

D-LIFE BOOT CAMP

Training for a lifestyle
of discipleship.



Keeping it Real
CHRISTIAN FELLOWSHIP

Pastor Dale L. Crawley Sr.

"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." Matthew 28:19-20

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Spiritual Warfare: “Don’t Give the Enemy a Seat at Your Table”

Key Scripture: Psalm 23:5 — *“You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over.”*

Introduction

Spiritual warfare is real. It is not always about visible battles or dramatic encounters—it often happens quietly in the mind and heart. The enemy’s goal is to plant thoughts that steal your peace, distort your identity, and distract you from God’s presence. Psalm 23 reminds us that even in the presence of enemies, God provides peace, protection, and fellowship. The Shepherd has already prepared a table for you—a place of rest, refreshment, and communion with Him. But we must learn not to let the enemy take a seat at that table.

Purpose of the Lesson

This study helps believers **recognize how the enemy tries** to infiltrate their thoughts and emotions, and how to guard their spiritual “table” through faith, prayer, and truth. It calls us to focus on the Shepherd who provides peace even when surrounded by conflict.

Lesson Objectives

- Understand that spiritual warfare is primarily a battle for the mind.
- Recognize the tactics the enemy uses to gain influence.
- Learn how to guard your spiritual space from his lies.
- Strengthen your confidence in the Shepherd’s victory and presence.

Icebreaker: Who’s Sitting at Your Table?

Imagine your heart and mind as a table. Who has a seat there right now? Are you dining with peace, joy, and gratitude—or have fear, worry, anger, or doubt found a place? The truth is, God has already prepared a table for you—but you decide who gets to sit at it.

Main Scripture: Psalm 23 (NKJV)

- 1 The Lord is my shepherd; I shall not want.
- 2 He makes me to lie down in green pastures; He leads me beside the still waters.

3 He restores my soul; He leads me in the paths of righteousness for His name's sake.

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me.

5 You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over.

6 Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever.

1. The Table Represents Fellowship and Peace

The table is a symbol of rest, provision, and fellowship. God has personally invited you to sit and dine with Him. Even when enemies are near, you can rest because the Shepherd is close. This table is not about the absence of enemies—it's about the presence of the Shepherd.

Supporting Scriptures: Philippians 4:7; John 10:11.

2. The Enemy Wants a Seat at Your Table

Spiritual warfare is largely about who controls the conversation in your mind. The enemy tries to insert lies and discouragement into your thoughts.

He whispers: "You're not good enough." "God won't come through." "You're alone." "They're against you."

These are attempts to pull up a chair and join your fellowship with God. But you have authority to say, "No seat for you."

Supporting Scriptures: 2 Corinthians 10:3–5; John 8:44.

3. Recognizing When the Enemy Is at the Table

You can tell the enemy is trying to sit down when fear begins to outweigh faith, negative thoughts dominate your mind, or you lose your peace, confidence, or joy.

Supporting Scripture: 1 Peter 5:8 — "Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour."

4. Reclaiming the Table

You cannot stop enemies from surrounding you, but you can stop them from sitting down. God's Word gives us the tools to reclaim our peace and authority.

How to Reclaim the Table:

1. Guard your mind — Philippians 4:8.
2. Speak God's Word — Matthew 4:1–11.
3. Stay close to the Shepherd — Psalm 23:1.
4. Pray and worship — Psalm 8:2.

Key Truth: You can't always change the presence of enemies, but you can choose whose voice you listen to at your table.

5. Living in Overflow

Psalm 23:5 ends with, "My cup runs over." When God sits at your table, you will always experience overflow—of peace, grace, and provision.

Supporting Scripture: John 10:10.

Discussion Questions

1. What are some ways the enemy tries to pull up a chair at your table?

2. How does focusing on God's presence change your response to spiritual battles?
3. What does "guarding your table" look like in your daily life?
4. Which verse from Psalm 23 brings you the most comfort and strength?

Key Takeaway

The Shepherd has already prepared a table for you—right in the middle of your challenges. You can't stop the enemy from circling, but you can refuse him a seat. Keep your focus on the Lord, guard your thoughts, and let the peace of God rule your heart.

Declaration: **"I will not give the enemy a seat at my table. My mind belongs to God. My heart is guarded by His peace. The Lord is my Shepherd, and I will dwell in His presence all the days of my life."**

Closing Prayer

Lord, thank You for preparing a table before me in the presence of my enemies. Teach me to guard my heart and mind from every lie of the enemy. Fill me with Your Word, Your peace, and Your presence. I choose to focus on You and to walk in the victory You've already won. The enemy has no seat at my table. In Jesus' name, Amen.