me see where he tries to hide and give me the courage to stand firm in Your power. In Jesus' name, Amen.

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DAY 3

Welcome to today's devotion. We have a real enemy who opposes God and His people. But through Jesus, we have victory over him!

PAUSE

Let's take a moment to pray.

God, I pause to remember Your truth. As I inhale, I focus on Your goodness. As I exhale, I release my anxieties and invite Your peace into my day.

REFLECT

John 10:10 reveals Satan's mission: to steal, kill, and destroy. He is like a thief, trying to rob us of our joy and purpose. One tactic he uses is unrealistic world standards—making us chase after appearances, success, or approval. This leaves us exhausted and empty.

Satan also tries to destroy our faith by casting doubts about God's love and faithfulness. He wants to keep us from fully trusting Jesus and prevent others from coming to know Him.

But the good news is that Jesus came to offer abundant life! Unlike Satan, who sows destruction, Jesus gives purpose, joy, and eternal life. By staying close to Him through prayer, Scripture, and fellowship, we can live in the fullness He offers.

ASK

- *Lord, show me where I've allowed the enemy to steal my joy or weaken my faith.*

YIELD

Thank You, Jesus, for the abundant life You give. Help me see where I've let Satan steal from me, and give me strength to live in the joy and freedom You've provided. Amen.

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DAY 4

Welcome to today's devotion. We have a real enemy who opposes God and His people, but we can find victory through Jesus!

PAUSE

Let's take a moment to pray.

God, I pause to remember Your truth. As I inhale, I focus on Your goodness. As I exhale, I release my anxieties and invite Your peace into my day.

REFLECT

As followers of Jesus, we face spiritual battles against the enemy. Satan's tactics are to steal, kill, and destroy our faith, but God has equipped us to overcome. Let's look at four common schemes of Satan and how to resist them:

Deception

Satan twists the truth, tempting us with false ideas and worldly pleasures. Immersing ourselves in Scripture and seeking the Holy Spirit's guidance keeps us grounded in God's truth.

Discouragement

The enemy attacks with doubt and negative thoughts, highlighting our failures and unworthiness. But in Christ, we are new creations—more than conquerors! Remind yourself of God's promises when you feel discouraged.

Division

Satan sows discord among believers to weaken the Church. Fight this by striving for unity and being quick to forgive and seek peace.

Distraction

The busyness of life can pull us away from our relationship with God. Prioritize time with Him through prayer, worship, and devotion to stay centered on what truly matters.

As believers, we don't need to fear the enemy. We serve a powerful God who has already won the victory through Jesus. So, let's stay alert, resist the enemy's schemes, and stand firm in faith, remembering that the battle belongs to the Lord!

ASK

- *Lord, show me where I've allowed the enemy to steal my joy or distract me from Your purpose.*

YIELD

*Father, thank You for equipping me to overcome the enemy.
Help me stand firm in faith, discern lies, and stay focused on You.
In Jesus' name, Amen.*

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DAY 5

Welcome to today's devotion. We have a real enemy who opposes God and His people. He wants more than anything to destroy what God loves, but we don't have to fear him. We find victory through Jesus!

PAUSE

Let's take a moment to pray.

God, I take a moment to pause... to breathe deeply and center myself on Your truth. As I inhale, I focus on Your goodness. As I exhale, I release any anxieties and fears I'm carrying today.

REFLECT

Do you remember playing hide and seek as a child? In the game, everyone hides while one person tries to find them. If someone tries to hide in your spot, they're out of luck—the space is already taken! This reminds me of what it means to belong to Jesus: our lives are already occupied by Him, leaving no room for the enemy to take control.

Some people wonder if believers can be possessed by demons. The answer is no. As followers of Jesus, our bodies belong to God. We are temples of the Holy Spirit, and because He dwells within us, we are protected from being possessed by Satan. Let's look at what Scripture says about our security and protection as believers:

Redeemed and Set Free

When we accept Jesus as our Savior, we are redeemed and set free from Satan's control. Jesus's death and resurrection break the chains of darkness, and we become new creations, no longer under the enemy's power.

Indwelling of the Holy Spirit

The moment we accept Jesus, the Holy Spirit comes to live within us, guiding, empowering, and protecting us. The Holy Spirit is infinitely stronger than any demonic force, acting as a shield against evil.

Authority in Christ

In 1 Corinthians 6:19-20, Paul reminds us that our bodies are temples of the Holy Spirit. We belong to Jesus, who purchased us with His blood, giving Him ultimate authority over our lives. No demonic force can claim power over what belongs to Christ!

Power in the Name of Jesus

In Luke 10:19, Jesus says,

“I have given you authority to overcome all the power of the enemy.”

With the authority of Jesus’s name, we have victory over Satan’s schemes. We can resist his attacks and stand firm, knowing that “the One who is in you is greater than the one who is in the world” (1 John 4:4).

ASK

- *God, would You help me deepen my understanding and experience of the Holy Spirit’s presence within me? Remind me of the power You’ve given me to resist Satan’s attacks.*

YIELD

Father, thank You for the assurance that as a follower of Jesus, I am protected from Satan’s control. Help me to better understand the Holy Spirit’s presence in my life and to live in the confidence of Your protection. Show me areas where I need to surrender and draw me closer to You each day. Thank You for the victory I have in Jesus. In His name, Amen.

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DAY 6

God, I take a moment to pause... to breathe deeply and center myself on Your truth. As I inhale, I focus on Your goodness. As I exhale, I release any anxieties and fears that are weighing on my heart.

PAUSE

Let's take a moment to pray.

God, I take a moment to pause... to breathe deeply and center myself on Your truth. As I inhale, I focus on Your goodness. As I exhale, I release any anxieties and fears I'm carrying today.

REFLECT

RECOGNIZING OPEN DOORS

Paul warns us in Ephesians 4:27,

“Do not give the devil a foothold.”

In other words, don’t give him any opportunity to gain a secure position in your life. Paul originally wrote this in the context of anger, but it applies to every area where sin and disobedience can give Satan room to operate.

Let’s look at a few ways we can unintentionally leave open doors for the enemy:

Unforgiveness

Holding onto bitterness and unforgiveness creates a fertile ground for Satan’s influence. When we refuse to forgive, resentment and strife take root, creating an opening for the enemy.

Sinful Behaviors

Engaging in behaviors like sexual immorality, substance abuse, or consuming pornography leaves us vulnerable to the enemy’s influence. These actions go against God’s design for holiness and righteousness, making us easy targets for spiritual attack.

Destructive Thought Patterns

Allowing negative or destructive thoughts to dominate our minds gives Satan a foothold. When we dwell on self-doubt, fear, or despair, we provide room for him to manipulate our emotions and hinder our spiritual growth.

Neglecting Spiritual Disciplines

When we neglect prayer, Bible study, and other spiritual practices, our defenses weaken. A lack of intentional time spent with God leaves us vulnerable to attacks from the enemy.

CLOSING OPEN DOORS

As believers, we must be vigilant in identifying and closing any doors we've left open for the enemy. Through the power of Jesus and the guidance of the Holy Spirit, we can recognize these areas of vulnerability and take action. By embracing forgiveness, pursuing righteousness, renewing our minds, and remaining rooted in God's Word, we can ensure that Satan finds no space to disrupt our walk with Christ.

ASK

- *God, show me any areas of my life where I've left the door open to the enemy. Help me live a life marked by the victory of Jesus.*
- *Lord, reveal to me where I've allowed sin or neglect to create openings for Satan. Remind me of the power I have in Jesus's name to close these doors.*

YIELD

Father, I come before You, acknowledging that I may have unintentionally opened doors to the enemy through sin. I ask for Your help in closing every one of those doors. Thank You for the power we have through Jesus to overcome Satan's schemes. Grant me discernment to recognize any areas of vulnerability, and help me walk in the freedom and victory that Jesus provides. In His name, Amen.

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DAY 7

Welcome to today's devotion. Over the past week, we've explored the reality of our spiritual battle and the victory we have in Jesus. We have an enemy who wants to harm all that God loves—including His people. But we don't have to fear, because Jesus has given us everything we need to stand firm and walk in freedom.

PAUSE

Let's take a moment to pray.

Lord, I enter prayer by pausing... I take a deep breath and let Your truth settle over me. As I inhale, I focus on Your goodness and faithfulness. As I exhale, I release any anxieties, worries, or fears that are trying to steal my peace.

REFLECT

Brothers and sisters, let us be encouraged to move forward in the power of the Holy Spirit, who dwells within us. Today, let's look back and review what God has been teaching us.

The Reality of the Enemy

We must acknowledge the existence of our spiritual enemy. Satan's goal is to steal, kill, and destroy, and one of his primary tactics is to convince us he isn't real. But we know the truth—Satan is real, and his schemes are designed to disrupt our walk with God. By staying rooted in this knowledge, we remain alert and prepared to resist his attacks.

Oppression vs. Possession

As believers, we cannot be possessed because we belong to Jesus, but Satan can still try to oppress us. He uses deception, discouragement, division, and distraction to hinder our faith. Yet, in Christ, we are more than conquerors. We have the power to resist him and walk in victory because Jesus has already overcome the world.

Closing Doors to the Enemy

We must be diligent in closing any “open doors” in our lives—places where sin or disobedience give Satan access to oppress us. Unrepented sin, bitterness, or neglect of our spiritual disciplines can create footholds for the enemy. Thankfully, we serve a gracious God who forgives and restores. When we confess our sins and turn back to Him, He closes those doors and sets us free.

No Need to Fear

We do not have to fear Satan. As followers of Jesus, we have been bought with His precious blood and are under His authority and care. He is our protector and provider, and we rest in the assurance that the One who is in us is greater than the one who is in the world (1 John 4:4).

The Power of Jesus's Name

The name of Jesus carries power and authority. Through Him, we have the strength to resist the devil and stand firm. Remember, you are not powerless against the enemy. You have been equipped with everything you need to live a life of victory.

ASK

- *Lord, help me walk in the truth that I am more than a conqueror through Jesus Christ and live out the victory You have secured for me.*
- *Father, show me the next steps I can take to grow in everything You have taught me this week.*

YIELD

Thank You, Lord, for the powerful truths You have shared with me this week. I surrender to Your authority and control, knowing that I am bought with a price through Jesus. Help me recognize and close any open doors that might give the enemy a foothold. Fill me with Your Holy Spirit, enabling me to resist his tactics and walk in victory. Guide me to live in the freedom and strength that comes through Jesus. In His mighty name, Amen.