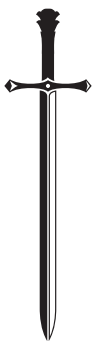

MANUAL *for*
SPIRITUAL
WARFARE



Paul Thigpen



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For Fr. Neil Dhaliwala
and all the faithful spiritual warriors of
St. Luke Catholic Church,
Dahlonega, Georgia

*For our wrestling is not against flesh and blood,
but against the Principalities and the Powers,
against the world rulers of this darkness, against
the spiritual hosts of wickedness on high.*

EPHESIANS 6:12

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HOW TO USE THIS MANUAL

acred Scripture speaks of our ongoing battles with the world, the flesh, and the Devil (see Jas 4:1–7). This book focuses on our struggle with the last of those three adversaries, for several reasons.

First, belief in Satan's existence and activity is today widely dismissed as an outdated superstition. As a result, most Catholics hear very little about him, leaving them unprepared to understand and defeat him. They need to know their Enemy and his strategies.

Second, even among those who recognize the Enemy's activity, few are aware of the resources available to combat him. They need to know their Commander, their comrades, their weapons, and their armor.

Third, though it's true that at times our struggles with the flesh and the world may not be directly provoked by the Devil's interference, still he takes advantage of those struggles and seeks by way of them to establish a stronger presence in our lives. So we need to pay close attention to his movements.

The first part of this book lays out the biblical

and theological foundations for our warfare with the Devil. The second part offers aids for the battle: Church documents, scriptural texts, words and anecdotes from the saints, prayers and hymns, and further resources for study.

The primary purpose of this manual, then, is to help everyday Catholics recognize, resist, and overcome the Enemy's attacks in their own lives and the lives of those for whom they bear responsibility (such as parents have for their children). For this reason, the book is for *private* use, and its prayers are not intended for use in public deliverance ministry. Nor is it intended for use in performing exorcisms, which can be legitimately carried out only by priests.

Our hope is that countless Catholics, and other Christians as well, will find this manual so helpful that they will carry it with them and make frequent use of it. For this reason, the book has been produced in a sturdy, compact edition that allows you to keep it handy and refer to it often.

As you struggle daily with the Enemy of your soul, we encourage you to “fight the good fight of the faith” (1 Tim 6:12). And we stand with you as comrades in the strife, joining our prayers to yours that Our Father in heaven will “lead us not into temptation, but deliver us from the Evil One” (see Mt 6:13).

PAUL THIGPEN, PH.D.
EDITOR, TAN BOOKS



PART ONE

Preparing
For Battle

I

KNOW YOUR ENEMY

Be sober, be watchful! For your adversary the Devil, as a roaring lion, goes about seeking someone to devour. Resist him, steadfast in the faith . . .

I PETER 5:8–9



ike it or not, you are at war.

No matter who you are—whether or not you know it—you have a mortal enemy who wants to destroy you, not just in this life, but in the next.

No matter where you live on this planet—whether or not you can see it—you live on a hotly contested battlefield, and you can't escape the conflict.

It's a spiritual war with crucial consequences in your everyday life. And the outcome of that war will determine your eternal destiny.

The first rule of any type of warfare is to *know your enemy*. How can you fight an adversary you can't identify? Worse yet, how can you avoid being a casualty in a battle going on all around you if you don't even recognize that you're in danger?