SPIRITUAL WARFARE IS NOT CULTURE WAR

The Forgotten Battlefield

A FREE REFLECTION & JOURNAL COMPANION

TRUTH TO SIT WITH

Spiritual resistance also means telling the truth about the desires and fears taking root within us.

Read alongside: Psalm 139:23-24 | Luke 6:41-42

THREE OPEN QUESTIONS

01 Which desire for control, recognition, or certainty is hardest for me to notice in myself?

02 When have I used a public cause to avoid examining my own heart?

03 What might repentance change in the way I engage conflict this week?

No right answers. Let honesty, patience, and grace lead.

PAUSE / LISTEN / WRITE

Make room for what is true

A CONTEMPLATIVE PRACTICE

Sit in quiet. Notice an impulse to judge someone else. Gently bring your attention to your own fear, anger, or longing. Observe without self-condemnation; remain open to grace.

JOURNAL: WHAT IS RISING TO THE SURFACE?

Take your time. Silence is also a faithful response.