SPIRITUAL WARFARE IS NOT CULTURE WAR

The Ancient Weapons Are Still Available

A FREE REFLECTION & JOURNAL COMPANION

TRUTH TO SIT WITH

Prayer, fasting, confession, hospitality, generosity, and the common table train us to resist false allegiances.

Read alongside: Romans 12:14-21 | Matthew 25:35-40

THREE OPEN QUESTIONS

01 Which spiritual practice might loosen fear, greed, or resentment in me?

02 How could my community practice confession or hospitality in ways that address public harm?

03 What small, sustainable practice of resistance could I begin with others?

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

PAUSE / LISTEN / WRITE

Make room for what is true

A CONTEMPLATIVE PRACTICE

Choose one ancient practice: silence, prayer for an enemy, confession, hospitality, or generosity. Sit with the false allegiance it might loosen. Imagine one concrete way to begin.

JOURNAL: WHAT IS RISING TO THE SURFACE?

Take your time. Silence is also a faithful response.