

The background of the entire image is a camouflage pattern in shades of green and brown. A horizontal wooden-textured banner is positioned in the upper half of the image, containing the main title. Another wooden-textured banner is at the bottom, containing the author's name.

FIT FOR THE BATTLE AT HAND **BTWF SPIRITUAL WARFARE SERIES**

BISHOP CALVIN SCOTT, PhD

10 Finally, my brethren, be strong in the Lord, and in the power of his might.

11 Put on the whole armor of God, that ye may be able to stand against the wiles of the devil.

Ephesians 6:10-11, NKJV

Session 2:

"Overcoming Vicious Cycles"

Vicious Cycle (n)

A situation in which the apparent solution of one problem in a chain of circumstances creates a new problem and increases the difficulty of solving the original problem.

*"Vicious cycles become
entrenched in the thought-life of
a victim through repetition."*

Dr. Mark Johnson

The Three Most Frequent Vicious Cycles
The Enemy Exploits:

- 1. I'm Vulnerable*
- 2. I'm Powerless*
- 3. I'm Alone*

I'm Vulnerable

When we have an underlying belief that we are at risk of further injury—emotionally or physically—fear of our vulnerability dominates our lives.

I'm Powerless

*When we come to believe that
we are powerless, learned
helplessness sets in.*

I'm Alone

As survivors of abuse and neglect, we learn very early in life that other people are not emotionally available.

*We come to the conclusion—either
consciously or unconsciously, and
always in silence—that we can't
count on anyone.*

*That He would grant you, according to
the riches of His glory, to be
strengthened with might through His
Spirit in the inner man.
Ephesians 3:16, NKJV*

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

2 Timothy 1:7, NKJV

*1 The word which came to Jeremiah
from the Lord, saying:*

*2 "Arise and go down to the potter's
house, and there I will cause you to
hear My words."*

Jeremiah 18:1-2, NKJV

*3 Then I went down to the potter's house,
and there he was, making something at the
wheel.*

*4 And the vessel that he made of clay was
marred in the hand of the potter; so he made
it again into another vessel, as it seemed
good to the potter to make.*

Jeremiah 18:3-4, NKJV