

FREEDOM DEVOTIONAL

OVERCOMING THE ENEMY

AUTHOR

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OVERCOMING THE ENEMY

MEMORY VERSE

Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me.

John 15:4

DAY 1

As we enter this week of devotion, let's embrace the abundant life Jesus offers us. When we choose to abide in Christ, our lives become deeply rooted in His love, peace, and strength.

No matter what the enemy throws our way, we can remain steadfast because of our union with Jesus. He restores what the enemy tries to take, and He fills the void with His power, joy, and truth.

This week, we will focus on living in that union with Christ, trusting Him to guide us into victory. Let's begin today with hearts full of expectation, ready to receive the fullness of His life within us.

PAUSE

Set your phone on silent mode. Find a quiet place where you can focus on God's love. Let's take a moment to pause to release the burdens and cares of our day.

Jesus, I give you everyone and everything. Jesus I give you everyone and everything. I love you Jesus, I love you, I want you. Holy Spirit I consecrate my mind to you. I consecrate my intellectual thinking. Holy Spirit I consecrate my emotions to you. Make my mind and heart a dwelling place of your Presence.

REFLECT

In the chaos of life, have you ever found yourself longing for true peace? That soul-level rest, free from the weariness of striving, fear, and the enemy's lies?

The enemy's schemes aim to steal our peace and joy. But in Christ, we have the power to overcome—not in our strength but through abiding in Him. Today's memory verse invites us to this divine connection:

"Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me." – John 15:4

This verse is a promise. Jesus offers us the chance to remain deeply connected to Him, like a branch to a vine. This union nourishes and sustains us. Abiding in Him creates a safe, life-giving home where we can thrive despite external circumstances.

Take a moment to reflect: What does it mean to “abide” in Christ? What might it look like to live as though Jesus were your home—a place of safety, comfort, and provision?

ASK

Quiet your heart and ask Jesus to meet you in this moment.

- *Jesus, as I sit here with You, would You meet me in this space? I long to be near You.*
- *What does it mean to make my home in You? Would You show me through a picture, word, or thought what it means to truly abide in You?*

Take time to listen to what He is saying. Write down any impressions, Scriptures, or emotions that surface.

YIELD

As you reflect on what Jesus reveals, surrender yourself to His love and guidance.

Jesus, I desire to remain in You. You are my vine, my strength, and my everything. I yield my heart and mind to Your presence, trusting that You alone have overcome the enemy.

Lord, teach me to abide in You daily. Fill the spaces in me that were once occupied by fear, sin, or distraction. Replace them with Your truth, peace, and joy. Help me to live fully in Your abundant life. I trust You to lead me into victory. In Jesus' name, Amen.

BONUS: PRACTICAL APPLICATIONS

FOR WOMEN

Create a “Dwelling Space” at Home

Choose a corner or chair in your home as your special place to abide with Jesus daily. Decorate it with Scripture cards, a cozy blanket, or a journal to make it inviting for prayer and reflection.

Abide Jar

Write down worries or burdens that threaten your peace. Place them in a jar, symbolizing surrender to Jesus. Let this practice remind you to abide in His rest, not your own striving.

Peaceful Walks with Jesus

Go on a prayer walk in nature, asking Jesus to show you how to abide in Him as you reflect on His creation.

FOR MEN

Morning Abiding Routine

Begin each morning by reading John 15:4 and praying for strength to abide in Christ throughout the day. Commit to 10 minutes of quiet prayer or journaling before starting your tasks.

Visual Reminder

Draw or print an image of a vine and branch. Place it somewhere you'll see daily, like your desk or car, as a reminder to stay connected to Jesus.

Teach Someone About Abiding

Share what you're learning about abiding in Christ with a friend, spouse, or child. Teaching reinforces your understanding and helps others grow in their walk with Jesus.

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John 15:4

DAY 2

Yesterday we began looking at abiding with Jesus. Abiding in Jesus takes time, pausing throughout the day, even if for a minute in order to turn our attention to Him. Our greatest offense against the enemy is God's Presence and life within us.

As we abide in Christ and He dwells in us, strength returns and our cup becomes full. We begin to thrive in spite of the past and present situations that the enemy will use to destroy our union and faith in Jesus.

Today, we will discover what abiding in the life-giving vine means.

PAUSE

Set Your phone on silent mode. Find a quiet place where you can focus on God's love. Let's take a moment to pause to release the burdens and cares of our day.

Jesus, I give you everyone and everything. I love you Jesus, I love you, I want you. Holy Spirit I consecrate my mind to you. I consecrate my intellectual thinking. Holy Spirit I consecrate my emotions to you. Make my mind and heart a dwelling place of your Presence.

REFLECT

Jesus makes his home in us the moment we believe that He paid the price to forgive us of our sin. As we continue to abide with Jesus, we receive His power to live fruitful lives.

Jesus prayed for you and me. Let's listen to His prayer as He talks with the Father in John 17:23,

"I am in them and you(Father) are in me. May they experience such perfect unity that the world will know that you sent me and that you love them as much as you love me."

When we remain in Jesus and He remains in us the enemy knows that we are marked with God's Presence. Scripture tells us that God IS LOVE. As Jesus abides in us, our hearts, souls and bodies flow with love. We reproduce His love through our one and only life. That's some good fruit. But there is only one way to reproduce love. We must abide in the vine.

I am curious, do you feel cut off from the vine? Have you limited Jesus' love for you? Have you erected what you may have thought were protective barriers in your life? Perhaps there are places that have an off-limits sign that no one is allowed to touch not even Jesus.

ASK

Let's talk to God and ask for His gentle hand to graciously reveal what we may not be able to see.

- *Father, Jesus, Holy Spirit, I feel cut off from life. I don't know what abundant life really is. Please Lord show me where I am cut off from the vine of Jesus?*
- *Lord, have I erected barriers that have kept your deep abiding love out? If so, please show me or talk to me about these barriers.*

YIELD

As we take this moment to surrender and release in prayer, I am reminded that we all have placed limits on Jesus. It is time to stop believing these toxic thoughts. The enemy wants to limit our understanding and convictions to the fullness of all Jesus longs to be in us and for us. I came across this very honest prayer of confession and repentance by John Eldredge. Let's pray this together.

Jesus, I renounce every limit I have ever placed on You. I renounce every limit I have placed on You in my life. I break all limitations, renounce them, revoke them. Jesus, forgive me for restraining you in my life. I give you full permission to be yourself with me. I ask you for you—the real you. Come and be yourself with me—reveal yourself to me.

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John 15:4

DAY 3

This is day 3 of our final week together. I hope you have found some important truths and practices that will forever help you overcome the enemy. Our greatest weapon against the enemy is our intimate union with Jesus. When the enemy sees who lives within you and that you live in Christ, he knows he is defeated. However it doesn't stop him from lying to you not only about you but more importantly about Jesus. Let's continue to uncover what is ours as a result of dwelling in the vine.

PAUSE

Set your phone on silent mode. Find a quiet place where you can focus on God's love. Let's take a moment to pause to release the burdens and cares of our day.

God, I enter prayer by taking a moment to pause, to breathe deeply and meditate on God's truth, allowing it to travel through my mind, will and emotions. As I slowly inhale I refocus on the goodness and faithfulness of God and exhale I release anxieties, worries and fears that have already entered this day. Jesus, I give you everyone and everything. Jesus I give you everyone and everything. I love you Jesus, I love you, I want you.

REFLECT

The enemy's greatest battle field is our mind and our hearts. He uses both our will and our emotions to interpret our life challenges. In those vulnerable times, he lies about God's love for us. He whispers doubt, suspicion and speculation about whether Jesus really loves us.

As we entertain these, walls go up in an effort to protect ourselves. Barriers or distance in our relationship breaks down our union with Jesus. Union with Jesus is built on growing trust that He loves us. Completely loves us. Let's read the truth about Jesus' real healing love.

Let's take a look at Paul's words about the love of Jesus in Romans 8:38-39 NLT,

"And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons,[a] neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."

We must stand on truth during the times even when our feelings are raw with hurt and doubt. Instead of moving away from Jesus when our hearts ache, let's try moving closer to Him in our heartache.

ASK

- *Are there any walls between you and Jesus? Take a moment, asking Jesus to show you any barriers in your relationship with Him.*

YIELD

Jesus, you said that nothing can separate us from your love. Death, life, angels, demons, fears, worries...nothing can separate us from your love. Today Lord I move closer to you. Please forgive me for erecting a wall that comes between me and You. I renounce the lie, doubt and suspicion that you do not love me or care. I long to be One with you Jesus. Jesus, please heal our union and lead me in that healing. In Jesus name, Amen.

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DAY 4

I hope you have found some important truths and practices that will forever help you overcome the enemy. Our greatest weapon against the enemy is our intimate union with Jesus. When the enemy sees who lives within you and that you live in Christ, he knows he is defeated. However it doesn't stop him from lying to you not only about you but also about Jesus.

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REFLECT

As we reflect on this passage we see that abiding in Jesus is the only successful way to guard against temptation. Abiding or dwelling in Jesus requires something from each of us. We must humble ourselves and submit to God.

At the same time as we submit to God we resist the enemy. There are only two powers in this world. God's power or the enemy's. When we fail to submit to God we are actually submitting to the enemy. James 4:7 says it this way,

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

Abiding in Jesus requires submission to God. We cannot submit to God AND follow the enemy. As we submit to God, humbling ourselves to follow Him, we will also resist and walk away from every temptation. The result is the enemy will flee from you.

We have to ask ourselves some pretty direct questions. What do I refuse to submit to God? Am I choosing to follow my own desires? Or do I humbly place myself in God's hands.

Let's take some time to ask God to search our hearts.

ASK

- *God is there anything in my life that I am holding on to?*
- *Where have I resisted humbling myself to you Lord? Allow God to show you and lead you. Remember God is not bringing condemnation. On the contrary, He longs to pour out grace to us when we humble ourselves and draw near to Jesus.*

YIELD

Lord Jesus, I submit myself to you. Please show me when I am walking in my own way rather than following you and abiding in you. I release everything and everyone to you. I release my mind to you. I consecrate my mind to you, the way I think, what I believe, my emotions, how I interpret events, conversations and moments. I give you my mind, will and emotions. Speak Lord I pray.

Take some time now to humbly listen to God, submitting to Him the things or people you are holding on to.

Jesus forgive me. I repent and renounce my efforts to rely on myself, trusting my own understanding rather than you. Lord I know to do so is to align myself with the enemy. I am sorry Lord, Please forgive me. I draw close to you Lord to listen and follow you. In Jesus name, Amen.

BONUS: PRACTICAL APPLICATIONS

FOR WOMEN

Heart Mapping Exercise

Create a heart map in your journal. Draw a large heart and write inside it the things you've surrendered to God. Around the edges, write the things you still feel hesitant to release. Pray over each item, asking God to help you fully submit these areas to Him.

Daily “Abide” Check-In

Set an alarm to pause and ask, “Am I abiding in Christ right now?” Use this moment to realign with Jesus, whether through a quick prayer, a Scripture reading, or simply thanking Him for His presence.

FOR MEN

Accountability Check

Partner with a trusted friend or mentor to discuss areas where submission to God is a challenge. Encourage one another to resist the enemy and abide in Christ through prayer and Scripture.

Abiding Reminder

Write “Abide in Me” on a sticky note and place it where you'll see it daily—your workspace, car dashboard, or mirror. Let it remind you to stay connected to Jesus in all you do.

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John 15:4

DAY 5

Today we continue in drawing close to God. We remember from John 15:4 that Jesus makes His dwelling place within our hearts. It is in the deep places of our hearts that we find God at work transforming the way we think, what we believe and how we live out each day as a result of His grace and power in us. It is in our union with Jesus that we overcome every evil attack the enemy uses to destroy our hearts, our joy, our hope and our peace.

Let's go remember some truth we learned in the first week of our time together. God created us because He loved us. He didn't desire slaves who would either obey or disobey. He created children whom He loved and has capacity to love in return. We don't have to work at being better people. We simply need to fall in love with God who is a Good Father.

PAUSE

Take a moment to pray.

God, I enter prayer by taking a moment to pause, to breathe deeply and meditate on God's truth, allowing it to travel through my mind, will and emotions. As I slowly inhale I refocus on the goodness and faithfulness of God and exhale I release anxieties, worries and fears that have already entered this day. Jesus, I give you everyone and everything. Jesus I give you everyone and everything. I love you Jesus, I really love you.

REFLECT

James 4:8 ESV

Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.

James 4:8 NLT

Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.

Divided loyalty is the enemy's playground. When the enemy can subtly entice us, our closeness to God is at risk. In these moments we often end up trying to fight against the enemy on our own strength. I promise you, you can't fight him on your own.

Our greatest defense is a great offense of drawing close and staying close to God. You have learned many practices and truths these past weeks. From here on forward, turn your attention to God. Pause throughout your day to release everything and everyone to the one who loves you beyond what you can dream or imagine. Love Jesus. Tell Him you love Him. Consecrate and dedicate your mind to the Holy Spirit.

ASK

- *God will you show me anything that is dividing my loyalty to you?*
- *Jesus, Father, Holy Spirit, Will you reveal to me throughout the day where I have leaned into my own strength rather than drawing close to you?*

Linger here for a moment and allow God to draw close to you, in the depths of your soul. Journal anything God reveals to you.

YIELD

Jesus, Jesus, Jesus I love you. Holy Spirit I consecrate my mind to you. I consecrate my thinking, my emotions, my interpretation of all that happens, my intellect, my creative mind. I dedicate it all to you. I yield to you in every area of my life. Be the Lord of my life as I abide in you and you abide in me. In Jesus name, Amen.

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John 15:4

DAY 6

Today we are going to all what we have experienced to sink into our hearts. Everyday we face an enemy who wants to tear us down. Anxiety, worry, fear, and demonic forces are at work to destroy our faith and put us right back into slavery. But there is hope. Our hope is in Jesus the One who loves us forever. We cannot outrun His love.

PAUSE

Take a moment to pray.

God, I enter prayer by taking a moment to pause, to breathe deeply and meditate on God's truth, allowing it to travel through my mind, will and emotions. As I slowly inhale I refocus on the goodness and faithfulness of God and exhale I release anxieties, worries and fears that have already entered this day. Jesus, I give you everyone and everything. Jesus I give you everyone and everything. I love you Jesus, I really love you.

REFLECT

Vine-ripened fruit is the sweetest, most satisfying fruit one can ever enjoy. There is only one way we can bear vine-ripened fruit. We must remain in the vine.

“Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me.”

Let’s read it again from a different translation.

“Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me.”

Severed from the vine. Think about that for a moment. Branches that are severed from the vine have no nourishment, no water, no life. So many Christians live their life severed from Jesus. Why? Because of the traumatic event that have happened. Those events lead people to believe that God isn’t good, He cannot be trusted. We try to prove God’s goodness by how we define goodness. You get the promotion at work, your kids are doing great, your spouse is great, you have a nice house. Then the unexpected hits you hard. Suddenly you are no longer sure about God’s goodness. Things aren’t turning out the way you thought. Maybe God isn’t good after all. Your fruitful life seems to be more fruitless.

But God graciously invites us to turn from the severed hopes to find out Jesus was there all the time.

ASK

- *God is there any part of my life that is severed from the Vine of Jesus?*

Linger here for a moment and allow God to speak. Journal anything God reveals to you.

YIELD

Jesus I need you and desire you . I want to remain and abide in you, to dwell in you, to be at home in you. Holy Spirit teach me as I consecrate my mind to you. I especially dedicate my emotions of hurt and my interpretation of what happened which caused the hurt. I renounce the lie of the enemy in my life and grab hold of the truth that you are good even when bad things have happened. You are God and you will lead me into greater freedom from heartache. In Jesus name, Amen.

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John 15:4

DAY 7

You've done it! You've walked through 91 quiet moments with the Lord. Just the simple fact that you engaged in this process says so much about you. You have taken this long road in order to embark on your freedom journey.

I have thought a lot about this moment and what I would want to say to you if we were sitting over a cup of coffee. First, I would look you in the eyes and give you a big hug and say, "Well done, my friend" Then I would eagerly listen to your story and all the discoveries you have made with the Lord. Big ones, small ones, whatever the Lord revealed to you.

I would honor the Lord for the gracious and loving journey He took with you. And I would honor you for bravely taking your next step of opening the gift of freedom that Jesus paid such a high price to give to you. You are receiving that gift every day as you plummet the depths and scale the heights of Jesus' infinite love for you.

Let's spend the next few moments simply loving and thanking Jesus, releasing your cares into His all capable hands, and sit in a quiet place with our Father who cherishes you, His precious child.

PAUSE

Take a moment to pray.

God, I enter prayer by taking a moment to pause, to breathe deeply and meditate on God's truth, allowing it to travel through my mind, will and emotions. As I slowly inhale I refocus on the goodness and faithfulness of God and exhale I release anxieties, worries and fears that have already entered this day. Father, Jesus, Holy Spirit I love you. I really love you. Take a moment to love Jesus in your own words.

Jesus, I give you everyone and everything. Jesus I give you everyone and everything. Write down any burdens, desires, dreams, relationships that you are carrying.

Holy Spirit I consecrate my mind to you. I dedicate my intellect and give you my emotions, interpretation of events, my recall and memories, my creativity and imagination. I consecrate and dedicate all that happen in my mind to you Holy Spirit. Please Holy Spirit transform me by renewing my mind. Take your rightful place in my heart and soul. It is Your's.

REFLECT

Listen to Jesus speak His words to you.

“Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me.”

“Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me.”

“Stay united with me, as I will with you — for just as the branch can’t put forth fruit by itself apart from the vine, so you can’t bear fruit apart from me.” CJB

“Live in me. Make your home in me just as I do in you. In the same way that a branch can’t bear grapes by itself but only by being joined to the vine, you can’t bear fruit unless you are joined with me.” The Message

ASK

- *What do you hear, perhaps see or experience as you hear these words of our Beloved Jesus?*

Linger here for a moment and allow God to speak. Journal anything God reveals to you.

YIELD

Father, Jesus, Holy Spirit, as I close out this 13 week journey, help me remember I move forward as a new person walking in freedom. I eagerly look forward and anticipate more to come as we grow closer each day. Thank you Jesus. I love you, I love you, I really and deeply love you. (Tell Jesus in your own words of your love.) In the matchless name of Jesus I pray, Amen.

Well done, friend, well done. Freedom on you looks breathtakingly beautiful and courageously confident. Now fly!