Spiritual warfare is a reality for every believer, and the foundation for victory in this battle is learning to “refuse” the enemy’s influence. This refusal begins in the heart where faith and conviction reside and is then spoken out through the mouth, giving life to your faith.

The heart and the mouth work together to shape your spiritual reality. When you acknowledge your weaknesses, you give the enemy legal ground to operate in your life. Conversely, when you confess your strength in Christ, you activate God’s power over your circumstances.

The Bible clearly teaches that the power of life and death lies in the tongue:

Proverbs 18:21 (NKJV)

> *“Death and life are in the power of the tongue,*
> *And those who love it will eat its fruit.”*

This means our words have real spiritual impact. This principle also underlies salvation: first, you must believe with your heart, and second, confess with your mouth.

Romans 10:9-10 (NKJV)

> *“That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.*
> *For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.”*

Thus, the battle starts internally your heart must align with God’s truth and is then reinforced externally through spoken faith. The enemy targets this dynamic, so in prayer and daily life, you must consistently refuse the devil’s lies and attacks, both in your heart and out loud.

What does it look like to refuse in spiritual warfare?Refuse sinDeclare your freedom from its grip, and it will lose power over you (Romans 6:14).Refuse fear and doubt These are tactics of the devil (1 John 4:18), so reject them by faith.Refuse weakness and anxiety Jesus offers strength and peace; refuse the enemy’s lies that you are powerless (Philippians 4:6-7).Refuse sickness and disease Jesus bore our sicknesses (Isaiah 53:5), so refuse the enemy’s attacks on your health.Refuse problems and troubles Declare God’s protection and provision over your life (Psalm 91).Refuse the devil’s plans and curses Break every assignment of the enemy spoken over you (Galatians 3:13).Refuse all evil names or labels Reject identities tied to your past or the enemy’s lies, because names carry spiritual significance (1 Samuel 25:25).

If you have a past life that involved sin or harmful identities, now that you are saved, renounce those names and the spirits attached to them. For example, if you once lived in sin or were labeled a thief, a thug, or any other negative term, refuse those titles in Jesus’ name.

The Bible gives us a powerful example in Moses, who “refused” to be known by an identity that did not reflect God’s purpose for him.

Hebrews 11:24-26 (NKJV)

> *“By faith Moses, when he became of age, refused to be called the son of Pharaoh’s daughter,*
> *choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin,*
> *esteeming the reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward.”*

Moses understood that continuing to identify with Pharaoh’s household meant embracing pride, idolatry, and evil. He chose

instead to identify with God’s people, a decision that shaped his destiny and faith walk.

Today, many believers still cling to old, ungodly names or identities whether nicknames or cultural labels that don’t reflect who God has made them. It is essential to refuse these names with your mouth and demonstrate the change in your life. Refusing with your mouth but not changing your lifestyle or attitude renders the refusal ineffective.

Final encouragement

The victory in spiritual warfare is yours through faith-filled refusal starting in your heart and declared by your mouth. As you consistently refuse the devil’s lies and claims on your life, you position yourself to walk in the fullness of God’s promises.

May the Lord bless you.

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