

Identity
Before Biblical Spiritual Warfare

Guided lesson and prayer companion

CRi ALOUD

Companion to the lesson and reflection guide by Anthony A. Jones

All Scripture quotations are from the King James Version.

About 30 to 35 minutes of spoken guidance before Bible readings and personal pauses. Allow roughly 75 to 110 minutes self-paced, or work through one section per session.

Begin here

This guide walks you through all seven sections of the reader. Keep your Bible, the reader, and a notebook nearby. You can read the guide yourself or ask someone you trust to read it with you. The purpose is to understand your relationship with God through Jesus Christ and choose one faithful step you can take.

Work through one section at a time. You may finish across several days. There is no need to hurry, and completing every prompt is not a test of your faith.

At each PAUSE, stop reading or pause the recording if this guide is being read aloud. Take as much time as you need. Every pause is voluntary: you may reflect, pray, write, skip the prompt, or stop for the day. Continue only when you are ready. A suggested time is a starting point, not a deadline.

The prayers give you words you may use. Pray only what you honestly mean. You may change the words, pray silently, or simply listen. You do not have to disclose your answers to anyone. If you are uncertain about faith in Christ, you can bring your questions honestly and seek help from a trusted Christian pastor or mature believer.

This is a Scripture and discipleship lesson. It does not diagnose the cause of distress or promise a particular deliverance, feeling, or immediate result. You do not need to produce a physical or emotional response. Spiritual care should respect your choices and can accompany necessary medical, mental-health, legal, emergency, or other qualified professional care.

Your path through the lesson

1. Know whose you are
2. Live in relationship with Christ
3. Stand in what Christ has accomplished
4. Know where authority and power come from
5. Choose willing surrender and participation
6. Put your identity into daily practice
7. Complete your identity work

Opening prayer

> Father, I come to You through Jesus Christ. Help me understand Your Word and respond honestly. Teach me who You are, what Christ has done, and how to walk with You. Give me wisdom about what I need to face and courage to ask for help. Let this time lead me toward truth, love, and faithful obedience. In Jesus' name, amen.

> PAUSE TO BEGIN
> Take a quiet moment. Write one hope or question you are bringing to this study, if you wish. You may skip this prompt. Continue when you are ready.

1 Know whose you are

Read and understand

Begin with section 1 of the reader. Read John 1:1-13, Galatians 3:26-29, and Colossians 1:12-14 in your Bible. Notice who Christ is, how people become God's children, and what the Father has done through His Son.

> PAUSE TO READ
> Allow a few minutes for the passages. Read slowly, or ask someone to read them with you. You may pause this section and return later. Continue when you are ready.

John 1:12 says, "But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name:"

Galatians 3:26 says, "For ye are all the children of God by faith in Christ Jesus."

These passages place your relationship with God in Christ. Receiving Him and believing on His name are central. You are invited to come to the Father through His Son, trusting Christ rather than trying to establish your worth through spiritual performance.

Colossians 1:12-14 gives you more to consider. Paul thanks the Father, who has delivered His people from the power of darkness and brought them into the kingdom of His dear Son. Redemption and forgiveness are found in Christ. Begin your study with what God has done and the relationship He gives His people.

Read the other identity passages in the reader: 2 Corinthians 5:17, Ephesians 2:19, and 1 Peter 2:9-10. They describe new life in Christ, belonging to God's household, and receiving mercy as His people. Read the surrounding verses when you need help understanding the setting. These truths shape how believers approach choices, habits, relationships, and concerns.



Reflect and respond

If you have placed your faith in Christ, write these truths in your own words, with their references: I am God's child through faith in Jesus Christ. I have redemption and forgiveness in Him. I am a new creature in Christ. I belong to God's household and people.

If you are still exploring, write the question you would like to understand instead. There is no benefit in saying something you do not yet mean.

> PAUSE TO WRITE
> Take two to four minutes, or longer. Which truth is clearest to you? Which needs more study? You may skip either question. Continue when you are ready.

Pray in your own words

Father, thank You for making a way to come to You through Jesus Christ. Help me understand and trust Him. Teach me to receive Your forgiveness and live as someone who belongs to You. Bring Your Word to mind as I face my choices today. Help me bring my questions to You honestly. In Jesus' name, amen.

> PAUSE TO PRAY
> Add anything you want to say to God, or sit quietly for a moment. You may skip this pause. When ready, continue to section 2 or stop here for today.

2 Live in relationship with Christ

Read and understand

Read section 2 of the reader, John 15:1-10, and Romans 8:14-16. In John 15, Jesus speaks to His disciples about remaining in Him. In Romans 8, Paul connects life led by the Spirit with belonging to God as His children.

> PAUSE TO READ
> Notice the words about abiding, Christ's words, love, obedience, and God's children. You may take a break or return later. Continue when you are ready.

John 15:5 says, "I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing."

A branch depends on the vine for life. Jesus uses this picture to teach His disciples their dependence on Him. Abiding means remaining in Christ, receiving His words, and continuing in His love and commandments. Prayer and obedience belong within that relationship.

Make room to read Scripture, speak honestly to the Father through Jesus Christ, and obey what you understand. Ask the Holy Spirit to teach and strengthen you. A simple practice you can continue is useful: read a passage carefully, consider its meaning, pray about it, and choose a faithful response.

The reader also connects spiritual responsibility with discipleship. As you grow, seek understanding of Scripture, humility, and love for the people you serve. Stay connected to mature believers who respect your choices and can help you learn. Their support can help you ask questions, recognise mistakes, and continue when life is difficult.



Reflect and respond

What would making room for Christ look like in an ordinary day? Choose a realistic time and place for Scripture and prayer. Then name one instruction from Scripture that you already understand and can practise. You do not have to solve everything at once.

> PAUSE TO PLAN
> Take two to four minutes. Complete these sentences in your notebook: "I can make time for Scripture and prayer at..." and "One step of obedience I understand is..." If useful, add the name of a trusted believer you could ask for support. You may skip any prompt. Continue when you are ready.

Pray in your own words

Lord Jesus, teach me to abide in You. Help me receive Your words and walk in Your love. Holy Spirit, teach and strengthen me as I read and obey Scripture. Give me humility to receive wise help and love for the people around me. Help me return to You when I become distracted. In Jesus' name, amen.

> PAUSE TO PRAY
> Bring your plan and any difficulty with it to God. Take the time you need, or skip this pause. Continue to section 3 when ready, or stop here for today.

3 Stand in what Christ has accomplished

Read and understand

Read section 3 of the reader and Colossians 2:13-15. Keep the verses together. Paul connects being made alive with Christ, forgiveness, the cross, and Christ's triumph.

Colossians 2:15 says, "And having spoiled principalities and powers, he made a shew of them openly, triumphing over them in it."

Your confidence begins with Christ's accomplished work. When you bring sin to God, you come to the Saviour who gives forgiveness. When you face temptation or fear, you can turn to Him for help. The cross directs your attention to Christ and what He has done.

Now read Hebrews 2:14-18. The Son shared our humanity. The passage connects His death with defeating the devil and delivering those held in bondage through fear of death. It also describes Him as a merciful and faithful High Priest who helps those who are tempted.

Hebrews 2:14 says, "Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil;"

Keep reading through verse 18 so you hear both His victory and His help. You can bring your present need to Him. Continuing struggle is a reason to seek His help and appropriate support; it is not a basis for someone to shame you.

Finally, read Psalm 110:1-3 alongside Matthew 22:41-46. Jesus draws attention to David calling the Messiah his Lord. The Christian reading of this psalm places Christ's reign at the centre.

Psalm 110:2 says, "The LORD shall send the rod of thy strength out of Zion: rule thou in the midst of thine enemies."

You approach spiritual warfare as Christ's disciple, under His rule. Trust His victory and obey His direction. His reign does not give you permission to dominate another person or make promises about an outcome God has not specified.

> PAUSE TO READ AGAIN
> Return to any of these passages you need more time with. Ask what each says about Christ before applying it to yourself. You may leave a question for later study. Continue when you are ready.

Reflect and pray

What are you relying on Christ for today? Write one present concern and one truth about Him from these passages. Keep your answer simple and honest.

> PAUSE TO WRITE
> Take two to four minutes, or skip the prompt. Continue when you are ready.

Lord Jesus, thank You for Your death, Your victory, and Your mercy. I bring my need to You. Help me trust Your accomplished work and receive Your help in temptation. Teach me to live under Your rule with humility. Give me courage to take the next faithful step. In Your name, amen.

> PAUSE TO PRAY
> Speak to Christ about your concern in your own words, or rest quietly. You may skip this pause. Continue to section 4 when ready, or stop here for today.

4 Know where authority and power come from

Read and understand

Read section 4 of the reader and Matthew 12:22-29. Jesus answers an accusation about the source of His power. He identifies the Spirit of God and the presence of God's kingdom.

Matthew 12:28 says, "But if I cast out devils by the Spirit of God, then the kingdom of God is come unto you."

Deliverance belongs to God's work. Christ's servants depend on Him and His Spirit. This calls for humility, truthful speech, and patient care for people.

Read Mark 16:15-20 in the KJV. Keep the signs within the passage's commission to preach the gospel and its account of the Lord working with His messengers.

Mark 16:17 says, "And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues;"

The words "In my name" direct attention to Jesus. His servants act under His authority and depend on His work. Saying His name is not a technique for controlling God or another person. Do not test these passages by handling dangerous animals, drinking harmful substances, or abandoning necessary care.

Now read Luke 10:17-20. The seventy return from the work Jesus sent them to do. They say that the devils are subject to them through His name.

Luke 10:19 says, "Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you."

Notice the giver: Jesus says, "I give unto you." Read His next words too. Luke 10:20 says, "Notwithstanding in this rejoice not, that the spirits are subject unto you; but rather rejoice, because your names are written in heaven."

Jesus directs their deepest joy toward belonging to God. Read Luke 21:12-19 as well: He also prepares His disciples for trials and persecution. Trust His care without turning Luke 10 into a blanket promise that believers will never suffer.

> PAUSE TO READ
> Take the time you need for the passages. Notice who gives authority, whose name is central, and where Jesus places His disciples' joy. You may pause the lesson and return later. Continue when you are ready.



Reflect and pray

How would dependence on Christ shape the way you receive prayer or support someone else? Consider patience, permission, honest words, and respect for the person's choices. You do not need to identify spirits or explain the cause of someone's suffering to practise these things.

> PAUSE TO REFLECT
> Take one to three minutes. Write one way you want to depend on Christ and one way you can show patient care. You may skip either prompt. Continue when you are ready.

Father, thank You that Your work comes from You. Keep my attention on Jesus Christ. Teach me to rely on Your Spirit and serve under Christ's authority with humility. Guard me from pride and careless promises. Help me rejoice in belonging to You and treat others with patience and love. In Jesus' name, amen.

> PAUSE TO PRAY
> Add your own words, or skip this pause. Continue to section 5 when you are ready, or stop here for today.

5 Choose willing surrender and participation

Read and understand

Read section 5 of the reader, James 4:6-10, and Psalm 110:3. James places submission and resistance within humility, repentance, drawing near to God, and a cleansed heart.

James 4:7 says, "Submit yourselves therefore to God. Resist the devil, and he will flee from you."

Begin by placing yourself under God's authority. Bring Him what needs to change, receive His forgiveness, and act on His Word. The willing response described in Psalm 110:3 belongs to the King's people. Your response should be honest and freely given.

If someone is praying with you, you can ask what they intend to do, decline a practice, pause, or stop. You do not owe anyone private details as proof of willingness. Those ministering should explain their actions and respect your choice. Your pace and difficulties must not be used to measure God's love for you or blame you for struggling.

The reader offers five practical responses. Read each passage as you consider its meaning.

First, confess your sin to God and receive His promised forgiveness. Read 1 John 1:9. Be honest about your own choices. You do not have to confess harm someone else did to you as though it were your sin.

Second, turn from the conduct you have confessed. Read Proverbs 28:13. Consider a practical change that supports repentance, such as ending a dishonest practice or seeking accountability for a harmful habit.

Third, surrender a commitment or practice that competes with allegiance to Christ. Read 1 Thessalonians 1:9. Bring a clear, present concern to God. You do not need to search for hidden causes or force yourself to recover memories.

Fourth, seek an honest repair where your actions harmed someone. Read Matthew 5:23-24. Consider what repair requires, including wise counsel. Do not use this prompt to put yourself or another person in danger, cross a protective boundary, or make unwanted contact.

Fifth, continue in prayer and obedience. Return to James 4:7-8. Ask for help where you need it and keep walking with God.

> PAUSE TO READ AND CONSIDER
> Take as long as you need for these passages. You may work with one response today and return to the others later. Continue when you are ready.

Reflect and pray

Name one belief, habit, attitude, relationship pattern, or competing commitment that you understand needs to come under Christ's authority. Then name the help you need and a safe next step. Keep your writing private if you wish.

> PAUSE TO WRITE
> Allow three to five minutes, or more. You may skip the prompt or stop for today. Continue only when you are ready.

Father, I place myself under Your authority. I confess the sin I understand and ask for Your forgiveness through Jesus Christ. Help me turn from what is wrong and follow Your Word. Give me wisdom to make honest repairs safely and courage to ask for help. Strengthen me to resist evil and continue in obedience. In Jesus' name, amen.

> PAUSE TO PRAY
> Bring the specific concern to God in your own words if you choose. You may skip this pause. Continue to section 6 when ready, or stop here for today.

6 Put your identity into daily practice

Read and understand

Read section 6 of the reader and Ephesians 6:10-18. Paul addresses believers and tells them to stand in the strength the Lord supplies.

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

The passage describes the whole armour of God and continues into prayer for all the saints. It gives practical direction for standing faithfully. Because Paul says our struggle is not against flesh and blood, do not turn people into spiritual targets. Follow Christ in how you treat them.

> PAUSE TO READ
> Read through the full passage. Notice each part of the armour and the place of persevering prayer. You may return later if you need a break. Continue when you are ready.

Truth: Receive God's Word and practise honesty. Ask whether there is a decision or conversation where you need to tell the truth or correct an error.

Righteousness: Follow what is right before God in the situation facing you. Consider the next honest, just, or loving action you can take.

The gospel of peace: Stay rooted in the good news of Jesus Christ. Be ready to share Him and serve others. Let the gospel shape the way you speak and respond.

Faith: Trust God's character and promises when fear, accusation, or temptation presses on you. Return to what Scripture actually says. Distressing thoughts or emotions do not by themselves tell you their cause.

Salvation: Remember the Saviour to whom you belong and the hope He gives. Let what you learned about Christ guide you as you face the day.

The Word of God: Read, learn, and apply Scripture. Keep verses in context. Choose a passage from this lesson to revisit as you resist temptation and obey Christ.

Prayer: Pray in dependence on the Spirit, with perseverance and concern for other believers. Bring ordinary needs to God and remember someone you can encourage or serve.

These practices belong in daily life. You can begin with a small, concrete action today and continue tomorrow. If you fall short, return honestly to God, receive correction, and seek help to keep growing.

Reflect and respond

Choose one action from the areas above. Be specific enough that you will know what to do: set aside time for a passage, correct an untruth, step away from a harmful habit, pray for someone, or offer practical help.

> PAUSE TO PLAN
> Take two to four minutes. Write: "My next step is… I will take it… The support I need is…" Choose a time that is realistic. You may skip the prompt. Continue when you are ready.

Pray in your own words

Lord, strengthen me in Your power. Teach me to walk in truth and righteousness, stay rooted in the gospel of peace, trust You in faith, remember Your salvation, and apply Your Word. Help me persevere in prayer and care for other believers. Guide the next step I have chosen. In Jesus' name, amen.

> PAUSE TO PRAY
> Pray about your step and, if you wish, for someone else. You may skip this pause. Continue to the final section when ready, or stop here for today.

7 Complete your identity work

Bring the lesson together

Open section 7 of the reader. Take one page, or as much space as you need, and answer the six questions below in your own words. Keep your Bible open. You may use the notes you have already written. There is no need for polished answers or private details you do not want to record.

You can finish one question and return to the others another day. This page is a place to gather what you are learning and identify a faithful next step.

Who do I belong to

Have I received Jesus Christ and placed my faith in Him? What do John 1:12 and Galatians 3:26 teach me about my relationship with God?

Write what you understand and any question you still need help with. If it reflects your faith, you may begin, "I belong to God through Jesus Christ..."

> PAUSE TO WRITE
> Take two to four minutes, or longer. You may skip this question. Continue when you are ready.

What has Christ done for me

Read Colossians 1:13-14, Colossians 2:13-15, and Hebrews 2:14-18. Write what you are trusting Christ for and what His work means for your present need.

Name something these passages teach about His redemption, forgiveness, victory, or help. Let the passage guide what you write.

> PAUSE TO WRITE
> Take two to four minutes, or longer. You may skip this question. Continue when you are ready.

Whose authority and power will I rely on

Read Matthew 12:28, Mark 16:17, and Luke 10:17-20 in their settings. Whose power and name do Christ's servants rely on? How will this guide your response?

Consider what depending on Christ looks like in prayer and in the way you treat people. Remember where Jesus places His disciples' deepest joy.

> PAUSE TO WRITE
> Take two to four minutes, or longer. You may skip this question. Continue when you are ready.

How will I remain close to Him

Read John 15:1-10. What time will you set aside for Scripture and prayer? What does abiding in Christ require in your life today?

Write a realistic plan. Include one way to receive Christ's words and act on what you understand. You may also name someone you can ask for wise support.

> PAUSE TO WRITE
> Take two to four minutes, or longer. You may skip this question. Continue when you are ready.

What am I willing to surrender

Read James 4:6-10. Name the belief, habit, attitude, relationship pattern, or competing commitment you need to bring under Christ's authority. Be honest about where you need help.

Write only what you understand and freely choose to bring to God. You may leave sensitive details off the page and speak about them privately with someone trustworthy.

> PAUSE TO WRITE
> Take two to four minutes, or longer. You may skip this question or stop for today. Continue only when you are ready.

What will I do next

Read Ephesians 6:10-18. Choose one concrete step of obedience or service. Write when you will take it and, if useful, who you will ask to support you.

Keep the step small enough to begin and clear enough to follow. If your next step needs guidance, asking a trustworthy person for help can be the step you choose.

> PAUSE TO WRITE
> Take two to four minutes, or longer. You may skip this question. Continue when you are ready.

Closing prayer

> Father, thank You for receiving those who come to You through Jesus Christ. Thank You for His redemption, forgiveness, victory, and help. Teach me to live as Your child, remain close to Christ, and depend on Your Spirit. I bring You what I understand needs to change. Give me grace to respond willingly and wisdom to seek help where I need it. Strengthen me to practise Your Word, love others, and take the next faithful step. Keep teaching me as I continue in worship, prayer, fellowship, service, and witness. In Jesus' name, amen.

> PAUSE TO CLOSE
> Take a final quiet moment, or skip this pause. Read your chosen next step once more. You may mark where you want to return, close your notebook, and finish for today.

Return to your identity page as you grow. You can revise what you have written as you understand Scripture more clearly. Stay connected to mature believers, continue with necessary professional care, and take the next step at a pace that allows honest participation.

Notes for reading this guide aloud

These notes are for a reader or future recording and are not part of the spoken lesson.

Read the teaching and prayers warmly and without pressure. Speak Bible references clearly, including chapter and verse numbers. The short passages in quotation marks are Scripture; the surrounding explanation and prayers are not additional Scripture.

Read each pause instruction aloud, then stop. If reading with someone, wait for their permission to continue. Never fill the pause with demands for disclosure or a particular response. If recording later, keep chapters separate and tell the listener to pause playback. If used in an app later, provide Pause, Continue, Skip, and Stop controls and wait for the person's choice. No timed cue should force a learner to move on.

Suggested reflection times may be extended or ignored. Longer Bible readings are taken from the learner's Bible during the reading pauses; their full text is not included in this script. Keep all seven sections and the six final questions available so someone can return to unfinished work.

Do not interpret silence, tears, bodily sensations, hesitation, or an unfinished exercise as evidence of a spiritual condition. Ask whether the person wants to continue. Honour their answer.

Scripture and source note

This companion follows the seven sections of Identity Before Biblical Spiritual Warfare, the CRi ALOUD lesson and reflection guide by Anthony A. Jones. Scripture quotations are KJV. Read each passage in its biblical setting; the companion's explanations are teaching and application.

Read the KJV passages online at Bible Gateway: John 1:12; John 15:1-10; Colossians 2:13-15; Hebrews 2:14-18; Matthew 12:22-29; Mark 16:15-20; Luke 10:17-20; James 4:6-10; Ephesians 6:10-18.

FROM DARKNESS TO TRUE LIGHT

A SAFER BRIGHTER TOMORROW

CRi ALOUD

BIBLICAL SPIRITUAL WARFARE • IDENTITY IN CHRIST • PRAYER • RESTORATION

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

PSALM 119:105

Continue with CRi ALOUD

TRUTH
FREEDOM
RESTORATION
A MORE ABUNDANT LIFE

From Darkness to True Light

Biblical answers. Real questions. A safer tomorrow.

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Truth • Freedom • Restoration

Truth for today. Hope for tomorrow.