Many believers wonder why they struggle to see God’s blessings manifested in their lives—spiritually or physically—even though the Bible says we are already blessed. This teaching explores the spiritual principle of receiving what God has already provided and the spiritual warfare required to walk in those blessings.

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1. You Were Already Blessed in Christ

> *Ephesians 1:3 (NIV):*
> “Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.”

Paul tells us that believers have already been blessed—past tense—with every spiritual blessing. These blessings are located “in the heavenly realms” and are made available “in Christ.” This means that when Jesus died and rose again, every spiritual blessing was secured for those who are in Him.

This includes:

- Salvation (Titus 3:5)

- Righteousness (2 Corinthians 5:21)
- Peace with God (Romans 5:1)
- Adoption as sons and daughters (Romans 8:15)
- Access to God’s presence (Hebrews 4:16)

These blessings were not given at our birth, or when we first believed—they were made available through Christ’s finished work at the cross, over 2,000 years ago.

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2. If We Are Already Blessed, Why Don’t We Experience It?

Even though blessings were released at the cross, we often fail to experience them. Why? Spiritual resistance.

> *Daniel 10:12–13 (NIV):*
> “Then he continued, ‘Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them. But the prince of the Persian kingdom resisted me twenty-one days…’”

This passage reveals how spiritual resistance in the unseen realm can delay or hinder the manifestation of God’s answers and blessings. Similarly, Satan and his forces actively oppose us from receiving what God has freely given.

Jesus confirms this in

John 10:10 (NIV):

> “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

Satan is not preventing God from giving—God already has. The enemy’s strategy is to steal, delay, or block us from receiving.

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3. Fighting to Receive What’s Already Yours

Just like a schoolchild whose parent has sent money, but a dishonest messenger intercepts it—the problem isn’t the sender, but the delivery. In the same way, the blessings are released, but

we must engage spiritually to receive them.

THREE SPIRITUAL WEAPONS TO BREAK THROUGH BLOCKAGES

A. Prayer (Especially With Fasting)

> *Ephesians 6:18 (NIV):*
> “And pray in the Spirit on all occasions with all kinds of prayers and requests…”

Matthew 17:21 (KJV):

> “However, this kind does not go out except by prayer and fasting.” *(This verse is found in some manuscripts and remains doctrinally relevant.)*

Prayer activates God’s power. Fasting sharpens your spiritual senses. Combined, they tear down spiritual strongholds.

B. The Word of God

> *Hebrews 4:12 (NIV):*
> “For the word of God is alive and active. Sharper than any double-edged sword…”

The Word is your offensive weapon in spiritual warfare (see Ephesians 6:17). But it must be more than memory verses—it must be revelation. Studying entire books of the Bible, with the Holy Spirit’s guidance, brings depth and discernment.

> *Colossians 3:16 (NIV):*
> “Let the message of Christ dwell among you richly…”

C. Holiness

> *Hebrews 12:14 (NIV):*

> “Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.”

Holiness is not optional—it’s a weapon. Living a pure and obedient life repels demonic interference and aligns you with God’s purposes. Sin, on the other hand, creates legal ground for the enemy to operate.

WHAT ARE THESE BLESSINGS?

Spiritual Blessings (Galatians 5:22–23, NIV):

- *“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.”*

These are inward evidences of a life in Christ and are far more valuable than material gain.

Physical Blessings:

These include all your needs being met—provision, health, favor, opportunities.

> *Philippians 4:19 (NIV):*
> "And my God will meet all your needs according to the riches of his glory in Christ Jesus."

3 John 1:2 (NIV):

> "Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."

STAYING IN THE FIGHT

Even after receiving Jesus and beginning to walk in these truths, the battle continues. Why? Because the enemy will try to steal what was once withheld.

> *1 Peter 5:8–9 (NIV):*
> "Be alert and of sober mind. Your enemy the devil prowls

> around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith...”

Christianity is not a passive religion—it is a daily spiritual battle. But it is a battle we are empowered to win.

Romans 8:37 (NIV):

> “No, in all these things we are more than conquerors through him who loved us.”

We are not just survivors—we are more than conquerors through Jesus Christ.

Conclusion & Call to Action

If you’re not walking in the fullness of God’s blessings, it’s time to:

- Reignite your prayer life

- Immerse yourself in the Word of God
- Pursue holiness in all areas

Don’t complain that God hasn’t blessed you—He already has. The question is: are you willing to fight for what’s yours?

Share this message with others. Let them know: the doors of blessing are already open—it’s time to step through.

The Lord bless you and keep you.

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