

W.A.R.

Women at Rest

Retreat

YOUR W.A.R. ARSENAL
GIRL REST!

Weapons to Use in the Fight

YOUR W.A.R. STRATEGIES

#1 - The Polarity Strategy

Know Your Enemies

The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

-John 10:10

Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world. But [d]may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you.

-1 Peter 5:8-10





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The Polarity Strategy

#1 - The Polarity Strategy

Know Your Enemies

What is the enemy using and how is this particular thing/person being used to try and kill you, steal from you, and destroy you? Pull out your notebook/journal and let's be an active participant in our victory!

ONE

What or who has the enemy been using to try and kill you, steal from you, and destroy you?

TWO

How is this attack being used to try and kill you, steal from you, and destroy you?

THREE

Now that you know and understand what this attack or thing you have allowed to creep in are doing to ultimately sabotage you, what are you going to do about it?

FOUR

Find REST! Look for verses that will encourage you and help fight against these attacks.

FIVE

Write these verses out and start committing them to memory and make them personal for your prayer time.

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The Non-Engagement Strategy

#2 - The Non-Engagement Strategy

Don't Be Evil, Choose God!

Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience. **-Hebrews 4:11**

You have a choice so **Choose GOD!**

OVER & OVER & OVER AGAIN!

Write in your notebook everything you will **choose God** over. Start with the things that the enemy is using to sabotage you!

I will **not engage** in unhealthy eating.
I will **CHOOSE GOD!**

Your turn 🕶️

Write each one out!

Challenge

Each day ask yourself...

How diligent am I being in **choosing God** and finding my rest in Him instead of the things, habits, people, and mindsets that are destroying me?

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The Alliance Strategy

#3 - The Alliance Strategy

Get A War Buddy!

Beware, brethren, lest there be in any of you an evil heart of unbelief in departing from the living God; but **exhort one another daily**, while it is called "Today," lest any of you be hardened through the deceitfulness of sin. For we have become partakers of Christ if we hold the beginning of our confidence steadfast to the end, **-Hebrews 3:12-14**

If you don't have a war buddy, now it's time to get one. Make sure you pray and choose well. In you choosing ask yourself these questions.

1. Will this person look out for me?
2. Will this person encourage me to live in the
3. spirit of the flesh?
4. Can I trust this person to give me godly wisdom/advice from a biblical perspective?
5. Can I trust this person to tell me the truth and not just what I want to hear even if I don't like it?
6. Will I do the same and be same for them like I desire for me?