You might ask, “Can a believer really be bound by the enemy?” The answer is yes a believer can experience bondage. But then you may wonder, “If a believer can be bound, what was the purpose of Jesus’ work on the cross? Didn’t He set us free completely?”

The redemption Christ accomplished on the cross (cf. Romans 8:1 NIV) means that no believer stands condemned spiritually:

> “Therefore, there is now no condemnation for those who are in Christ Jesus.”

However, this freedom in Christ does not always immediately translate into freedom in every area of the believer’s daily experience. Spiritual growth and maturity involve learning to walk in that freedom and resist the enemy’s attempts to bring bondage (Ephesians 6:10-18).

Spiritually, no believer’s inner person (spirit) can be held captive:

2 Corinthians 5:17 (NIV):

> "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"
> *This means believers are fundamentally free from spiritual slavery because their identity is now in Christ.*

Jesus' mission was to set the captives free:
Luke 4:18 (NIV):

> "He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind..."

Believers who have repented, been baptized, and received the Holy Spirit (Acts 2:38) share this freedom at their core.

Yet, Satan still can hinder or limit believers externally.

Paul said:
1 Thessalonians 2:18 (NIV):

> "For we wanted to come to you certainly I, Paul, did, again and again but Satan blocked our way."

This is an example of external hindrance, not spiritual imprisonment.

Peter's imprisonment illustrates how the enemy attacks believers externally:

Acts 12:4-9 (NIV) describes how Peter was bound with chains, guarded, had prison clothes, and was without shoes all signs of imprisonment.

Three areas the enemy targets:Hands (Prayer life)

Hands symbolize our ability to pray, fast, and spiritually fight.

Ephesians

> *6:18 (NIV) exhorts believers to* "pray in the Spirit on all

> occasions with all kinds of prayers and requests.”

When our hands (prayer life) are bound,spiritual power is limited.When the early church prayed earnestly for Peter, God freed him:

Acts 12:5-7 (NIV)

> *recounts that while Peter was chained,* “the church was earnestly praying to God for him.” *The chains fell off after the angel’s intervention.*

Likewise, Paul and Silas prayed and sang in prison, leading to their release:
Acts 16:25-26 (NIV):

> “About midnight Paul and Silas were praying and singing hymns to God… Suddenly there was such a violent earthquake… that the prison was shaken… and all the

> prisoners’ chains came loose.”

Garments (Righteous living)
Garments represent righteous deeds and holy living:

> *Revelation 19:8 (NIV):* “Fine linen, bright and clean, was given her to wear.” The fine linen stands for the righteous acts of God’s holy people.”

Without holiness (Hebrews 12:14), it’s difficult to resist the enemy. Sin gives the devil a foothold (Ephesians 4:27). A believer living in disobedience weakens their testimony and spiritual authority.

Feet (Readiness to share the Gospel)

Feet symbolize our readiness to spread the gospel and stand firm

in faith:

Ephesians 6:15 (NIV):

> “And with your feet fitted with the readiness that comes from the gospel of peace.”

The enemy tries to distract believers from their mission with worldly pleasures (1 John 2:15-16) and busyness, which can cause them to lose focus and become fruitless.

Summary and Application:Hands: Keep your prayer life strong to break chains (spiritual bondage).Garments: Pursue holiness and righteous living to maintain spiritual authority.Feet: Be ready and willing to share the gospel despite distractions.

When believers live this way, they walk in the freedom Christ purchased, resisting and overcoming the enemy both inside and outside.

Encouragement:

Don’t let the enemy bind you. Build a lifestyle of daily prayer, holy living, and readiness to serve God. God has already won the ultimate victory for you (Colossians 2:15).

May God richly bless you.

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