



# Wielding the Sword of the Spirit: Fighting Satan's Lies with Scripture

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## Scripture as a sword

When faced with infertility, it is easy to get caught up in the lies Satan tells us – that we are not enough, that God has abandoned us or that there is no hope in our future. When thoughts like these arise, it is important to call them out for what they are – lies – and replace them with the truth. Ephesians 6:17 calls scripture “the sword of the Spirit”. Earlier on, Ephesians 4:12 says, “Indeed, the word of God is living and effective, sharper than any two-edged sword, penetrating even between soul and spirit, joints and marrow, and able to discern reflections and thoughts of the heart.” So let’s not stand idly by when Satan attacks our faith in God or our self-worth. Instead, let’s arm ourselves with the truth.

## Getting your “weapons” ready

In order to prepare for spiritual battles, it’s not enough to just occasionally read scripture. In order to really be “armed,” we need to spend some intentional time collecting specific verses to have ready next time we feel tempted to despair. Appropriate scripture verses for your “arsenal” can be found simply by typing the topic you are looking for into Google, along with the words “scripture verses” ie: “God’s love scripture verses.” To really make this activity meaningful for you, make sure to address the lies that you struggle with the most. In order to make sure you have your “swords of the Spirit” sharpened and ready for use when you need them, try one or more of the following ideas:

- ★ A chart Using our example and the blank chart we have provided for you, create your own chart of “lies” and “truths”.
- ★ Index cards Write the lie on the front and the truth with corresponding scripture verses on the back. You can place these index cards in a small photo album, or post them on your mirror for easy reference.
- ★ Journal For each lie you struggle with, assign a half a page in your journal and copy down as many scripture verses as you can find that contradict it. Write about how these verses apply to you personally.
- ★ Speech Repeat these verses and truths out loud! Saying things aloud is a great way to commit them to memory.
- ★ Teach One of the best ways to learn something is to teach it to someone else! This could look like texting these verses to a friend, posting them on Instagram, or verbally sharing them with a loved one.

## Example

In the chart below, we have listed several lies that we may tell ourselves or Satan can tempt us to believe. Next to it, we have written the truth, along with a supporting scripture verse.

<b>The lie</b>	<b>Scriptural truths</b>
God has abandoned me.	<b>God is with me.</b> “God is our refuge and strength, an ever-present help in trouble.” (Psalm 46:1)
God doesn’t love me.	<b>God loves me.</b> “O give thanks to the God of heaven, for his steadfast love endures forever.” (Psalm 136:26)
God is working against me.	<b>God wants good things for me.</b> “If you then, who are wicked, know how to give good gifts to your children, how much more will your heavenly Father give good things to those who ask him.” (Matthew 7:11)
No one understands me. I am completely alone.	<b>God knows me intimately.</b> “Are not five sparrows sold for two small coins? Yet not one of them has escaped the notice of God. Even the hairs of your head have all been counted. Do not be afraid. You are worth more than many sparrows.” (Luke 12:6-7)
Nothing good is in my future.	<b>God has good plans for me.</b> “For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope.” (Jeremiah 29:11)
This suffering will never end.	<b>God comforts me.</b> <b>There is hope.</b> <b>There is purpose in this suffering.</b> “The Lord is near to the broken-hearted, and saves the crushed in spirit.” (Psalm 34:18)
I can’t do this anymore.	<b>God gives me strength.</b> <b>I can do this.</b> “I can do all things through him who strengthens me.” (Philippians 4:13)

## Your turn

The lie	Scriptural truths