



FIT FOR THE BATTLE AT HAND  
BTWF SPIRITUAL WARFARE SERIES

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*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*