

A person is sitting on a rocky ledge, looking out over a city at sunset. The sun is low on the horizon, casting a warm glow over the city and the water. The person is wearing a dark jacket and pants. The city skyline is visible in the background, with a bridge crossing a river. The overall mood is contemplative and peaceful.

CRI ALOUD Official Companion Workbook

Identity Before Biblical Spiritual Warfare

Know who you are in Christ
before facing the battles of life.

**Seven-day guided prayer
and reflection workbook**

*"Nay, in all these things we are more than
conquerors through him that loved us."*

ROMANS 8:37 - KJV

YOUR WORKBOOK

Find your place

Use the guide alongside these pages. Read, reflect, pray and choose one faithful step.

Welcome and daily rhythm / 3

Foundation Who you are in Christ / 4

Personal record What is actually yours / 5

Discernment Test the claim / 6

Biblical response When Scripture convicts you / 8

Day 01 Beloved before the battle / 9

Day 02 Bring your story to the Lord / 11

Day 03 Separate fact from fear / 13

Day 04 Surrender with understanding / 15

Day 05 Boundaries and forgiving hearts / 17

Day 06 Stand in the whole armour / 19

Day 07 Grow, serve and continue / 21

Reflection and continuing prayer / 23

Continue with CRi ALOUD / 25

Each day has a reading and reflection page, followed by a prayer and response page.

WELCOME / HOW TO USE THIS GUIDE

Start with Christ, not fear

A seven-day guided prayer and reflection workbook

This companion brings together biblical discernment, personal reflection and gentle next steps. Its starting point is simple: the believer's identity is grounded in Jesus Christ, not in fear, speculation, the choices of relatives, or another person's accusations.

GUIDING PRINCIPLE

Identity comes before warfare. Truth comes before interpretation. Christ comes before fear.

A SIMPLE DAILY RHYTHM

READ Open the assigned passages in the King James Version of the Bible.

NOTICE Distinguish a fact, an interpretation, and a fear. You do not need to resolve everything immediately.

WRITE Use the lines for honest reflection. Skip anything that feels overwhelming.

PRAY Read the short prayer as written or use your own words.

ACT Choose one practical step toward truth, peace, and service.

A RESPECTFUL REMINDER

Not every dream, painful memory, argument, anxious thought or family history points to spiritual bondage. Scripture calls us to test claims (1 John 4:1) and avoid assigning guilt to others without evidence. Prayer and support from a trusted counsellor, pastor or qualified health professional can complement one another.

This guide is not an exorcism procedure, diagnostic tool, or substitute for medical or mental-health care.

Personal copy: _____

FOUNDATION / 01

Who you are in Christ

Before interpreting a family story, a fear or a spiritual claim, read what the Bible says about the believer. You are not defined by your worst day, your relationship status, or the opinion of another person.

A NEW CREATION

2 Corinthians 5:17 • In Christ, your story is not locked to the past.

ACCEPTED IN THE BELOVED

Ephesians 1:6 • Your acceptance rests in God's grace.

NOT CONDEMNED

Romans 8:1 • Christ invites you out of shame and into truth.

CALLED TO SHOW HIS PRAISES

1 Peter 2:9 • You belong to a people called to serve.

FREE IN CHRIST

John 8:36 • Freedom moves us toward faithful obedience.

KNOWN AND LOVED

1 John 3:1 • You are invited to live as a child of God.

PERSONAL RESPONSE

Which one of these truths is hardest for me to believe today? Why?

PERSONAL RECORD / 02

What is actually yours?

SCRIPTURE ANCHOR

“The son shall not bear the iniquity of the father...” — Ezekiel 18:20 (KJV)

Family history can influence us. But Scripture does not say that another person’s guilt automatically becomes our guilt. Take responsibility for your own choices while refusing blame for decisions that are not yours.

FAMILY / OTHERS’ RECORD

Their choices, beliefs, habits, actions, claims, experiences or misconduct.

MY PERSONAL RECORD

My beliefs, words, choices, commitments, confessions, repairs and responsibilities.

FIVE QUESTIONS FOR HONEST REFLECTION

1. What choices or commitments have I actually made?
2. What belongs to another person’s record rather than mine?
3. What does Scripture clearly say about this concern?
4. Am I responding to verified evidence, fear, or an assumption?
5. What faithful response is mine to make today?

DISCERNMENT / 03

Test the claim before you fight the claim

A troubling explanation may sound spiritually compelling and still be unproven. In Scripture, discernment examines the source, context, evidence and biblical teaching before choosing a response.

THREE BIBLICAL TESTS

Isaiah 8:20 — Compare with Scripture. Acts 17:11 — Search the Scriptures carefully. 1 John 4:1 — Do not believe every spiritual claim without testing it.

CLAIM

What exactly is being asserted?

SOURCE

Who said it, and how would they know?

CONTEXT

What else was happening? What might I be missing?

DISCERNMENT / 03 / CONTINUED

Test the claim before you fight the claim

EVIDENCE

What independent information supports this?

BIBLICAL TEST

What does the passage actually mean in context?

WISE RESPONSE

What is proportionate, safe and loving?

ONE SENTENCE TO REMEMBER

I will not build a spiritual response around a mechanism that Scripture and sound evidence have not established.

BIBLICAL RESPONSE / 04

When Scripture convicts you

God's invitation is honest repentance and faithful living—not endless fear of hidden causes.

01 CONFESS

1 John 1:9 • Bring your own sin plainly to God; receive His promise of forgiveness.

02 FORSAKE

Proverbs 28:13 • Turn away from conduct Scripture exposes, one concrete choice at a time.

03 SUBMIT

James 4:7 • Begin with surrender to God rather than obsession with evil.

04 REPAIR

Matthew 5:23–24 • Where it is appropriate and safe, make restitution or seek peace.

05 CONTINUE

Ephesians 6:10–11 • Stand in the Lord's strength and keep walking in obedience.

REMEMBER

Spiritual strength is not found in obsession with darkness, but in abiding obedience to Jesus Christ.

A SHORT PRAYER

Lord Jesus, show me what belongs to my responsibility, forgive me where I have sinned, and give me strength to respond with truth, repentance, courage and love. Amen.

DAY 01 / 07 / READ AND REFLECT

Beloved before the battle

ANCHOR FOR TODAY

My worth begins with belonging to Christ, not with being chosen by another person.

OPEN YOUR KJV BIBLE

John 1:12; 1 John 3:1; Romans 8:1; Psalm 139:13-18

IDENTITY DECLARATION

I am not defined by another person's acceptance or rejection.

WRITE AND REFLECT

Which comparisons or labels have shaped the way I see myself? What does Scripture say instead?

DAY 01 / 07 / PRAY AND RESPOND

Beloved before the battle

GUIDED PRAYER

Father, thank You for calling me Your child through Jesus Christ. Teach me to receive Your grace rather than live by shame or comparison. Help me see myself truthfully in Your Word. Amen.

ONE FAITHFUL STEP

Write a short declaration beginning, “In Christ, I am ...”

TODAY I AM THANKFUL FOR

DAY 02 / 07 / READ AND REFLECT

Bring your story to the Lord

ANCHOR FOR TODAY

Grief deserves compassion. I can be honest about pain without becoming its prisoner.

OPEN YOUR KJV BIBLE

Psalm 62:8; Psalm 34:18; Matthew 11:28-30; 2 Corinthians 1:3-4

IDENTITY DECLARATION

I am heard by God, even when I do not have all the answers.

WRITE AND REFLECT

What grief or disappointment needs to be named? What comfort or human support would help?

DAY 02 / 07 / PRAY AND RESPOND

Bring your story to the Lord

GUIDED PRAYER

God of all comfort, I bring my losses and questions to You. Help me grieve truthfully and receive wise, caring support. Let Your peace accompany me through this day. Amen.

ONE FAITHFUL STEP

Write a brief letter to God. Pause and reach out for support if your memories feel overwhelming.

TODAY I AM THANKFUL FOR

DAY 03 / 07 / READ AND REFLECT

Separate fact from fear

ANCHOR FOR TODAY

Biblical discernment refuses to confuse an assumption with proven truth.

OPEN YOUR KJV BIBLE

Isaiah 8:20; Acts 17:11; 1 John 4:1; James 1:5

IDENTITY DECLARATION

I can take time to test a claim before acting.

WRITE AND REFLECT

Choose one concern. What do I know for certain? What is still an interpretation or unanswered question?

DAY 03 / 07 / PRAY AND RESPOND

Separate fact from fear

GUIDED PRAYER

Lord, give me a sound mind and a teachable spirit. Help me test claims fairly, refuse accusations without evidence, and seek wisdom from Scripture and trustworthy counsel. Amen.

ONE FAITHFUL STEP

Make two columns in your journal: “What I know” and “What I need to verify.”

TODAY I AM THANKFUL FOR

DAY 04 / 07 / READ AND REFLECT

Surrender with understanding

ANCHOR FOR TODAY

Consecration means trust in God, not pressure to force a particular outcome.

OPEN YOUR KJV BIBLE

Romans 12:1-2; Proverbs 3:5-6; Psalm 25:4-5; James 4:7

IDENTITY DECLARATION

I can be surrendered to God and still make thoughtful decisions.

WRITE AND REFLECT

What expectation am I holding tightly? What values and responsibilities must I honour in a decision?

DAY 04 / 07 / PRAY AND RESPOND

Surrender with understanding

GUIDED PRAYER

Heavenly Father, I place my desires and uncertainties before You. Lead me by Scripture, wisdom and integrity. Teach me patient trust without losing my voice or conscience. Amen.

ONE FAITHFUL STEP

Name one decision that needs patience and one wise person who can help you think it through.

TODAY I AM THANKFUL FOR

DAY 05 / 07 / READ AND REFLECT

Boundaries and forgiving hearts

ANCHOR FOR TODAY

Forgiveness does not require denying harm, abandoning boundaries or rushing reconciliation.

OPEN YOUR KJV BIBLE

Ephesians 4:31-32; Romans 12:18; Proverbs 4:23; Matthew 5:9

IDENTITY DECLARATION

In Christ I can pursue peace without surrendering safety.

WRITE AND REFLECT

What healthy boundary would guard my peace? If reconciliation is possible, what would trust require?

DAY 05 / 07 / PRAY AND RESPOND

Boundaries and forgiving hearts

GUIDED PRAYER

Merciful Father, keep resentment from ruling my heart. Give me courage to speak truth, protect what is vulnerable and practise forgiveness without ignoring wisdom or safety. Amen.

ONE FAITHFUL STEP

Choose one respectful boundary for communication, rest or emotional wellbeing.

TODAY I AM THANKFUL FOR

DAY 06 / 07 / READ AND REFLECT

Stand in the whole armour

ANCHOR FOR TODAY

God calls me to truth, righteousness, faith, salvation, Scripture and persevering prayer.

OPEN YOUR KJV BIBLE

Ephesians 6:10–18; 1 Peter 5:7–9; Luke 10:20

IDENTITY DECLARATION

My joy is rooted in belonging to Christ, not in a battle narrative.

WRITE AND REFLECT

Which part of Paul's armour speaks most clearly to my present situation? What faithful action does it suggest?

DAY 06 / 07 / PRAY AND RESPOND

Stand in the whole armour

GUIDED PRAYER

Lord, strengthen me in Your might. Help me stand in truth, walk in righteousness, trust Your promises, and pray without panic. Fix my eyes upon Jesus rather than fear. Amen.

ONE FAITHFUL STEP

Read Ephesians 6 aloud slowly, then practise one concrete act of truth, faith or peace.

TODAY I AM THANKFUL FOR

DAY 07 / 07 / READ AND REFLECT

Grow, serve and continue

ANCHOR FOR TODAY

God forms His people for good works and the fruit of the Spirit.

OPEN YOUR KJV BIBLE

Galatians 5:22-23; Ephesians 2:10; Micah 6:8; 1 Thessalonians 5:21

IDENTITY DECLARATION

I am called to bear fruit, not to live in constant fear.

WRITE AND REFLECT

What fruit of the Spirit do I most want to cultivate? Who can I serve in a manageable way?

DAY 07 / 07 / PRAY AND RESPOND

Grow, serve and continue

GUIDED PRAYER

*Father, thank You that Your grace continues its work in me.
Guide my mind, my relationships and my service. Help me hold
fast to what is good and grow in Christlike love. Amen.*

ONE FAITHFUL STEP

Choose one kind act of service and one sustainable habit for the coming week.

TODAY I AM THANKFUL FOR

REFLECTION AND CONTINUING PRAYER / 05

My identity before warfare review

1. What does Scripture say about who I am in Christ?

2. Which worry or spiritual explanation needs further testing?

3. What belongs to my own responsibility—and what does not?

REFLECTION AND CONTINUING PRAYER / 05 / CONTINUED

My identity before warfare review

4. Which practices support my wellbeing and spiritual growth?

5. What is my next faithful act of service or obedience?

A CLOSING PRAYER

Father, establish me in Christ. Give me discernment without suspicion, courage without pride, and peace without denial. Make my life fruitful in love and truth. In Jesus' name, amen.

"Finally, my brethren, be strong in the Lord, and in the power of his might." — Ephesians 6:10 (KJV)

FROM
DARKNESS
TO
TRUE
LIGHT

A SAFER
BRIGHTER
TOMORROW



"Your word
is a lamp to my feet
and a light
to my path."

PSALM 119:105

BIBLICAL SPIRITUAL WARFARE • IDENTITY IN CHRIST • PRAYER • RESTORATION

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From Darkness to True Light

Biblical answers. Real questions. A safer tomorrow.

TRUTH
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Truth for today. Hope for tomorrow.

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