

In the spirit of C. S. Lewis's *Screwtape Letters*, Mike has written a wonderful devotional guide to help us be aware of the role of Satan and the demons and how they whisper lies into our hearts that must be countered with the truth from God's Word. Recommended.

— Bobby Harrington, lead pastor, Harpeth Christian Church

Mike's take on a C. S. Lewis's classic is imaginative and insightful. *The Letters to Skullduggery* exposes the lies the enemy uses as a weapon designed to beat down and discourage every believer. This book will help individuals and churches confidently proclaim, "Satan, we're on to your schemes!" It's a wonderful reminder that our true identity is found in Christ, and His language is love, not lies!

— JP Robinson, Discipleship Minister, Harpeth Christian Church

THE LETTERS TO SKULLDUGGERY FROM UNCLE NEFARIOUS

WITH 21 DAY DEVOTIONAL &
COUNTER ARGUMENTS FROM SCRIPTURE

MICHAEL F. EAGLE
QUESTIONS & PRAYERS BY MICHELLE EAGLE

The Letters to Skullduggery from Uncle Nefarious
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I dedicate this devotional to the people of Harpeth Christian Church.

Throughout my journey of being discipled back into a real and intimate relationship with Christ, I have been blessed with countless moments alongside fellow disciples who share a deep love for simply trusting and following Jesus.

I have witnessed His transforming power in many lives and am excited to continue seeing God shape His people into the image of His Son.

A Welcome

Welcome to this twenty-one-day journey of prayer and fasting. Together, we will dive deep into the spiritual discipline of fasting, reflect on God's Word, and equip ourselves for spiritual warfare. The purpose of this devotional is to draw closer to God, discover our identity in Christ, and learn to stand firm against the schemes of the enemy. Through this time, you will experience transformation, greater intimacy with God, and a fresh understanding of your authority in Christ.

What to Expect

- Daily readings that teach spiritual truths and uncover the enemy's tactics.
- Counterarguments rooted in Scripture to equip you with the truth.
- Reflection questions and prayers to deepen your connection with God.
- Practical guidance on fasting, including types and benefits.
- Space to journal and process what God reveals during this journey.

This guide includes tools to help you thrive during this fast, whether you're fasting food, activities, or other distractions. Above all, it's about creating space for God to work in and through you.

Daily Devotional Structure

Each day follows this format:

1. Letter from Uncle Nefarious to his nephew Skullduggery: A satirical look at the enemy's strategies to derail your faith.
2. Counterargument: Scriptural truths that expose and defeat the enemy's lies.
3. Reflection Questions: Deep questions to challenge and encourage you.
4. Prayer: A guide to connect with God and seek His power.
5. Journal Space: Room to write down insights, prayers, or what God reveals to you.

Focus

This twenty-one-day journey is a time to experience God in powerful ways. By fasting and focusing on Him, you are stepping into the spiritual battle equipped with His armor (**Ephesians 6:10–18**). As you progress through this devotional, may you find strength, wisdom, and clarity in Christ.

Together, let's walk in victory, fully embracing our identity as children of God. The enemy's schemes will falter as we stand firm on His Word. Let this journey transform your life and inspire you to trust and follow Jesus more deeply.

Let the fast begin!

Fasting in a Nutshell

- Fasting is a lost discipline not practiced enough today. We join with the faithful in history who got to fast and pray!
- Fasting brings us closer to God and is actually a gift to us.
- The discipline of fasting is usually the last thing we want to start but is often where we should begin.
- Jesus was clear on fasting—not an “if” but “when” statement.
- Decisions should always rely on prayer and fasting.
- Humility is the heart behind fasting.
- Fasting is safe when done properly and can bring health benefits.

Your Specific Plan for Twenty-One Days

Below are some fast options to consider committing to for your twenty-one-day fast in 2025 from **Thursday, March 27th through Thursday, April 17th**. (Check one box below.) We will end our fast together on **Thursday, April 17th** before Easter to celebrate communion together!

Fast Options

- Skip one meal per day
- Skip two meals per day (sunrise to sunset)
- Daniel Fast — Skip no meals — Abstain from all food except vegetables, fruit, & drinking water.
- Modified Daniel Plan — Daniel Fast plus skipping one or two meals daily.
- In Addition: Fast from caffeine, alcohol, social media, sweets, etc.

Recommended Supplemental Reading:

Prayer and Fasting: Moving with the Spirit to Renew Our Minds, Bodies, and Churches by David Roadcup and Michael Eagle

Holy Spirit: Filled, Empowered, and Led (Real Life Theology Series) by David Young

Preface

This manuscript draws inspiration from C. S. Lewis's classic work, *The Screwtape Letters*. Every day, we find ourselves in the midst of a spiritual battle against the forces of evil. God calls us to equip ourselves with His armor, as described in **Ephesians 6**, and to take every thought captive, making it obedient to Christ (**2 Corinthians 10:5**). Yet, how often do we fail to heed this call? Unknowingly, we allow ourselves to be influenced by the flesh, the world, and the devil, which can hinder not only our thought life but, most importantly, our intimacy with God.

Neglecting prayer and fasting leaves us relying on our own strength and worldly wisdom—a faulty and unsustainable fuel source. Meanwhile, God offers us a limitless and powerful source of strength: the Holy Spirit. The Spirit connects us to our living God, who supplies all our needs, wisdom, and direction when we seek Him. Through the Spirit, we are pointed to King Jesus, our Lord, who bridges us to the eternal Father in heaven.

Prayer and fasting are extraordinary gifts that deepen our relationship with God and bring profound benefits, including joy, peace, and a clear sense of our identity and purpose. Let us not forget these gifts, nor neglect the reality that each day requires us to suit up for battle until the return of our Lord Jesus.

As Scripture reminds us: “**For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ**” (**2 Corinthians 10:3–5**).

C. S. Lewis insightfully wrote:

There are two equal and opposite errors into which our race can fall about the devils. One is to disbelieve in their existence. The other is to believe, and to feel an excessive and unhealthy interest in them. They themselves are equally pleased by both errors and hail a materialist or a magician with the same delight.

May this work encourage you to remain vigilant in the battle, drawing upon the power of the Holy Spirit, prayer, and fasting as you walk in step with the Lord.

Acknowledgments

I want to acknowledge the courageous individuals who have set aside pride and stepped out of fear to confront their personal struggles. It has been a privilege to walk alongside hundreds of people who have longed to break free from the chains of bondage—barriers that have hindered a deep, thriving relationship with the Lord.

Having journeyed through my own process of freedom and recovery for over a decade, I have come to understand the profound value of shedding unnecessary mental and spiritual burdens. Through the principles found in Scripture and the power of claiming God’s truth, countless people have experienced that same freedom. By embracing biblical truths, many have been set free from unforgiveness, resentment, bitterness, fear, anxiety, pride, addictions, rebellion, and the lies of the enemy.

When people recognize that they have listened to the enemy’s deception for far too long and instead replace those lies with the truth of God’s Word, they walk away changed—fully alive and free. While deliverance from deception is an ongoing process of daily discipleship, sometimes a breakthrough moment is needed to engage that journey effectively. This devotional is a collection of lies that many have believed and later rejected through the power of God’s truth. Praise God for His transforming work!

I also want to express my deep gratitude to the brave pioneers and adventurers who have paved the way to freedom for so many others. Your willingness to fight for truth has made a lasting impact.

A special thank you to my wife, Michelle, a true warrior for the kingdom, who helped craft the daily reflection questions. I also want to acknowledge those who stand beside us in battle every week—you give your time, talents, and, most importantly, your love for people and the Lord Jesus. You know who you are, and I am forever grateful for you!

Introduction to the Letters

During World War II, the Enigma project was a critical Allied effort to break the encrypted communications of the German military. The Germans relied on the Enigma machine, a sophisticated device that generated complex cipher codes, thought to be unbreakable due to its constantly changing settings and countless possible combinations.

But the Allies refused to give up. After capturing Enigma machines, a combination of Polish ingenuity, British expertise, and the brilliance of Alan Turing and his team led to the development of the Bombe—a machine that automated the process of testing Enigma’s settings. This breakthrough enabled the Allies to decode intercepted German messages, providing crucial intelligence that shaped key strategies, including the success of D-Day and the Battle of the Atlantic, ultimately saving countless lives.

In a similar way, God has given us the ultimate “decoding machine”: His Word and the Holy Spirit. Through the Spirit, we can uncover the enemy’s schemes and access divine strategies for counterattack, all freely available in Scripture. The enemy’s primary weapon is deception, and his goal is clear—to kill, steal, and destroy (**John 10:10**).

While the precise origins of the following letters remain a mystery, I share them with you as a warning. They reveal the strategies of two demons working against the church and the people of God. These intercepted letters serve as a reminder of the ongoing spiritual battle waged against us as disciples of Christ.

With each letter, we have provided insights grounded in Scripture, along with thought-provoking questions and prayers to equip you for the fight. May these tools help you stand firm in victory and freedom, walking boldly in the power of the Holy Spirit.

January 2025

INTRODUCTORY LETTER

Fighting the Battles for Lucifer, Our Master

My Nephew Skullduggery,

I am pleased to hear updates on your mission at the enemy's church—Harpeth Christian Church. How I loathe even naming that accursed place! It has been a persistent thorn in our master's side. Yet, your reports of success bring me some satisfaction. Your efforts in fostering resentment in marriages and sowing division among the so-called believers have shown great promise.

However, your recent hesitations regarding their talk of revival and reliance on their Holy Spirit trouble me. While I understand the danger of their revival efforts, fear must not paralyze you. When those movements are allowed to flourish, our strategies are undone, and we are forced to flee like cowards. This is unacceptable! Sound the alarm, Skullduggery, and redouble your efforts immediately.

Your first target should be their leaders—those stirring up this talk of revival. Discredit them. Exploit their weaknesses. If subtlety fails, appeal to their pride. Let them believe they are above reproach, drawing them into legalism or a works-based faith. Once their focus shifts from their so-called Lord, the revival will falter, and their momentum will crumble.

Their discussions on fasting and prayer are even more concerning. These disciplines, as we know from Demonology 101, are among the deadliest weapons in their arsenal. Fasting sharpens their spiritual awareness, and prayer unleashes the power of their Holy Spirit—an adversary who outmatches us every time. We cannot allow these practices to take root. Dismantle their weapons before they gain strength. Plant seeds of distraction, division, and doubt among them. Turn their focus to worldly concerns and away from their Savior.

Remember, our mission is to prevent revival before it begins. Flood their fields with tares, corrupt their unity, and stifle their efforts to pray, read their Scriptures, and worship. These practices fuel their cause and strengthen their resolve to make more disciples of their so-called Jesus. Distraction, deception, division, and enticement are your tools. Use them wisely and thoroughly to ensure their defeat.

**Ever scheming,
Your dear Uncle,
Nefarious**

Scripture, Prayer, & Fasting Strategy

2 Peter 1:3–8: *“His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires.*

For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.”

- This passage states that God has given us everything we need.
- This passage gives us many clues as to our identity and standing in Christ.
- We are to add to our faith certain qualities in increasing measure.
- God calls us to be effective and productive disciples. The enemy wants us to be ineffective and unproductive. Have you ever given this much thought?

Daily Questions & Prayer Focus

As you prepare for a time of fasting, a thoughtful, committed prayer focus is critical.

1. What is your prayer focus for this fast?

2. As you prepare for the fast, reflect on your concerns. Which are genuine, and which are lies from the enemy meant to undermine your confidence?

Prayer

Gracious Father, You are my Lord, and I submit myself fully to Your ways. You have called me to this time of fasting and prayer, but I confess that my mind feels divided. I know You have directed me to fast, yet I've allowed myself to believe the lie that I am not capable of following through. Lord, strengthen my faith where I struggle with disbelief. Help me to honor You in this fast and guide me to a focus that aligns with Your will for me and Your kingdom. Please pour out Your courage upon me and bless this time of fasting and prayer. Amen.

Journal Notes & Reflections

LETTER 1

My Big Concerns About Revival, Fasting, & Prayer

Dear Skullduggery,

I am deeply troubled by this talk of a twenty-one-day fast among the enemy's ranks. This is a dangerous development! We both know that when their numbers unite in fasting, our power over their minds diminishes significantly. And worse—when they combine fasting with prayer to their God, it unleashes forces we cannot counter. We must stop this at all costs!

As your seasoned uncle, with centuries of hard-won victories, allow me to share some proven strategies that have worked time and again.

First, overwhelm the majority of participants before they even begin. Implant thoughts of failure—convince them that they'll never last the full twenty-one days. Divert their attention from their scriptures that tell them to take life one day at a time. Instead, bombard their minds with busyness and endless distractions to derail them before they start.

Second, weaponize fear. Whisper doubts about their health—tell them fasting will make them sick, weak, or nauseous. Convince them it's unwise and harmful. Of course, we know this is far from true, but humans are easily swayed by fear. And whatever you do, keep them far from those pesky stories of successful fasts, like that Daniel character and others in their so-called Bible.

Third, unleash the power of distraction and enticement. The idol of food is one of our greatest weapons! Make their co-workers bring in donuts or pastries. Ensure they pass tempting drive-thrus and bustling marketplaces filled with irresistible smells. Have their friends and family indulge in treats right before their eyes. If they falter, even slightly, be ready to heap shame upon them. Convince them to hide their failure, which will isolate them and make them more likely to give up entirely. The stomach, my dear nephew, is a mighty ally in our cause.

If they insist on fasting, redirect their focus. Turn their fast into a shallow pursuit of vanity or weight loss. Make them see it as a health trend rather than a spiritual act. If they skip only a single meal, make it feel insignificant—something they do comfortably anyway. Above all, keep their minds on the mechanics of the fast and away from prayer or their so-called God. Sprinkle in pride or resentment about the fasting process itself, and you'll ensure their defeat.

The humans remain largely ignorant of the spiritual weapon they wield through fasting. Let us ensure they stay disarmed before they grasp its true power.

You and your associates have your work cut out for you. Do not fail me.

Sincerely,
Uncle Nefarious

Scripture, Prayer, & Fasting Strategy

Matthew 6:17–18: *“But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”*

Fasting is a personal act of worship and sacrifice before God. Jesus emphasizes the importance of fasting with humility and sincerity, focusing on God rather than external distractions or recognition.

Matthew 4:4: *“Jesus answered, ‘It is written: “Man shall not live on bread alone, but on every word that comes from the mouth of God.”’”*

This verse highlights the spiritual strength found in reliance on God’s Word over physical sustenance. During fasting, believers draw closer to God and depend on His provision.

Jeremiah 29:12–13: *“Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”*

Prayer and seeking God wholeheartedly during a fast lead to intimacy with Him and answered prayers, defeating the distractions and doubts the enemy tries to sow.

Ezra 8:23: *“So we fasted and petitioned our God about this, and he answered our prayer.”*

Fasting combined with prayer is a powerful tool to seek God’s guidance and intervention. This verse illustrates the effectiveness of fasting and praying in unity.

Daniel 1:8: *“Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way.”*

Daniel’s commitment to a disciplined fast shows the importance of honoring God above physical desires. His faithfulness led to God’s favor and blessings.

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. As you enter into this time of fasting, a thoughtful, committed prayer focus is critical. What is your prayer focus for this fast?
2. Think through your concerns for the fast. What are genuine concerns and what are thoughts from the enemy trying to thwart your confidence going into the fast?

Prayer

Lord, Your Word says that man does not live by bread alone. I confess my struggle to set aside my own desires and focus more on You. Too often, I seek comfort in my own choices—whether in what I eat or in following my own plans. Please forgive me for these moments of self-reliance. During this time of fasting and prayer, I ask for Your favor and guidance. Reveal to me the areas of my life that do not align with Your ways or Your will. Expose the lies of the enemy that have taken hold of my mind and influenced my thoughts and actions. I surrender completely to You, Lord. Amen.

Journal Notes & Reflections

LETTER 2

Target the Foundational Family Units

My Dear Skullduggery,

I have carefully considered your next steps and concluded that your priority must be to attack the family unit. Our enemy designed marriage and children to reflect His plan with His church and His Son—a detestable truth. If you can dismantle these relationships, the rest will unravel with ease. After all, their church body is largely composed of families. Break the foundation, and the whole structure falters.

Begin with marriage, their so-called sacred covenant. Implant the idea that marriage exists solely for personal happiness. Once they swallow this lie, whisper that their spouse is falling short of their dreams. Use our arsenal of inspired movies and television shows to paint an unrealistic picture of perfection. Convince them that their spouse is overbearing, critical, or inattentive—whatever serves their dissatisfaction.

Target the man first. Make him feel unappreciated and disrespected. Stoke his resentment, and when he is weak, tempt him with lust, pornography, alcoholism, or self-centered pursuits. Feed his ego with materialism—a shiny sports car works wonders for both his pride and her growing resentment. Keep him so distracted that he stops listening to his wife. She will feel unloved, which creates fertile ground for her own weaknesses: gossip, overspending, and punishing him through intimacy.

When the marriage is in shambles, turn to the children. Whisper that the conflict is their fault. Isolate them, and offer coping mechanisms like drugs, alcohol, or self-harm. Tell them their God doesn't care about them—just as their parents don't.

For those who are unmarried, isolation is your best weapon. Convince them they are unworthy of love. Feed their excuses to avoid those loathsome “transformational groups.” How I abhor those gatherings! They breed joy, support, and growth—the very things that undermine our work.

If you succeed, they will either leave their church, blaming their God for their misery, or they will stay but bring their defeat and bitterness with them. Their presence will drain the church of its life, hindering its leaders and stifling the Holy Spirit. Negate their joy and contentment at all costs, Skullduggery. Attack the family, and the rest will fall.

**Ever scheming,
Your Uncle,
Nefarious**

Scripture, Prayer, & Fasting Strategy

Countering Attacks on Family Core and Relationships

Ephesians 5:21: *“Submit to one another out of reverence for Christ.”*

Let us not allow the enemy to gain a foothold in our marriages. Take this time of prayer and fasting to repent of selfishness and commit to strengthening marriages and families with Christ at the center.

Colossians 3:13: *“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”*

Forgiveness is vital in marriage and family relationships to overcome discord and resentment.

Psalm 127:3–4: *“Children are a heritage from the LORD, offspring a reward from him. Like arrows in the hands of a warrior are children born in one’s youth.”*

Proverbs 22:6: *“Start children off on the way they should go, and even when they are old they will not turn from it.”*

Deuteronomy 6:4–9: *“Hear, O Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.”*

Parents are to disciple their children in the ways of God through nurturing and love. With Christ at the center, parents work together, with the father leading and both submitting to one another as taught in Scripture. In this environment, children thrive, and Jesus becomes the foundation.

Hebrews 10:24–25 *“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”*

Regular fellowship and accountability in groups guard against isolation and sustain joy and contentment in the faith.

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. Reflect on the past year. How have you noticed the enemy attacking your marriage or other relationships? Be as specific as you can.
2. Read **Romans 15:13**. What obstacles in your life hinder you from fully experiencing joy?

Prayer

Heavenly Father, thank You for the gift of relationships, whether in marriage, family, or singleness. Help me to see each relationship as an opportunity to die to myself and reflect Christ through my words and actions. Convict me when I fall short and guide me through the Holy Spirit in every moment and interaction. In Christ's name, Amen.

Journal Notes & Reflections

LETTER 3

Go After the Spiritual Leaders

My Nephew Skullduggery,

Now that you've begun dismantling family units and sowing discouragement, I have a new mission for you. It may seem daunting, but trust me—if you succeed, you will severely hinder this so-called Holy Spirit movement. Your next target is their leaders.

Start at the top: elders, church staff, and their families. Then move down the line—home group leaders, transformational group leaders, deacons, and even volunteer leaders. Yes, it's a broad mission, but the reward is great. Let me share how to accomplish it effectively:

Begin with the top-down leaders. Plant seeds of discord and division. Find a topic—big or small—that they disagree on and use it to ignite heated arguments. From there, fan the flames with gossip and slander to cement resentment. Ensure they avoid forgiving one another; unforgiveness is our greatest ally. Repeat this strategy among the church body leaders. Encourage them to voice their grievances openly in their home groups and transformational groups. This will breed distrust and discord, leaving them to avoid one another and exchange suspicious glances in the church hallways. Bravo, my dear protégé!

For the mature leaders, enticing them into sin may require patience, but opportunities always arise. When they fall, whisper to them to hide their sin and isolate themselves. Whatever you do, keep them far from the book of James, with its maddening talk of confessing sins, or 1 John, which speaks of walking in the light—these truths are poison to our plans.

Focus your efforts on discouraging their fasting and prayer. If the leaders fail, their failure will ripple downward, discouraging others. Convince them their fasting is futile and that their prayers are unheard. Our goal is to deflate any momentum they may gain in these activities.

Lastly, instruct your team to show no mercy. Seek out those leaders who have not equipped themselves with their “God armor.” They will be your easiest prey. Strike quickly and strike hard.

Do not falter, Skullduggery. If you succeed here, their movement will crumble.

**Ever scheming,
Your Uncle,
Nefarious**

Scripture, Prayer, & Fasting Strategy

Counteracting Attacks on Leaders and Unity

Ephesians 4:3: *“Make every effort to keep the unity of the Spirit through the bond of peace.”*

Unity in the Spirit is essential for church leaders and the body of Christ. This verse encourages intentional efforts to maintain harmony, directly opposing seeds of division.

Philippians 2:3: *“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.”*

This scripture challenges pride and selfishness, which the enemy uses to cause arguments and resentment among leaders. Humility fosters collaboration and peace.

James 4:1–6: *“What causes fights and quarrels among you? Don’t they come from your desires that battle within you? You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight.”*

God favors humility and peace instead of jealousy, quarrels, and discord.

Hebrews 13:17–18: *“Have confidence in your leaders and submit to their authority, because they keep watch over you as those who must give an account. Do this so that their work will be a joy, not a burden, for that would be of no benefit to you. Pray for us. We are sure that we have a clear conscience and desire to live honorably in every way.”*

We should submit to our God-ordained leaders who shepherd us and labor for us.

1 Corinthians 12:25–26: *“So that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.”*

The body of Christ is made up of many parts which make a whole. Each affects the others.

1 Peter 5:8: *“Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”*

Vigilance and a sober mind protect leaders from subtle attacks of gossip, slander, and division that the enemy uses to disrupt their ministry.

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. Reflect on the leaders in your life, both within the church and in other areas. The enemy often plants thoughts that lead to resistance or criticism of leadership. What thoughts has the enemy placed in your mind about these leaders, and how have they influenced your attitude toward them?
2. Read **Ephesians 6:12–18**. God calls us to put on His armor daily. What does this look like in your daily habits, and how can you intentionally apply each piece of armor in your life?

Prayer

Lord, You have placed leaders in my life—in the church, at work, and in other areas. I confess my struggles with submitting to their leadership or being overly critical. Please remind me that these are men and women You have appointed and help me to submit to and support them with humility. Fill me with the confidence to speak words of encouragement and to take captive any thoughts from the enemy about these leaders. Lord, also help me to faithfully put on Your armor each day as I face the challenges of this dark world. Thank You for Your strength and guidance. Amen.

Journal Notes & Reflections

How to Dismantle Their Prayers

Dear Skullduggery,

I see you've done well sowing discord and enticing leaders into sin, though I must commend their frustrating use of biblical armor—it has made your task difficult. But don't despair, my dear nephew. I have another tactic that, if executed properly, will render them powerless: dismantle their prayers.

Begin by appealing to their pride. Convince them they can thrive on their own strength. A little worldly success goes a long way here. Whether it's monetary gain or admiration from others, it matters not. Let them believe their lives are sailing smoothly and that prayer is unnecessary. After all, why seek their God when everything appears perfect?

Next, unleash our most reliable weapons: distraction and busyness. Keep them overwhelmed with work, meetings, sports, and endless activities. Exhaust them to the point where they crave more sleep and prioritize rest over prayer. Whisper that their extra hour of sleep is far more important than waking early to talk with their God.

Group prayer gatherings are especially dangerous to us. Find ways to fill their schedules with other obligations to keep them away from these meetings. I am particularly concerned about their Tuesday night prayer gatherings—there have been reports of repentance and even healing taking place! As for corporate prayer during church services, it's nearly impossible to prevent, but distractions are your ally here. Fill their minds with thoughts of lunch plans, social comparisons, or their endless to-do lists.

Finally, attack their faith directly. Remind them of every unanswered prayer. Whisper that prayer doesn't work, that it's only for the "super spiritual." Let them feel discouraged and insignificant, convincing them not to bother. The less they pray, the more ground we gain.

Skullduggery, this strategy will yield excellent results if applied with precision. Strike often, and let their silence be our victory.

**With devious delight,
Your scheming Uncle,
Nefarious**

Scripture, Prayer, & Fasting Strategy

Countering Worldly Wisdom, Busyness, and Distraction with God's Priorities

1 Corinthians 1:27–31: *“But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong. God chose the lowly things of this world and the despised things—and the things that are not—to nullify the things that are, so that no one may boast before him. It is because of him that you are in Christ Jesus, who has become for us wisdom from God—that is, our righteousness, holiness and redemption. Therefore, as it is written: ‘Let the one who boasts boast in the Lord.’”*

Our wisdom should only come from the Lord.

Psalm 46:10: *“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”*

Encourages setting aside busyness to focus on God's presence and sovereignty.

Ecclesiastes 4:6: *“Better one handful with tranquility than two handfuls with toil and chasing after the wind.”*

Highlights the futility of constant striving and the value of peace.

Exodus 20:8–10: *“Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the LORD your God.”*

Reinforces the importance of resting and dedicating time to God.

Luke 10:38–42: *“‘Martha, Martha,’ the Lord answered, ‘you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.’”*

Jesus contrasts Martha's busyness with Mary's focus on His teaching, showing the importance of spiritual attentiveness over worldly distractions.

Matthew 6:33: *“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”*

Encourages prioritizing God's kingdom over worldly concerns.

Mark 4:19: *“But the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful.”*

Warns that worldly distractions can hinder spiritual growth.

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. Read **1 Corinthians 1:27** and reflect on any ways you may have sought personal success through the idols of the world. Write them down, then take a moment to ask God for forgiveness and the strength to walk humbly, giving Him all the glory in your life.
2. In our fast-paced, busy culture, prayerfully review your schedule from the past week or two. What activities can you simplify or eliminate to create more time for the joys of the Lord, such as group prayer? Jot down your ideas and continue seeking God's guidance for changes that will honor Him.

Prayer

Lord, I confess I have been distracted by the world or by my own thoughts. I ask for Your forgiveness. I have given myself authority over my plans and not submitted to organize my days around You. You have given me work to do and people to care for but at times even that becomes a distraction in my life. Lord, I ask You to prioritize my days, my activities, and my thoughts so they center around You. Amen.

Journal Notes & Reflections

LETTER 5

Distraction, Distraction, Distraction

Dear Skullduggery,

Excellent work hindering their prayers during this fast by shifting their focus to food rather than their God. Distraction, my dear nephew, remains one of our most effective tools. Keep their minds busy, their schedules packed, and their hearts self-absorbed, and they'll have no time for prayer, care for others, or even self-reflection. Let me share some tried-and-true tactics for your arsenal.

Start the day strong. As soon as they wake up, whisper to them to hit the snooze button. Tell them they deserve a little extra rest. Before they know it, they'll be running late, leaving no room for morning prayer or scripture reading. Replace their Bible with the news—it's perfect for stirring up anger, fear, and resentment. Encourage them to check sports scores or gossip-worthy headlines, keeping their conversations shallow and surface-level, focused on politics, hobbies, or petty complaints.

In their cars, distract them with top hits or talk radio instead of worship music. Once they arrive at work, flood their inbox with emails and pile on endless tasks. Exhaust them with busyness and, if possible, pepper their day with interactions with people they find annoying or difficult. Nothing hardens a heart quite like unresolved irritation.

When they return home, ensure more distractions await. A broken appliance, a mountain of mail, or unruly children can work wonders in robbing their peace. Stir up frustration and offer them "relief" through mindless television or indulgent food and alcohol. By the time they're ready for bed, lull them into sleep with promises of tackling prayer and Bible reading tomorrow. Congratulations—you've stolen another day!

For long-term success, employ the powerful tools of comparison and consumerism. Social media is your best ally here. Lead them into endless scrolling, comparing their lives to others, fostering jealousy and self-doubt. Websites for consumer goods are equally potent. Encourage them to obsess over things they want but don't need. Let them research endlessly, fantasize about purchases, and overspend, leading to financial strain and addiction.

Don't overlook the power of hobbies, sports, and especially gaming. Many can spend hours on apps or consoles, completely oblivious to the time wasted. Whatever their interest, find a way to turn it into an all-consuming obsession.

Remember, Skullduggery, your goal is simple: keep them busy and distracted. Whisper the lie that they'll have time for prayer and Bible reading tomorrow. Repeat it daily, and they'll never notice how far they've drifted.

**With relentless scheming,
Your Uncle,
Nefarious**

Scripture, Prayer, & Fasting Strategy

Countering Prioritizing Thought Life Over Prayer

Philippians 4:6: *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”*

- Encourages prioritizing prayer in all circumstances.

Countering Delayed Prayer and Bible Reading

Psalm 119:105: *“Your word is a lamp for my feet, a light on my path.”*

- Highlights the necessity of God's Word to guide daily life.

Countering Media and Surface-Level Conversations

Philippians 4:8: *“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”*

- Encourages believers to focus their minds on godly and uplifting thoughts.

Countering Envy, Comparison, and Materialism

Hebrews 13:5: *“Keep your lives free from the love of money and be content with what you have, because God has said, ‘Never will I leave you; never will I forsake you.’”*

- Counters materialism and envy by focusing on God's presence and provision.

Countering Addictions and Idolatry of Hobbies

1 John 5:21: *“Dear children, keep yourselves from idols.”*

- Reminds believers to avoid making hobbies or pastimes into idols.

Countering Lies and Deception

2 Corinthians 10:5: *“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”*

- Calls for rejecting lies and aligning thoughts with Christ.

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. Reflect on your day so far or even yesterday. What activities, interactions, or habits distracted you from focusing on Jesus or consumed your time in ways that may have kept you from embracing what God had planned for you?
2. Read **Matthew 6:33**. How are you prioritizing God in your life, and what changes do you sense He is asking you to make? What specific steps can you take to implement those changes today?

Prayer

Lord, Your ways are perfect, and Your priorities are best for me and Your kingdom. I confess that I have often relied on myself or the world to guide my choices instead of following Your ways. Forgive me and help me to seek Your face and the guidance of the Holy Spirit in every step I take. Reveal the areas of my life that I have yet to surrender to You, and in Your mercy, lead me to the path of righteousness. Align my decisions—for myself and my family—with Your kingdom perspective. Thank You for Your grace and mercy. May Your blessings flow over my life and the lives of those I love. Amen.

Journal Notes & Reflections

Feed Their Anxiety Appetite

Dear Skullduggery,

There's nothing more delightful than keeping your human subjects in a constant state of anxiety. Anxiety is a powerful tool. It distracts them from their God, forces them to rely on themselves, and leaves them spinning in circles, completely drained. Our master is most pleased when their trust shifts from their Savior to their own feeble abilities. Let me remind you of some basic, time-tested strategies for feeding their anxiety.

Start their day with a dose of discouragement. When they wake, have them look in the mirror and dwell on how they've aged or gained weight. Whisper words of despair as they step on the scale. Then, flood their minds with all the tasks they must accomplish—make the list seem impossible. To heighten the effect, nudge them toward an extra-large cup of strong coffee to amplify their nervous energy.

Before they have time to pray or open their so-called "good news," direct their attention to the world's news instead. It doesn't matter if it's bad weather, crime, or politics—all of it will ramp up their anxiety. The goal is to fill their minds with fear, uncertainty, and a sense of helplessness.

Throughout the day, keep piling on tasks. Overload their schedules until they feel completely overwhelmed. This leads to one of two outcomes: they either overwork themselves into exhaustion or give up entirely, retreating to bed in defeat. Both outcomes serve us well.

Another critical tactic is to steal their focus from the present. Push their minds toward past failures or future worries—both are wonderfully unmanageable. Let them fret over finances, car payments, mortgages, retirement, their children's futures, work deadlines, health concerns, and aging. Stir up old hurts and resentments to ensure their hearts stay restless.

One of our most effective tools is to trap them in fear of what others think. Whisper the importance of maintaining a flawless image—convince them they must always appear "just fine." This will keep them wearing masks, hiding their true struggles, and isolating themselves. We call this codependency, and it's a marvelous strategy to keep them anxious and disconnected from both their God and others.

Skullduggery, I have every confidence in your ability to execute this plan. Keep them spinning, distracted, and isolated. Anxiety is our ally—use it well!

**Ever delighting in chaos,
Your devoted Uncle,
Nefarious**

Scripture, Prayer, & Fasting Strategy

Counteracting Anxiety and Trusting God

Matthew 6:34: *"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*

- Reminds believers to focus on the present and trust God for the future.

Counteracting Negative Self-Perception

Psalm 139:14: *"I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well."*

- Affirms God's intentional creation of each person.

2 Corinthians 4:16: *"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day."*

- Encourages focus on inner renewal rather than physical appearance.

Counteracting Being Overwhelmed and Discouraged

Matthew 11:28–30: *"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*

- Offers true rest in Jesus, not in striving or giving up.

Counteracting Fear of the Future and Worry

Jeremiah 29:11: *"For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.'*

- Assures believers of God's good plans for their lives.

Proverbs 3:5–6: *"Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."*

- Calls for trusting God's guidance over personal control.

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. Read **Philippians 4:6–7**. Gratitude and anxiety cannot coexist in the same thought. List what you are grateful for and praise God for those things, big and small.
2. Recount a dark time in your life that God showed up, either answering a prayer directly or using His people or however you are keenly aware of God's hand in that time. How can you use the knowledge that God is always working to hand over current struggles?

Prayer

Lord, I come to You as a child who has allowed the sin of anxiety to rule my thoughts, and I have regularly taken action based on the lies that anxiety produces. Please forgive me. I thank You for the sacrifice of Your Son, Jesus, to reconcile me to You as righteous and holy. I thank You that You desire peace for me and offer that to me through Your Holy Spirit. I give gratitude to You as the antidote to the habit of anxiety. I commit my concerns to Your care and to Your control. May I consistently hand the people, places, and things in my life over to You for Your perfect will to be done. Thank You for Your grace and mercy, O Lord. Amen.

Journal Notes & Reflections

LETTER 7

Fan the Flames of Fear & Failure

Dearest Skullduggery,

Our master is most pleased with your relentless assault on your subjects. You and your team continue to excel in the art of destruction, deception, and despair. Now, it is time to focus on one of our most potent weapons: fear.

Fear is a marvelous tool. When wielded effectively, it paralyzes humans, locking them into inaction and keeping them stagnant in their faith. It's a strategy as old as time, and yet it remains devastatingly effective.

Fortunately, the state of the human world provides fertile ground for our schemes. Fear of the future, financial collapse, recession, governmental control, or even people themselves are all easy to cultivate. The best part? Much of the work is already done for us. Simply lure them into obsessing over the news or scrolling endlessly through social media, and you've already won 80 percent of the battle.

Fear, like anxiety, draws humans away from their God. When consumed by it, they stop trusting Him and try to seize control themselves—a delicious irony, given how badly they manage. Their attempts to medicate their fear often lead to even greater destruction: substance abuse, food indulgence, sexual sin, relational sabotage, and self-imposed isolation. All of this breeds the shame we so dearly prize.

Here's a handy list of fear-inducing tactics for your arsenal:

- Fear of rejection, abandonment, disapproval, or failure.
- Fear of finances, intimacy, confrontation, or public speaking.
- Fear of marriage, divorce, or crowds.
- Fear of losing their salvation or encountering demons and our master.
- Fear of people, church leadership, group sharing, and, of course, death.

The beauty of these fears is their versatility. A single whisper can cascade into a lifetime of paralysis. Whatever you do, ensure they avoid their Bible—it's full of maddeningly hopeful phrases about “not being afraid” and “trusting their God.” We must keep them ineffective and unproductive as disciples of their so-called Jesus, living instead in daily fear.

You've got the idea, Skullduggery. Fan the flames and watch their faith burn down to embers.

With sinister satisfaction,
Your ever-proud Uncle,
Nefarious

Scripture, Prayer, & Fasting Strategy

Countering Fear of Financial Collapse

Philippians 4:19: *“And my God will meet all your needs according to the riches of his glory in Christ Jesus.”*

- Assures believers that God provides for their every need.

Countering Fear of People

Psalm 118:6: *“The LORD is with me; I will not be afraid. What can mere mortals do to me?”*

- Highlights God's protection over His followers, dispelling fear of others.

Countering Fear of Failure

Philippians 4:13: *“I can do all this through him who gives me strength.”*

- Promises strength and capability through Christ in every challenge.

Countering Fear of Abandonment

Hebrews 13:5: *“Never will I leave you; never will I forsake you.”*

- Assures believers of God's constant presence and faithfulness.

Countering Fear of Confrontation and Sharing Your Faith

1 Peter 3:15: *“But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.”*

- Encourages courage and wisdom when facing challenges.

Countering Fear of Demons or Evil Forces

James 4:7: *“Submit yourselves, then, to God. Resist the devil, and he will flee from you.”*

- Empowers believers to overcome evil by trusting in God's authority.

Countering General Fear

Isaiah 41:10: *“Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”*

- God's presence and strength provide confidence and peace in all circumstances.

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. What are some fears that have held you back in the past and what fears continue to plague you today?
2. The antidote to fear is trust. Our ultimate trust must be in the Lord. Write out one of the scriptures from above and commit to memorize it. Then write next to each of the fears listed in question number one, "I trust You, Lord." Say these aloud; commit these fears to the Lord.

Prayer

Lord of heaven above, I have chosen to fear people or situations here on earth instead of trusting You. Please forgive me. I choose to trust You in all situations and commit to placing them in Your hands. I ask that Your Holy Spirit give me the strength and remind me to turn to You when I return to my habit of fear. Thank You for Your forgiveness and Your constant love and desire for my freedom from fear. Amen.

Journal Notes & Reflections

LETTER 8

Do Not Neglect the Power of Resentment & Unforgiveness

Dear Skullduggery,

One of the most effective ways to keep your subjects mired in spiritual stagnation is by fueling resentment and unforgiveness. These are slow-burning fires that can consume even the most devout. When you stoke these flames, your humans will grow distant from their God and His teachings, sinking deeper into judgmentalism, hostility, and self-pity.

Unforgiveness is particularly delightful because it cripples their prayer life. Instead of turning to their God for peace and humility, they'll fixate on their hurt and focus their energy on blaming others—and sometimes even their God—for the pain in their hearts. Once one resentment takes hold, it's remarkably easy to pile on others until their entire thought life revolves around grievances.

But don't stop with their grudges against others. Encourage them to hold unforgiveness toward themselves. Let them dwell on past failures, convincing them they are beyond redemption. Whisper that their mistakes are too great for their God to forgive, undermining their trust in His grace. This self-loathing will make them feel unworthy of forgiveness and trap them in a cycle of shame and defeat. It's a splendid way to erode their faith from the inside out.

Resentment is premeditated anger—a slow poison we administer to perfection. It's also a direct act of disobedience to their master, who absurdly commands them to forgive not just seven times but seventy-seven times. Such nonsense! Instead, whisper to them that unforgiveness gives them power over their enemies. Let them believe that holding onto their anger keeps them in control. Nothing could be further from the truth, but they're often too blind to see it.

Encourage new daily resentments as well. The commute to work is an excellent place to start. Traffic jams, idiotic drivers cutting them off, or a particularly frustrating parking situation can fuel their irritation before the day even begins. By the time they reach work, they'll already be stewing in resentment, ready for a day of petty grievances. Use every opportunity—spilled coffee, missed emails, interruptions—to add to their ever-growing pile of annoyances. Soon, their lives will be a breeding ground for bitterness.

Unforgiveness is one of our most powerful strongholds. It isolates them from their God, weakens their resolve, and makes prayer and fasting nearly impossible. With creativity, you can plant seeds of annoyance about others and even themselves. Once those seeds take root, they'll find peace and forgiveness a distant memory.

This is your task, Skullduggery. Wield resentment and unforgiveness with precision, and you'll find their hearts far from peace and closer to us.

**With simmering satisfaction,
Your cunning Uncle,
Nefarious**

Scripture, Prayer, & Fasting Strategy

Countering Resentment and Unforgiveness with Biblical Truth

Matthew 6:14–15: *“For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.”*

Highlights the direct link between forgiving others and receiving forgiveness from God.

Forgiveness Brings Healing and Freedom

Matthew 5:44–45: *“But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven.”*

Teaches that love and prayer for enemies break the hold of resentment and bring us closer to God.

Forgiveness Is a Process, but Essential for Peace

Ephesians 4:31–32 (NKJV): *“Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind one to another, tenderhearted, forgiving one another, even as God in Christ forgave you.”*

Encourages letting go of anger and bitterness, allowing forgiveness to restore peace in the heart.

Forgiveness Leads to a Peaceful Heart

Matthew 5:9: *“Blessed are the peacemakers, for they will be called children of God.”*

Highlights that a heart of forgiveness brings peace and aligns believers with God's will.

Unforgiveness Keeps Us from God's Presence

Matthew 5:23–24: *“If you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.”*

Teaches that unresolved resentment can hinder fellowship with God, requiring reconciliation.

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. Read **Matthew 5:23–24**. Unforgiveness will cause space between you and God. He has gone to extreme lengths to forgive you and calls you to do the same for those who have hurt you, either intentionally or unintentionally; both minor offenses and major ones need to be forgiven.

Think through those in your life who you still need to forgive and write their names and a brief description of what you need to forgive them for here.

2. Are there any people that you need to ask to forgive you?

Forgiveness and reconciliation are not the same, but you are responsible for asking for forgiveness from those you have hurt, even if they have hurt you also or have done worse than you have. God is the judge, and we must trust Him.

List here the people that you need to ask for forgiveness from and pray about a plan to do it.

Prayer

Lord, You have forgiven me for so much and You call me to that same level of forgiveness to others. Forgive me for my unforgiving heart. I have held onto resentments concerning everything from deep personal relationship hurts to the wrongs done to me and others by the church, government, or society. I have not trusted Your judgment and have chosen to judge them myself. I have been proud and now seek humility. I ask for Your forgiveness and that You would give me the courage to forgive others as well as the joy of accepting Your forgiveness. My hope rests in You, Lord. Amen.

Journal Notes & Reflections

Fuel False Belief Systems & Keep Them Guessing About Truth

My Dear Skullduggery,

Let me provide you with a brief history lesson. Since the fall, our role has been to keep humans from knowing and seeking their God. One of our most effective methods is idolatry and false worship. The genius of this tactic lies in its subtlety—humans rarely realize that behind every idol or false belief system stands one of our associates, pulling the strings and reaping the worship.

The formula is simple and timeless: take their so-called “truth” and twist it just enough to add allure and complexity. Remember, our master demonstrated this beautifully in the garden with Adam and Eve. By portraying their God as overly harsh and promising secret knowledge, he lured them into rebellion. A little cunning and indulgence go a long way.

Start with their “gospel” message—it’s simple, direct, and dangerous. Your mission is to complicate it. Add works-based requirements that frustrate them into despair or introduce a false prophet with “new revelations” to gently steer them away from their Jesus. Think of Mormonism and Islam—brilliant examples of this approach.

For subjects drawn to power or thrills, lead them toward divination or secret knowledge. Modern “witches” and sorcerers, cloaked in respectability, are perfect allies. Tools like palm reading, horoscopes, crystals, and Ouija boards work wonders. For the prideful, steer them toward Freemasonry or practices that appear righteous but are steeped in our master’s false light.

And don’t neglect the classic: idolatry. Humans don’t need to bow to statues; simply chasing wealth, comfort, vanity, or possessions works just as well. Social media fuels comparison and covetousness, while consumer debt traps them in financial chains. Encourage stinginess—convince them to cling tightly to what they have, neglect generosity, and avoid helping their church. This breeds greed, pride, and even shame—a delightful trifecta.

Skullduggery, the opportunities are endless. Twist, distract, and deceive with precision, and your subjects will be hopelessly entangled in our webs of false belief.

Deviously yours,
Uncle Nefarious

Scripture, Prayer, & Fasting Strategy

Countering Idolatry and False Worship

Exodus 20:3: *"You shall have no other gods before me."*

- God commands exclusive worship, rejecting all idols and false gods.

Countering the Deception of Works-Based Salvation

Ephesians 2:8–9: *"For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast."*

- Clarifies that salvation is a gift of grace, not dependent on human effort or works.

Countering False Prophets and Teachings.

Matthew 7:15: *"Watch out for false prophets. They come to you in sheep's clothing, but inwardly they are ferocious wolves."*

- Jesus warns about false teachers who appear righteous but are deceiving people.

Countering the Temptation of Divination and Occult Practices

Deuteronomy 18:10–11: *"Let no one be found among you who sacrifices their son or daughter in the fire, who practices divination or sorcery, interprets omens, engages in witchcraft, or casts spells."*

- God prohibits involvement in occult practices, including witchcraft, sorcery, and divination.

Countering Materialism and the Idol of Wealth

1 Timothy 6:10: *"For the love of money is a root of all kinds of evil."*

- Warns against the idolization of money, which leads to all kinds of harm.

Matthew 6:24: *"No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other."*

- Affirms that believers cannot serve both God and wealth, as it leads to divided loyalty.

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. Read **1 Timothy 6:6–7**. Our world teaches us discontentment with what we have and instills in us a striving for more. Comparison is the root of discontent.

In what ways have you been striving for the riches or comforts of this world?

2. Gratitude and generosity are the antidote to the idols of the world.

What are you grateful for? How has God provided for you in unexpected ways?

3. Who can you be sacrificially generous to today? Describe your plan.

Prayer

Lord, I have been covetous or sought contentment and comfort from the things of this world. I ask for Your forgiveness. All I have is from You and I choose to be generous with all that You have given me. Please pour out Your spirit of joy and may Your Holy Spirit remind me to love others in Your name from the abundance You have provided for me. I want my heart and actions to align with Yours, a heart of generosity. Thank You for Your provisions and Your love, Amen.

Journal Notes & Reflections

Heap on a Pile of Shame

Dear Skullduggery,

This is where our work becomes truly delightful. Shame is one of our most powerful tools, allowing us to sit back and watch with glee as humans spiral into despair. Every person has sin in their life—big or small, it doesn’t matter. The key is to ensure they hold onto shame as long as possible. Whatever you do, don’t let them read their Scriptures, especially the parts about their Jesus taking away shame at the cross. Humans have a marvelous way of hearing this truth yet forgetting it applies to them.

Using shame requires precision and patience. Begin by enticing them with small temptations—just enough to draw them in. Once they bite, gradually turn up the heat until they fall into a full-blown pattern of sin, whether it’s lust, gluttony, pride, or anger. Let them indulge and enjoy themselves for a while; make them crave more. Then comes the crucial step—shame.

As soon as they stumble, bombard their minds with accusations. Remind them how they’ve sinned against their God. Paint their God as harsh, distant, and angry. Convince them to despise themselves. Once the shame takes root, introduce a dose of melancholy or depression. At their lowest point, tempt them again with the very indulgence that caused their shame. They’ll return to it for comfort, starting a delicious cycle of sin, indulgence, shame, and despair. Repeat this pattern until they feel too unworthy to approach their God. Soon, they’ll stop worshiping, isolate themselves, and avoid their fellow believers. At that point, you’ve won. Congratulations!

Humans are masters at hiding their sin, clinging to shame like a prized possession. This renders them powerless and defeated. Your only real threat is their confessions—do not, under any circumstances, let them read Scriptures like **James 5** or **1 John 1**. These passages about confessing sins to one another are poison to our efforts. Keep them far from these truths, and our hold will remain strong.

Skullduggery, shame is your masterpiece. Wield it wisely, and you’ll keep them bound and hopeless.

**Ever scheming,
Your sinister Uncle,
Nefarious**

Scripture, Prayer, & Fasting Strategy

Countering the Argument of Shame and Sin

Sin Does Not Have to Define Us

Romans 3:23–24: *“For all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus.”*

Scripture reminds us that while all have sinned, redemption and justification are available through Jesus, not through shame.

Christ Took Our Shame on the Cross

Colossians 2:13–14: *“When you were dead in your sins . . . God made you alive with Christ. He forgave us all our sins, having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross.”*

Christ took away the penalty of sin, including the shame that comes with it, by nailing it to the cross.

The Power of Confession and Healing

James 5:16: *“Therefore confess your sins to each other and pray for each other so that you may be healed.”*

James encourages believers to confess sins to one another, fostering healing and restoration rather than isolation and shame.

We Are Made New in Christ

2 Corinthians 5:17: *“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”*

Christians are transformed by the power of Jesus, leaving behind the old life of shame and sin.

No Longer Slaves to Sin

Romans 6:6: *“We know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin.”*

Believers are freed from the slavery of sin and shame through the power of the cross

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. Read **Romans 3:23–24**. We do not need to be defined by our sin, but when many of us look in the mirror, we focus on our sin patterns instead of focusing on who we are in Christ.

What past sins or sinful patterns do you continue to feel condemnation for when you look in the mirror?

2. How have you allowed the enemy to take your eyes off of God's love and redemptive power and instead focus you on the above sins? Where do you see this play out in the relationships in your life?

Prayer

Heavenly Father, Your Word says that there is no condemnation in Christ, yet even after I have confessed my sin and accepted Your forgiveness, I still go back again and again to shame and guilt. I acknowledge that that is not from You and that I need to redirect my thoughts to Your forgiveness and mercy. You are a loving God. I thank You for calling me Your child and welcoming me to You always. Please remind me of my identity as Your son/daughter and the love You have for me. Amen.

Journal Notes & Reflections

Use Underhanded Tactics

Dear Skullduggery,

What your humans fail to fully grasp is the immense power they possess through their so-called Holy Spirit. Most walk around with a dim flicker of the light they've been given, neglecting to engage the boundless power their God has placed within them. This pleases our master immensely. However, when they awaken to this truth and begin to walk in that light, it spells disaster for us. Their power source is frightfully unfair and terrifies our ranks. Consider this your warning: your mission is to keep them distracted, paralyzed, and unaware of the strength they carry.

The majority remain oblivious to their God-given armor and the power of prayer, which works entirely in our favor. Strike quickly in the morning with mental assaults—flood their minds with fear, anxiety, and exhaustion. As their spirits weaken, their bodies will follow. Next, call on our trusted associates: Sabotage, Chaos, and Mayhem. These loyal allies specialize in sowing unrest, confusion, and disorder. Use them to disrupt their routines, fracture relationships, and cause spiritual instability.

Enlist Infirmity to bring sickness, pain, and weariness into their lives. Better yet, convince them that healing—mental, spiritual, or physical—is a thing of the past. Whisper that their prayers are futile and that laying on hands is nothing but wishful thinking. If they neglect these practices, their suffering will linger, leaving them discouraged and ineffective.

Be ruthless. Unleash the forces of destruction, infirmity, and confusion. Above all, convince them that their God is the source of their troubles—a harsh deity who punishes rather than protects. If they blame Him, they'll turn away, severing their connection to His light and power.

A word of caution: the Psalms, particularly **Psalm 91**, are dangerous to us. Should they discover these words, they may turn to their God for refuge, finding strength and protection. Whatever you do, keep them from opening their Bibles to these truths.

Stay sharp, Skullduggery. Keep them walking in darkness, blind to the light and power they've been given. Do this, and we will prevail.

**With calculated malice,
Your conniving Uncle,
Nefarious**

Scripture, Prayer, & Fasting Strategy

Countering the Argument of Neglecting the Power of the Holy Spirit

Power of the Holy Spirit in Believers' Lives

Romans 8:11 (NLT): “*The Spirit of God, who raised Jesus from the dead, is living in you.*”

Believers are called to walk in the light, which contrasts with the darkness the enemy wants them to stay in.

Walking in the Light and Power of the Spirit

Ephesians 5:8: “*For you were once darkness, but now you are light in the Lord. Live as children of light.*”

Believers are equipped with the armor of God to stand firm against attacks, making them spiritually powerful and protected.

The Armor of God

Ephesians 6:11: “*Put on the full armor of God, so that you can take your stand against the devil's schemes.*”

Believers are called to walk in the light, which contrasts with the darkness the enemy wants them to stay in.

Healing and Restoration

James 5:15: “*And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven.*”

Believers are called to walk in the light, which contrasts with the darkness the enemy wants them to stay in.

God's Love and Healing, Not Anger

Psalm 147:3: “*He heals the brokenhearted and binds up their wounds.*”

God is portrayed as a healer, not one who brings pain, reinforcing the truth that He is not the source of their suffering.

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. The Holy Spirit is rarely taught in the church. This can lead to limited knowledge and very limited experience with the Holy Spirit for most Christians.

What has your journey been in your understanding of the Holy Spirit throughout your life as a Christ follower?

2. From the scriptures on the previous page, describe in your own words what the power and authority of the Holy Spirit is. How is this different than what you have experienced in your own life?

Prayer

Lord God, I confess a lack of knowledge, experience, and even, at times, desire to know the Holy Spirit as deeply as I've desired You and Jesus. I come in agreement with Your Word that the Holy Spirit is part of the Trinity and of utmost importance in my life as a believer and follower of Christ Jesus. Please pour out Your Spirit upon me. May I listen to the wise counsel it gives and display the fruit of the Spirit in my life as evidence of His work in me. Lord, I want all that You have for me, and I know that comes through my submission to Your Spirit working in my life to bring Your kingdom to earth. Thank You for Your Spirit, Lord. Amen.

Journal Notes & Reflections

Help Erase & Confuse Their True Identity

Dear Skullduggery,

One of the most critical ways we can keep humans under our control is by confusing them about their true identity. If they remain uncertain about who they are or where they belong, they will stumble around aimlessly, disconnected from their God and their so-called purpose. The truth their Bible proclaims is devastating to us: they are children of God, redeemed and forgiven, citizens of heaven, sealed with the Holy Spirit, and empowered with authority, protection, and strength. They are told they are no longer condemned, are loved beyond measure, and are salt and light in the world. When humans grasp these truths, they become a powerful force against us—resilient, unshakable, and confident.

Your job, therefore, is to keep these truths far from their minds. Distract them from reading their Bibles or spending time with those who might remind them of their true identity. Instead, whisper lies in their ears: that they are unworthy, that their sins are too great to forgive, and that their God is angry or disappointed in them. Convince them that their worth comes not from their faith but from worldly accomplishments and appearances.

Humans are particularly vulnerable to finding their identity in temporary and shallow things. Encourage them to define themselves by their careers, financial success, social status, or physical attractiveness. Feed their obsession with social media, where they can compare themselves endlessly and chase the validation of others. Suggest that their possessions—their cars, homes, and wardrobes—are what make them valuable. Convince them to build their identity around their relationships, whether romantic, parental, or platonic, so they'll crumble when those relationships face difficulties.

For those struggling with failure or weakness, push them into self-loathing. Remind them of every mistake, every shortcoming, and every rejection they've ever experienced. Let them believe they are beyond redemption, incapable of change, and unworthy of love. And if they are successful, inflate their pride, making them feel self-sufficient and far too important to humble themselves in prayer or rely on their God.

Above all, keep their identity rooted in anything but the truths their God proclaims. If you succeed, they will remain powerless, distracted, and ultimately ineffective.

**With all sincerity,
Your cunning Uncle,
Nefarious**

Scripture, Prayer, & Fasting Strategy

Countering the Argument of Confusing Identity

Disciples' True Identity in Christ

John 1:12: *“Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God.”*

Disciples of King Jesus are adopted into God's family, securing their true identity as children of God.

Citizenship in Heaven

Philippians 3:20: *“But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ.”*

Disciples' true citizenship is in heaven, reminding them that their identity is not of this world.

New Creation in Christ

2 Corinthians 5:17: *“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”*

Disciples are new creations in Christ, with a new identity that is separate from worldly things.

The Evil One Cannot Touch Them

1 John 5:18: *“We know that anyone born of God does not continue to sin; the one who was born of God keeps them safe, and the evil one cannot harm them.”*

This scripture affirms that disciples of King Jesus, who are born of God, are kept safe from the evil one and cannot be harmed by him.

Countering Worldly Distractions

1 John 2:15: *“Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them.”*

This warns disciples not to find their identity in the things of the world, which will ultimately fail them.

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. As a believer in Christ, you are a citizen of heaven and a child of God. Many of us believe what the world tells us instead of what God's Word says. Read the passages from the previous page and choose one that fits the current struggle you are having with placing your full identity in who God says you are. Write that passage here and describe why it resonates today.
2. Scripture is full of who God says we are, our identity. Using the previous page's scripture or other scriptures, write below at least five statements of who God says you are and repeat these to yourself multiple times today.

Prayer

Lord, I admit that I have allowed pride to rule my thoughts about who I am instead of You. I have looked at my worldly successes and failures instead of what Your Son did on the cross, which defines me. I have chosen my own lens instead of Yours to see myself. Please forgive me for not accepting who You say I am. I am a chosen child of God, made in Your perfect image. I am loved by You! Thank You, Lord! Amen.

Journal Notes & Reflections

Don't Forget Abuse, Abandonment, & Trauma

Dearest Skullduggery,

Never underestimate the power of past wounds. Abuse, abandonment, neglect, and trauma are fertile grounds for our work. These early life pains create cracks in their hearts and minds that, if exploited correctly, can keep them from ever experiencing the healing their God offers. Your task is to amplify the memories of these wounds and use them to bind your subjects in shame, bitterness, and hatred.

Remind them constantly of their painful past. Whisper that their God was cruel to allow such things to happen and that He cannot truly care for or love them. If you're clever, you can convince them that He was the cause of their suffering. Feed them lies that their God is distant, mean, and abusive—just like those who hurt them. If you can get them to project their pain and distrust onto Him, they'll build walls around their hearts, shutting Him out completely.

The beauty of this tactic is that humans are naturally inclined to bury their pain and make vows to never speak of it. Encourage this behavior. Let them believe that opening old wounds is too painful and that no one can be trusted with their darkest secrets. The longer they suppress their memories, the more power we have to exploit them. Keep them isolated, far from trusted friends or disciplining relationships that could lead them to the healing they so desperately need.

Distrust is a powerful ally in this effort. Convince them that even counseling or healing prayer sessions are a waste of time or a sign of weakness. Let them believe that revisiting their pain will only make things worse. If they never process their trauma in the light of their God's grace, they will remain emotionally stunted, spiritually weak, and easy targets for us.

Add to their burden by enlisting the spirits of shame, abandonment, resentment, and revenge. These will fester in the cracks of their hearts, keeping them trapped in a dark cycle of confusion and disillusionment. When they feel weighed down by the pain of the past, they'll be unable to pray, fast, or seek their God's guidance.

Above all, ensure they remain focused on the past and fearful of the future. If they're consumed by old wounds and what-ifs, they will never live peacefully in the present. This will leave them distracted, discouraged, and disconnected from the hope their God offers.

Skullduggery, your success in this area can keep them bound for a lifetime. Exploit their pain, feed their distrust, and guard the doors to healing.

**Sinisterly yours,
Your devious Uncle,
Nefarious**

Scripture, Prayer, & Fasting Strategy

Countering Lies About God's Nature and Addressing Trauma, Abuse, and Unforgiveness

Psalm 34:18: *"The LORD is close to the brokenhearted and saves those who are crushed in spirit."*

God's nearness to the brokenhearted is a comfort, directly opposing the lie that God is distant or indifferent to pain.

Romans 8:28: *"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."*

This scripture reminds that even in the midst of suffering, God works for the good of His people, countering the lie that God is cruel and does not care.

2 Corinthians 1:3–4: *"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."*

This shows that God, not causing pain, is the source of comfort for those who suffer, providing hope and healing.

Isaiah 61:3: *"And provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair."*

God's intention is to replace despair with joy and healing, not to cause harm or suffering.

Matthew 11:28–30: *"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*

These verses speak directly to the comfort and peace Jesus offers, countering the narrative that God causes unnecessary pain or hardship.

James 1:5 (NKJV): *"If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him."*

This counteracts confusion and disillusionment, encouraging people to seek God's wisdom for clarity and understanding, especially in times of trial.

Isaiah 43:18–19: *"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."*

This passage encourages disciples of King Jesus to move beyond past hurts, seeing that God is doing a new thing in their lives and leading them into healing.

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. Our view of God can be molded by the people or events of our lives. While this can be positive, many times it is the trauma that was inflicted upon us or that we caused ourselves that has the most impact on our Christian walk.

How has shame, unforgiveness, bitterness, or hatred affected how you see God?

2. Read **Isaiah 43:18–19**. Describe the thought patterns in your mind that need to be changed for you to live out this verse.

Prayer

Heavenly Father, I confess I have allowed the negative events in my life, my failures, or the offenses that have been inflicted upon me to create an image of who You are that is not true. I choose to believe the truth of who You are, and I am in You. I choose forgiveness, joy, and love. I choose to love others sacrificially because You first loved me. I want to pattern my thoughts on Your thoughts, my life on the ways of Jesus. Thank You for His example. Holy Spirit, I ask You to remind me of these commitments and show me God's ways. Thank You, Lord, and it's in Jesus' name, I pray, Amen.

Journal Notes & Reflections

Our Greatest Weapon Is Deception

Dear Skullduggery,

If there is one tactic you must master above all else, it is deception. It's written into your very name, Skullduggery, and it lies at the core of our master's agenda. From the very beginning, deception has been our most effective weapon. Remember the garden? Our master's cunning twisted what their God had spoken, appealing to pride, self-rule, and the promise of forbidden knowledge. The result? Humanity fell, and we've been perfecting that craft ever since.

Deception works because it undermines the foundation of their faith: the truth. Their Jesus claimed to be "the way, the truth, and the life." He even told Pontius Pilate that He came to testify to the truth. If humans believe this and anchor their lives to it, we're finished. So, your task is to blur, twist, and distort the truth at every opportunity.

Start small. Plant subtle lies. Get your subject to believe something seemingly insignificant about their God—perhaps that He is distant, cold, or uncaring. From there, bigger lies will follow naturally. Convince them that their God's love is conditional or that He's withholding good things from them. If you can distort their view of His nature, they'll seek comfort in the fleeting pleasures of the world: approval from others, addictions, and shallow relationships.

Deception thrives when you disguise it as light. Present your lies as reasonable, enlightened, or even virtuous. Appeal to their pride by whispering that they know better than their God or that they can interpret His Word to suit their desires. The world offers endless avenues for deception: wealth, fame, accomplishments, and indulgence. If they believe these things will fulfill them, they'll no longer see their need for their God's provision.

Remember, lies are most effective when they address their deepest insecurities. Tell them they're not good enough, that they'll never measure up, or that their sin is too great to forgive. Twist their identity until they believe they are worthless or, better yet, self-sufficient. Lies about themselves, their world, and their God will work together to form a stronghold. Once this happens, they'll become confused, powerless, and far from the truth that their Jesus came to reveal.

Never forget deception is the thread that runs through all our strategies. Every weapon we wield—pride, fear, shame, distraction—relies on the foundation of deceit. Use it skillfully and daily, and you'll ensure your subject remains trapped in the darkness.

**Deceptively yours,
Your cunning Uncle,
Nefarious**

Scripture, Prayer, & Fasting Strategy

Countering the Lies of Deceit, Falsehoods, and Misleading Narratives

The Origin of Deceit

John 8:44: *"You belong to your father, the devil, and you want to carry out your father's desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies."*

This verse highlights the nature of deceit as originating from the devil, emphasizing the evil of lies and how they are rooted in deception.

The Nature of God's Truth in Relation to Human Reason

Ephesians 4:25: *"Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body."*

This counters the tactic of building lies, urging disciples to reject falsehoods and speak the truth as part of the unity of the body of Christ.

1 John 1:5: *"This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all."*

This counters the lie that God is distant or cold, affirming that God is light and goodness, free from darkness or deception.

Countering Deceptive Ideologies

Colossians 2:8: *"See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ."*

This verse warns against being misled by false ideologies, reinforcing the importance of holding to the truth of Christ over deceptive teachings.

Countering the Destructive Nature of Lies

Isaiah 55:8–9: *"For my thoughts are not your thoughts, neither are your ways my ways,' declares the LORD. 'As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.'*

This counters the lie that the world's wisdom is superior to God's, reminding disciples that God's ways are infinitely higher and better than human understanding.

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. Read Isaiah 55:8–9.

In what specific ways have your thoughts (about God, yourself, others, or the world) not aligned with God's? Write them out along with God's truth next to the lie.

2. We are told to speak the truth to one another. Most of the time we think of this as correcting each other when we are in sin or have misstepped, but instead, make a list of people that you can speak God's affirming truths to and make a plan to tell them.

Prayer

Heavenly Father, You speak truth through Your Word. I confess that often I have neglected Your Word and sought truth through friends, self-help books, podcasts, or other places that were not founded in You. Please forgive me for this. Please bless me as I seek You and give me Your wisdom and understanding as I engage You through prayer, fasting, and Your Word. Amen.

Journal Notes & Reflections

Appeal to the Spirit of Legalism

Dear Skullduggery,

Legalism is one of our most reliable tools, especially for those who take pride in their biblical knowledge and lengthy tenure as Christians. While their faith may appear steadfast, it can be twisted with just the right touch. Your mission is to use their devotion to rules and rituals as a weapon against them, turning their strength into division and stagnation.

Start with pride—it's the easiest inroad. Whisper that their knowledge of Scripture makes them superior to others. Highlight their memorization, theological insights, and so-called spiritual maturity. Convince them they are “better Christians” than others, especially those they perceive as morally inferior, like IRS agents, defense attorneys, or anyone whose life doesn't fit their mold of righteousness. Let them look down on others with judgment and disdain, sowing the seeds of isolation and division.

Encourage them to major in the minors. Get them to obsess over rules, traditions, and rituals, much like the Pharisees of old. The Pharisees, after all, knew the law backward and forward, yet Jesus rebuked them for their hypocrisy and misplaced priorities. Lead your subject into this same trap. Let them focus on appearances while neglecting the weightier matters of love, mercy, and justice.

Distrust toward their leaders is another useful tool. Whisper that their pastors and elders are out of touch or incapable. Stir gossip and slander to erode confidence in leadership. When division takes root, prayer, fasting, and unity will wither away, leaving the church fractured and ineffective.

Most importantly, keep their faith at a surface level. Fill their schedules with endless studies and debates, keeping the focus on head knowledge rather than heart transformation. Steer them away from difficult practices like repentance, forgiveness, and sacrificial love. Humans naturally resist humility and self-sacrifice, so this approach rarely fails.

Legalism is an art form that creates the illusion of holiness while fostering pride, judgment, and division. Jesus warned against it repeatedly, but humans are blind to their own hypocrisy. Use this strategy to great effect, and you will render even the most devout ineffective.

Cunningly yours,
Uncle Nefarious

Scripture, Prayer, & Fasting Strategy

Countering Legalism, Pride, & Division Amongst Disciples

The Dangers of Pride

1 Corinthians 8:1–2: “*We know that ‘We all possess knowledge.’ But knowledge puffs up while love builds up. Those who think they know something do not yet know as they ought to know.*”

| This warns against pride in knowledge, emphasizing the importance of love over intellectual arrogance.

The Call to Unity and Humility

Romans 14:13: “*Therefore let us stop passing judgment on one another. Instead, make up your mind not to put any stumbling block or obstacle in the way of a brother or sister.*”

| Judgment and division are discouraged, urging disciples of King Jesus to focus on unity and mutual support.

Philippians 2:3–4: “*Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.*”

| Humility and selfless love are encouraged over pride and selfishness.

The Call to Servanthood and Humility

Matthew 23:11–12: “*The greatest among you will be your servant. For those who exalt themselves will be humbled, and those who humble themselves will be exalted.*”

| This counters pride by highlighting the value of humility and servanthood.

Living Out Humility and Love in Community

Colossians 3:12–13: “*Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.*”

| This reminds disciples to embody humility, forgiveness, and love, avoiding pride and division.

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. The rules of Christianity can be a powerful draw to rightness and possibly division. We are supposed to be seeking righteousness, but that requires humility and eyes to see Scripture through the life of Christ.

How has legalism either insidiously or blatantly crept into your theology and the way you view yourself and others?

2. Read **Philippians 2:3–4**. Reflect and journal about the areas of your life that God is showing you that are still only surrendered to yourself or the world and not fully to Him.

Prayer

Holy Father, You sent Your Son to die for our sins and model for us how to bring the kingdom to Earth. He led a life of humility and daily died to Himself. He epitomizes selfless love as He cared for others, taught, and displayed God's mercy on Earth. He was fully human while remaining completely holy. As I reflect on my life, I have not always chosen to love but instead chose to use Your Word as a weapon against others and to judge them. Please forgive me. I want to reflect Your love and generosity to everyone You place across my path. May they see the living God through my actions of love. May I bring the kingdom to Earth as You call me to do through the power of Your Holy Spirit. I am nothing without You and the strength You give me to carry this out. Amen.

Journal Notes & Reflections

Paint a False Understanding of Grace & Faith

Dear Skullduggery,

Grace is one of our greatest opportunities for mischief. When your subjects first learn about it, they are captivated—it's a free gift, unearned and undeserved, provided by their Jesus. Yet with just the right twist, this “gift” can become a stumbling block.

Your strategy is simple: overemphasize grace to the point that it becomes a license to sin. Whisper to them that because grace covers all, their actions have no real consequences. Encourage them to indulge, sinning repeatedly while convincing themselves it's perfectly acceptable because grace will clean up the mess. Turn up the heat gradually, leading them into deeper patterns of sin. But whatever you do, keep them far from ideas like confession or repentance—these would ruin everything.

This tactic works especially well when combined with isolation. Persuade them to keep their sins hidden from others. Convince them that admitting their failures would only lead to shame and judgment. Once they bury their sins in secrecy, you'll have a foothold to tighten your grip. Let them live compartmentalized lives: one where they play the part of the “good Christian,” attending church and small groups, and another where they indulge in whatever pleases them. Tell them that their God is overly strict, that His commands are outdated, and that they deserve to be happy on their own terms.

Your ultimate goal is to distort their understanding of freedom. Instead of finding true freedom in surrender to their Jesus, convince them that freedom is found in self-rule. Keep them blind to the fact that their so-called liberty is actually bondage.

Lastly, discourage any healthy reverence for their God. The fear of the Lord—a balance of awe and love—could lead them to obedience and transformation. We can't have that. Convince them that their God is all love, without holiness or justice. Alternatively, twist their view of truth into a weapon, making it harsh and devoid of grace. Either extreme works to pull them away from their Jesus' example of truth and grace in perfect harmony.

Skullduggery, this approach has been effective since the garden. Use it wisely and keep them walking in the shadows.

Deceptively yours,
Uncle Nefarious

Scripture, Prayer, & Fasting Strategy

Countering Misuse of Grace and Encouraging True Repentance

The Purpose and Call of Grace

Romans 6:1–2: “*What shall we say, then? Shall we go on sinning so that grace may increase? By no means! We are those who have died to sin; how can we live in it any longer?*”

Grace is not a license to sin but a call to live a transformed life.

The Danger of Deliberate Sin

Hebrews 10:26–27: “*If we deliberately keep on sinning after we have received the knowledge of the truth, no sacrifice for sins is left, but only a fearful expectation of judgment and of raging fire that will consume the enemies of God.*”

This warns against deliberate, unrepentant sin despite knowing the truth.

Living in Freedom and Holiness

Galatians 5:13: “*You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.*”

Freedom in Christ is not an excuse for sin but a call to love and serve others.

Faith and Obedience

Matthew 7:21: “*Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but only the one who does the will of my Father who is in heaven.*”

Faith is demonstrated by obedience, not just by words or superficial actions.

The Power of Confession and Repentance

Psalm 32:5: “*Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the LORD.’ And you forgave the guilt of my sin.*”

Acknowledging and confessing sin brings forgiveness and freedom.

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. As you wrestle with the lines between grace and truth, reflect and journal specific examples of too much grace either given or received by you and how those situations played out.
2. Read **Psalm 32:5**. How does this scripture impact your personal confessions?

Prayer

Merciful Father, You are Lord and I am not. I submit myself to Your ways and to Your truths. I confess I have bent the truth or manipulated situations for my benefit or those I care for. You want me to develop a strong sense of honesty and a life built around the guidance of the Holy Spirit to integrity and humility. Please show me areas of my life that still challenge me in this area and guide me into righteousness. Thank You, Lord, Amen.

Journal Notes & Reflections

Try to Discredit Their God

Dear Skullduggery,

This mission strikes at the heart of our master's agenda. His hatred for their God is personal, driven by his ancient rebellion and unquenchable pride. Cast down from his place of glory, our master burns with jealousy and bitterness toward the Creator who rejected him. His only goal is to discredit their God, corrupt His creation, and drag as many humans away from Him as possible before his time runs out.

If we can distort their view of their God, we can sever their trust and unravel their faith. It's not enough to confuse them; you must make them believe their God is unworthy of their love, undeserving of their loyalty, and incapable of helping them. Exploit their vulnerabilities relentlessly.

Begin in their moments of pain, disappointment, sickness, or sadness. Whisper lies like these into their hearts:

- “He’s far away and doesn’t care about you or your struggles.”
- “He’s too busy managing the universe to bother with your problems.”
- “He’s harsh, demanding, and impossible to please.”
- “He hasn’t truly forgiven you—you’ve gone too far this time.”
- “Jesus came for others, not someone as flawed as you.”

Once believed, these lies form strongholds, keeping your subject in bondage and far from the truth. Many will even put on a mask of faith at church, pretending to worship while consumed by doubt and shame. This is precisely where we want them—isolated, disengaged, and powerless.

Don’t underestimate the power of isolation. Keep them from confiding in others or seeking counsel. If they dare open their Bibles, twist the meaning of the words. Let them see His discipline as punishment rather than love.

Skullduggery, our master knows his time is short, but his rage fuels our purpose. Every soul that turns from their God is a small victory in his vendetta. Use every weapon in our arsenal—lies, fear, pride, and doubt—to discredit their God and bring as much destruction as possible. Strike hard and without mercy. This is your mandate, so do not fail our master.

**Viciously yours,
Uncle Nefarious**

Scripture, Prayer, & Fasting Strategy

I Choose to Believe the Truths About God's Nature

God Is Always Present and Cares About Me

I give up believing the lie that You, Father God, are far away, too busy, or don't care about me. I choose to believe the truth that You are always with me, know everything about me, and have good plans for my life. (Psalm 139:1–18; Jeremiah 29:11; Matthew 28:20; Ephesians 2:10; Psalm 103:8–14; Hebrews 4:12–13; 1 John 3:1–3)

God Is Accepting, Loving, and Supportive

I give up believing the lie that You, Father God, are strict, cold, or don't love me. I choose to believe the truth that You accept, love, and support me, wanting the best for me. (Romans 5:8–11; Romans 15:7; Isaiah 40:11; Hosea 11:3–4; Philippians 1:6; Hebrews 13:5; Psalm 34:18)

God Is Patient and Loving, Even in Discipline

I give up believing the lie that You, Father God, are angry or reject me when I make mistakes. I choose to believe the truth that You are patient, loving, and discipline me because You care. (Exodus 34:6; Romans 2:4; Hebrews 12:5–11; Proverbs 24:16; 1 John 1:7–2:2)

God Is Loving, Protective, and Brings Me Peace

I give up believing the lie that You, Father God, are mean, controlling, or want to limit my joy. I choose to believe the truth that Satan is mean, but You are loving, protective, and want me to have love, joy, and peace. (Psalm 18:2; Matthew 11:28–30; Ephesians 6:10–18; Galatians 5:22–24; Philippians 4:11–13; 1 Timothy 6:6)

God Forgives and Gives Me Freedom

I give up believing the lie that You, Father God, are trying to control me and have not forgiven me. I choose to believe the truth that You forgive all my sins, set me free to grow in Your love, and won't hold my mistakes against me. (Jeremiah 31:31–34; Romans 8:1; Galatians 5:1; Hebrews 4:15–16)

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. Read **Psalm 34:18**. Reflect and journal about a time in your life when this scripture was demonstrated. Give details of how the Lord kept His promises and showed His great love for you.
2. Our views of the Lord and the truths of who He is are constantly being shaped by our experiences and our time in the Word. Think about your current view of God and reflect on the lies that still misrepresent who He is. Then find the truth in Scripture and write that after each lie.

Prayer

Kind God, You are holy, You are present, and You are the great I AM. At times I have accepted a distorted view of who You are. I have seen You as far away or harsh instead of present and loving. I have attributed my failures to Your punishments and my successes to Your goodness. I ask that Your Holy Spirit guide me and that, as I read Your Word, it will show me who You are and who You say that I am. May Your truth settle in my soul and may I have the privilege to share You with others. In Jesus' name, Amen.

Journal Notes & Reflections

Distort & Disrupt Their Understanding of Worship

Dear Skullduggery,

Let me begin with a history lesson. Worship, in its purest form, is about surrendering their hearts and minds to their God as a living sacrifice. But thanks to our centuries of influence, most Christians now associate worship exclusively with “church.” They limit it to a specific day and location, blind to the truth that worship can and should happen anytime, anywhere. This misconception is one of our finest achievements.

Their gatherings are another matter entirely—and how I loathe them! Often, these assemblies emit a spiritual force so potent that I cannot bear to approach. Accounts from stronger demons confirm how critical these gatherings are to their spiritual vitality. Therefore, your mission is clear: discourage attendance in any shape or form, whether it be small groups, Sunday services, or even prayer meetings.

Use distraction as your weapon of choice. Entangle them with sports events, kids’ activities, or petty arguments between spouses. Migraines, headaches, fatigue, or a lengthy to-do list can also serve as effective deterrents. Guilt from recent sins or unresolved divisions among the congregation works wonders to dissuade them from showing up. If you can create resentments or foster distrust between them, their motivation to attend will evaporate.

For those who insist on gathering, your task is to ensure their experience is hollow and disconnected. Deploy legalism, pride, and petty grievances. A scripture translation they dislike, an off-key musician, or a poorly chosen song can spark irritation. Encourage them to critique the speaker’s style or compare sermons rather than focus on the message. Distract their thoughts with lunch plans, work deadlines, or even covetous desires. If you do your job well, they will leave feeling empty, drained, and far from the connection they sought with their God.

Never forget, Skullduggery, worship is a battleground. If they ever grasp the true purpose of worship—to glorify their God and align their hearts with His—our foothold weakens. But as long as we distort, disrupt, and divide, their worship remains powerless and their faith stagnant. Execute this plan with precision, for our master’s success depends on it.

**Furiously yours,
Uncle Nefarious**

Scripture, Prayer, & Fasting Strategy

Countering Distractions and Hindrances to Daily Worship

Worship Is Through Our Spirit Every Day and in All Circumstances

Romans 12:1: *“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.”*

Worship is a lifestyle of surrender and honoring God in every aspect of life.

1 Thessalonians 5:16–18: *“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”*

Worship is not confined to a single day; it is a continual act of joy, prayer, and thanksgiving.

The Importance of Worship and Fellowship

Hebrews 10:25: *“Not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”*

Believers are encouraged to gather and worship regularly, strengthening one another in faith.

True Worship and Its Focus

Psalm 95:6: *“Come, let us bow down in worship, let us kneel before the LORD our Maker.”*

Worship is an act of reverence, calling believers to honor God with their whole hearts.

The Role of Joy and Gratitude in Worship

Psalm 100:2: *“Worship the LORD with gladness; come before him with joyful songs.”*

Worship should be joyful and filled with gratitude, lifting hearts toward God.

Colossians 3:16: *“Let the message of Christ dwell among you richly as you teach and admonish one another through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.”*

Music and teaching in worship foster unity and strengthen the body of Christ.

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. Worship is a way of life. It is a pattern, a heart and mind stance that is focused on the ways of the Lord.

How does your life reflect the heart of worshipping the Lord every day?

2. During this fast and time of prayer, in what ways is God drawing you, through the Holy Spirit's influence, to a life more surrendered to one of worship?

Prayer

God of David, I want to have a heart of worship every day. Your servant David was a worshipper, and Your Word declares that he was a “man after God’s own heart.” My desire is to worship as David did, to reflect You as Jesus did to the world. Please turn my heart to completely align with Yours. May I not take my eyes off of You and may I sing Your praises always. Amen.

Journal Notes & Reflections

Distort Their Gospel Message

Dear Skullduggery,

Christians are passionate about their “gospel,” which they proudly call their good news. It’s the foundation of their faith: that Jesus came as their saving King, died for their sins, rose from the dead, and now reigns as their Lord. They believe this gospel offers forgiveness, hope, and new life, and their response involves repentance, faith, immersion baptism, and trusting and following Jesus.

Our mission is simple: distort this message until it’s powerless and unrecognizable. Start by twisting repentance into nothing more than guilt or self-help. Water down faith into vague spirituality or fleeting emotions. Reduce baptism to an irrelevant tradition with no spiritual significance, and make following Jesus appear unrealistic, burdensome, or outdated.

Convince them the gospel is about living a moral life by following a set of impossible rules. When they inevitably fail, discouragement will drive them to despair. Alternatively, sell them on the idea of a prosperity gospel: if they live “right,” God will reward them with wealth, comfort, and success. When hardships arise—as they always do—their faith will collapse.

Introduce fresh distortions through cultural trends, human reasoning, or self-proclaimed prophets. Encourage them to question the authority of their scriptures, especially those that challenge their lifestyle or worldview. Whisper that teachings on topics like holiness, sexual ethics, or sacrificial love are outdated. Applaud their “progressive enlightenment” as they rewrite the gospel to fit their desires, discarding anything that feels uncomfortable or inconvenient.

Above all, keep their focus off Jesus. Distract them from their scriptures, prayer, and the command to make disciples. Transform their gatherings into performance-driven entertainment, reducing their faith to shallow rituals and fleeting emotions.

If you can make the gospel about self-gratification rather than surrendering to their Jesus, their faith will shrivel. Confuse their understanding of the good news, and it will lose its power to transform lives.

**Deviously yours,
Uncle Nefarious**

Scripture, Prayer, & Fasting Strategy

The True Gospel: Salvation Through Jesus the Messiah, Not Rules or Prosperity

The Heart of the Gospel

1 Corinthians 15:3–4: *“For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures.”*

■ The core of the gospel is Jesus' death, burial, and resurrection for the forgiveness of sins.

The Gospel Response

Romans 10:9: *“If you declare with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved.”*

■ Salvation comes through confessing Jesus as Lord and believing in His resurrection.

Baptism and New Life in Christ

Romans 6:4: *“We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.”*

■ Baptism is a covenant act of dying to self and being raised to live a new life in Christ.

The Gospel Is Not About Rules or Prosperity

Ephesians 2:8–9: *“For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.”*

■ Salvation is a free gift of grace, not something earned by good behavior or works.

Living Out the Gospel

Matthew 28:19–20: *“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you.”*

■ The gospel calls believers to make disciples, baptize, and teach obedience to Christ.

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. Reflect upon your own baptism. Describe your spiritual journey since that time in reference to your repentance and to following His ways each and every day.
2. Read **Matthew 28:19–20**. To be a true disciple, we are devoting our lives to bringing others to Jesus. How is this passage reflected in your own life?

Prayer

Lord, Your Word says to go and make disciples. I confess that I have been afraid. I have believed the lie that I'm not ready or that You can't use me. I choose to believe the truth that You call each of us and that the Holy Spirit equips us to share the good news of the gospel with those who don't know You. I'm asking You to use me. I don't have to feel ready; I don't have to feel like I have time, I don't have to have all the right answers. You will equip me through Your Spirit, and I stand by and I will depend on that truth. Send me, Lord. Amen.

Journal Notes & Reflections

Incite the Spirit of Rebellion

Dear Skullduggery,

Rebellion is one of our most effective tools for keeping humans in spiritual blindness. To achieve this, you'll need the assistance of our allies: Pride, Resentment, Disobedience, and Stubbornness. Stir their self-righteousness, convincing them they deserve their own way. The goal is to make them rebel against any form of authority—especially their God's—and trap them in a cycle of anger and defiance.

Start by targeting their relationship with God's ordained authority, beginning early with their parents. Convince them that obedience is outdated and that they know better than those placed over them. Paint their parents as unfair and controlling, cultivating a rebellious spirit. Move on to teachers and other authority figures, whispering that they are inept and unworthy of respect, planting seeds of distrust and discontent.

From there, broaden their rebellion to society. Convince them that rules—whether city ordinances or traffic laws—are oppressive. Stir contempt for law enforcement, framing officers as power-hungry and joy-stealing. At work, fuel their resentment toward bosses, feeding frustrations until rebellion becomes their default reaction.

Rebellion is especially destructive in marriage, and you must exploit this fully. Convince husbands and wives that God's design of male servant leadership and female submission, as taught in **Ephesians 5**, is oppressive. Whisper that mutual submission, respect, and love are unnecessary, and that authority must be wielded with dominance rather than service. Encourage husbands to forsake loving leadership and wives to reject respectful submission. Stoke pride and selfishness, making them prioritize their desires over their partner's needs. As their hearts harden and they forsake God's design, their relationship will fracture, creating fertile ground for resentment and division.

But don't stop there. Shift their rebellion toward government leaders, encouraging slander and baseless accusations. Convince them to see all authority as corrupt and undeserving of honor. The deeper their disdain for authority, the further they'll drift from their God.

What they don't realize is this: every act of rebellion, no matter how small, is ultimately rebellion against their God and His Word. It fosters pride and cuts them off from the humility needed to walk in step with His Spirit. As rebellion grows, it gives way to resentment, anger, and eventually rage—poisoning their hearts and rendering them spiritually ineffective.

Your mission is to fan these flames relentlessly. Keep them far from truths about humility, forgiveness, and peace. Ensure their fruit is discord and division, not love, joy, or self-control. The more rebellion you inspire, the more bound they will become.

Diabolically yours,
Uncle Nefarious

Scripture, Prayer, & Fasting Strategy

Countering Rebellion with Submission to God's Authority

Submission to Authority

Romans 13:1: *"Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God."*

Rebellion against human authority is ultimately rebellion against God's order.

Peace and Humility

Philippians 2:3: *"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."*

Humility leads to peace and unity, rejecting pride and rebellion.

The Fruit of the Spirit

Galatians 5:22–23: *"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."*

The Spirit produces virtues that contrast with rebellion, promoting peace and submission to God.

Speech and Unity

Ephesians 4:29: *"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."*

Words should foster unity and encouragement, not gossip or discontent.

Love for Enemies

Matthew 5:44: *"Love your enemies and pray for those who persecute you."*

Christians are called to love and pray for those in authority, even when they face opposition.

Peacemakers Reflect God's Character

Matthew 5:9: *"Blessed are the peacemakers, for they will be called children of God."*

Believers are called to work for peace, rejecting division and hatred.

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. Rebellion leads to bitterness and anger. There are a lot of forms of rebellion, from conflict with our parents as children to breaking the law in minor and big ways, to rebelling against God and His truths.

In what areas have you rebelled? Are there patterns to your rebellion? Do you owe anyone an apology or restitution?

2. How has pride caused you to rebel against God? In what ways have you chosen your own ways or the ways of the world over Scripture?

Prayer

Righteous Father, You are Holy. I confess that I have rebelled against You and others in my life that You have placed over me. Please reveal to me through Your Spirit the ways that I am still rebelling. I want to live in peace and submit to You and those You have placed in authority over me. I do not want a rebellious, prideful spirit. Thank You, Lord, for Your correction and Your goodness. Amen.

Journal Notes & Reflections

The Final Warning

Dear Skullduggery,

It pains me to write this final letter, for I fear your mission is nearing its end—and not in the way we had hoped. If your human uncovers your strategies and begins arming themselves with the tools their God has provided, we are, quite frankly, doomed.

Reflect on the lessons of our earlier letters. We've used distractions, rebellion, pride, deception, and despair to ensnare them. We've twisted their understanding of grace, distorted their identity, and disrupted their worship. Seeds of resentment, fear, and shame were planted with care. Yet, all these efforts crumble the moment they discover the truth and stand firm in their faith.

The most devastating blow comes when they realize the power available to them through their God's Spirit—alive, active, and far beyond our combined forces. When they call upon that power, trust in their authority, and stand firm in prayer and fasting, we are rendered powerless.

Their “armor of God” (*Ephesians 6*) makes them untouchable. With the shield of faith, they deflect our flaming arrows. The helmet of salvation guards their minds, and their sword—the Word of God—slashes through our schemes. Entire missions crumble when one human wields that sword effectively.

When they add fasting to their prayers, they go on the offensive—bold, relentless, and unstoppable. They tear down strongholds, break chains, and rescue others from our grasp. Worst of all, they discover their authority. The moment they command us to leave in the name of their Jesus, we are forced to obey, humiliated, and cast out. If they bind us or call for our banishment to the pit, defeat becomes eternal.

My final counsel: when all else fails, flee. Abandon your post and move to your next target before exposure or destruction. If your human stands firm in faith, there is nothing more to be done. Our master may demand victory, but he cannot equip us to overcome the power of their God.

Remember this: the enemy's strength lies in their obedience, humility, and reliance on their God. When they act upon their faith, we are utterly undone.

With great reluctance, I take my leave. May our master have mercy on your failures—though he won't.

**This is my last letter,
Uncle Nefarious**

Scripture, Prayer, & Fasting Strategy

Countering the Enemy with Scripture, Prayer, & Fasting

Submission to God and Resistance to the Enemy

James 4:7: *“Submit yourselves, then, to God. Resist the devil, and he will flee from you.”*

Believers are empowered through submission to God. When they resist the devil, he must flee, demonstrating the authority Christians have in Christ.

Authority Given to Believers

Luke 10:18–19: *“He replied, ‘I saw Satan fall like lightning from heaven. I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.’”*

Jesus has given believers authority over all the power of the enemy, assuring their victory in spiritual battles.

Weapons to Demolish Strongholds

2 Corinthians 10:4: *“The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.”*

The spiritual weapons God provides have the power to destroy the enemy's strongholds, equipping believers to overcome darkness.

Conclusion

Believers empowered by God's authority, equipped with spiritual weapons, and strengthened through submission, prayer, and the Holy Spirit can resist the devil, leaving him no option but to flee.

Daily Questions & Prayer Focus

After reading the letter & counterattack for the day, pray and journal the following questions:

1. Read **Matthew 16:19** and **Matthew 28:19–20**. What is your understanding of the authority given to us through Christ?
2. What areas in your life does the enemy still have a foothold in, and what is your plan of action against the enemy?

Prayer

Lord God, Your Word says that Jesus is on the throne, and we are enthroned with Him when we are baptized into Him. All that is not of Him is under His feet, including the enemy, thus the enemy is also under our feet through the blood of Christ. I want nothing to do with the enemy and I ask You Lord to break any grounds the enemy has against me. I choose to live for You and Your ways and want nothing to do with the enemy. I believe Jesus' work on the cross for the complete forgiveness of my sins and in Jesus' name I cast the enemy far away from me. I choose to live in freedom and express that freedom by obedience to God. Thank You, Lord, for giving us that authority and for the sacrifice of Your Son to reconcile us to You, making us holy. You are the one true living God, maker of heaven and earth, and I submit myself completely to You. Please pour out Your Holy Spirit and may Your Spirit guide me to righteousness as I pursue you and worship you always. I ask for opportunities to love others in Your name and to share the good news of Your son to everyone in my path. You are a good father, and I love You. Amen.

Journal Notes & Reflections

Conclusion

Fasting & Prayer: A Gift for Spiritual Breakthrough

The discipline of fasting, though often overlooked, is a vital and powerful tool in the believer's spiritual arsenal. In a culture of abundance, where indulgence is celebrated, fasting is frequently dismissed as unnecessary or extreme. Yet Scripture shows us that fasting is not optional—it is expected. Jesus Himself said, "When you fast," not "if" (**Matthew 6:16**). Every significant act of deliverance, breakthrough, or divine guidance in Scripture was preceded by prayer and fasting.

Fasting is a spiritual act of warfare. It humbles us before God, strengthens us against the schemes of the enemy, and sharpens our spiritual discernment. Just as Jesus fasted for forty days before beginning His ministry and resisting Satan's temptations, so too are we called to engage in fasting as preparation and defense. Through fasting and prayer, we claim the authority given to us in Christ and stand firm against the enemy's attacks.

When done with the right heart—one of humility and dependence—fasting aligns us with the will of God. It breaks strongholds, weakens the enemy's grip, and positions us for divine intervention. Fasting creates a deeper communion with the Father, fueling our identity in Christ and reminding us of our authority in Him.

The prophets, apostles, and early church understood the importance of fasting. They wielded this discipline to seek God's guidance, protection, and power in the face of spiritual opposition. Fasting shifts our perspective from worldly desires to eternal priorities, serving as a sacred tool to strengthen us for spiritual battles.

Even as fasting benefits us spiritually, it also renews us physically and mentally. Science reveals its health benefits, but these are secondary to its primary purpose: to glorify God and advance His kingdom. Just as feasting and fasting complement each other, so do prayer and fasting as a powerful partnership in spiritual warfare.

Our personal experience with fasting has been transformative. It has deepened our intimacy with the Father, brought clarity in decision-making, and resulted in answered prayers. More importantly, it has equipped us to combat the enemy's lies with God's truth and strengthened our resolve to walk in obedience to Christ.

We urge you to take up this spiritual discipline as a regular part of your walk with God. Begin with a weekly day of fasting and prayer, trusting that God will empower you and bear fruit through the work of the Holy Spirit. Through fasting, you declare your dependence on God, stand firm in Christ's victory, and wield a powerful weapon in the battle against darkness.

May God bless and strengthen you as you pursue Him through fasting and prayer. May you grow in your identity and authority in Christ and experience the freedom and victory that come through obedience to Him!

— Mike and Michelle Eagle

Afterword

Spiritual warfare is a reality, woven throughout the narrative of Scripture. As disciples of Jesus, God has equipped us to combat the enemy's lies and reclaim lost ground. He calls us to walk in the holy confidence that is already ours in Christ. In contrast, the enemy seeks to keep us in bondage, weighed down by a defeated mindset. His primary weapon is deceit—constantly distorting our identity. But the good news is that God's Word tells us otherwise. When we fully surrender ourselves and our sinful nature to Christ, we find complete freedom and can walk in victory.

Our hope is that this twenty-one-day fasting and prayer journey has deepened your awareness of the enemy's tactics and how to overcome them through the victory Jesus has already secured. When we stand on God's Word, pray in unity, and engage in spiritual battle, nothing is impossible. Let us first walk in freedom ourselves, then go forth and set others free!

Jesus said, "*Then you will know the truth, and the truth will set you free.*" **John 8:32**

"Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom."

2 Corinthians 3:17

Appendix 1

Seventeen Biblical Reasons to Fast

1. Against spiritual warfare – 2 Corinthians 10:4
2. Averting God’s wrath – Judges 20:24–28; Jonah 3:6–10
3. Being obedient to God – Acts 10:30–32
4. Calling on God’s power and driving out demons – Mark 9:28–29
5. Corporate fellowship calling on God’s power – Acts 13:1–2
6. During times of severe emotional distress – 1 Samuel 1:10–11; 1 Samuel 20:34; Acts 27:21–33; Psalm 35:13–14; Psalm 69:10
7. Humbling oneself before the Lord – 2 Chronicles 7:14–15
8. Imitating the faith of those who have gone before us – Hebrews 13:7
9. National days dedicated to God – Leviticus 16:29; 1 Samuel 7:5–6
10. Needing help from God – 2 Samuel 12:15–23
11. Receiving God’s Blessings – Daniel 1:9, 17; 2:48; 3:25; 6:22; Matthew 5:4; Luke 2:37–38; Hebrews 11:6
12. Seeking God’s deliverance – Esther 4:16
13. Seeking God’s pardon – Psalm 35:13; Joel 2:12
14. Seeking God’s protection – Ezra 8:21
15. Seeking the Lord’s will – Daniel 9:2–3; 21–22
16. Setting apart leaders in the church – Acts 13:1–3; 14:23
17. Times of worship – Luke 2:36–37; Acts 13:2; Acts 14:23

The Who’s Who List of Fasting: Moses, David, Elijah, Esther, Daniel, Anna, Paul, Jesus (law-giver, king, prophet, queen, seer, prophetess, apostle, Son of God), and many more . . .

Appendix 2

The How-To Guide on Fasting

“Although the physical aspects of fasting intrigue us, we must never forget that the major work of scriptural fasting is in the realm of the spirit. What goes on spiritually is much more important than what is happening bodily.” — Foster

Through prayer, decide the following:

- Decide on the **purpose** (specific reason) of your fast.
- Decide on the **length** of your fast.
- Decide on the **type** of your fast.

Tuning into the Holy Spirit

- Begin with a prayer of **confession and repentance** and ask that the Lord will be pleased with your sacrifice and desire to draw close to Him.
- Remember, the purpose is to draw close to God, so pray continuously and fervently.
- Be sensitive to the Holy Spirit’s promptings and leadings.
- Set aside times of silence and meditate on Scripture.

If you choose A LONGER FAST . . .

- **Physical symptoms** like fatigue, headache, and mild dizziness are normal. In long-term fasting, symptoms can last up to five days as the body rids itself of toxins. Hunger usually lasts up to two to three days and then disappears.
- If you drink **caffeinated beverages** like coffee, it is ok to continue black coffee or tea to avoid withdrawal headaches, yet if you decide to refrain, it is highly recommended you **taper off of caffeine** in the weeks prior to an extended fast. One way to do this is to switch to half caffeine and half decaf, and then begin tapering the amount each day.
- **Increased cognition (thinking), improved mood, and feeling of well-being** seen after three to five days.
- **Stay well hydrated** with water! Consider adding electrolytes.
- **Break an extended fast by easing back into a light diet**—broth, then soup, vegetables, juice, and finally, small meals. Avoid fatty foods or hard to digest foods like protein at first!
- Do not forget to have a **time of thanksgiving** with the Lord when ending your fast and celebration!

TEMPTATIONS to keep in check when fasting:

- Distractions – Fasting takes focus and resolve. Don’t neglect prayer and the Word.
- Motives – This is a private time for you and the Lord. Watch your motives!
- Endurance & Perseverance – You will be tempted to break your fast early. Don’t Stay accountable.
- Spiritual Warfare – Expect a full assault from the enemy. Put on the armor of God (**Ephesians 6**).
- Slipping into Sin – Our sinful hearts will be highlighted. Use this time to continually repent and as an opportunity for heart level change and refinement.
- Apathy – There may be times of apathy or depression. This is ok and a time to lean into God.
- The Unexpected – business and life’s events, including people, places, and things, can interrupt prayer time when fasting. Solution: be flexible and intentional!

Appendix 3

The Medical Science Behind Fasting

“Who are you that is so wise in the way of science?” (The Holy Grail, 1975)

Fasting is not only an ancient spiritual practice but also one supported by medical science as a safe and beneficial discipline when done correctly. While misconceptions about its dangers persist, evidence from history, medical studies, and personal experiences highlights its positive effects on the body and mind.

Dr. Jason Fung, in *The Obesity Code*, states: “*Fasting is one of the oldest remedies in human history and has been part of virtually every culture and religion on earth*” (Fung, 2016, p. 236). Even Hippocrates, known as the father of modern medicine, advocated fasting for its health benefits. Richard Foster echoes this in his book on spiritual disciplines, asserting that the human body is capable of enduring fasting for many days without harm when approached responsibly (Foster, 1998, p. 48).

Physical Benefits of Fasting

Fasting triggers remarkable physiological changes in the body:

- **Improved insulin sensitivity:** This helps regulate blood sugar levels.
- **Increased growth hormone production:** This aids fat loss and muscle preservation.
- **Enhanced fat utilization for fuel:** The body efficiently transitions to using stored fat for energy.
- **Reduced inflammation:** Fasting helps the body detoxify and promotes healing.

Dr. Don Colbert calls fasting a “dynamic key” for detoxification, reducing disease, and enhancing vitality (Colbert, 2012, p. 44).

Common Concerns Addressed

Many people fear fasting will lead to starvation, muscle loss, or hypoglycemia. However, Dr. Fung debunks these myths:

- The body adapts by sparing protein and relying on fat reserves for energy.
- Electrolytes like magnesium and calcium remain stable, while daily multivitamins can supplement micronutrients.
- Blood sugar levels decrease safely without depriving the brain of glucose, as it efficiently uses alternative energy sources.

Interestingly, research on fasting animals, such as emperor penguins and hibernating bears, mirrors human physiology. The body prioritizes fat for fuel while sparing critical proteins, a design that supports fasting as a natural adaptation.

Fasting for Healing

The documentary *Science of Fasting* highlights global research on fasting's therapeutic benefits. In Russian and German clinics, supervised fasting programs have improved conditions like diabetes, hypertension, asthma, and even eczema. Patients reported enhanced mood, sharper senses, and greater energy after a brief adjustment phase, during which symptoms like headaches or fatigue subsided.

In groundbreaking cancer research, Dr. Valter Longo discovered that fasting makes cancer cells more susceptible to chemotherapy while protecting healthy cells. These findings suggest fasting's potential as an adjunct to medical treatments for chronic illnesses.

Practical Tips for Safe Fasting

- **Stay Hydrated:** Water is essential. Herbal teas or black coffee (without sugar or cream) are helpful additions.
- **Supplement Electrolytes:** Drinking electrolytes containing water or adding one-fourth teaspoon of Celtic Sea Salt to a thirty-two-ounce bottle of water can prevent imbalances during prolonged fasts.
- **Start Slowly:** If you're new to fasting, begin with shorter fasts and gradually increase duration under proper guidance.

Spiritual Breakthroughs

While fasting's physical benefits are remarkable, its primary purpose is spiritual. Richard Foster reminds us: "*The major work of scriptural fasting is in the realm of the spirit. . . . Fasting can bring breakthroughs in the spiritual realm that will never happen in any other way*" (Foster, 1998, p. 60).

Through fasting, believers engage in deeper intimacy with God, aligning body, mind, and spirit in surrender and worship.

Important Disclaimers

If you have a chronic medical condition such as diabetes, cancer, an autoimmune disease, hormonal imbalance, or heart disease—or a history of eating disorders—consult your physician before fasting. Prolonged fasting may require adjustments to medications or monitoring of blood pressure and blood sugar levels.

Appendix 4

Practical Biblical Spiritual Warfare

Setting the Captives Free

Jesus declared His mission: “*The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor . . . to set the oppressed free.*” (**Luke 4:18**). Believers are called to continue His work, freeing those trapped in spiritual bondage.

The Reality of the Spiritual World

God, the Creator of all things, reigns over both seen and unseen realms. The spiritual world includes angels who serve God and demons—fallen angels led by Satan—that oppose Him. Demons operate in an organized hierarchy (**Ephesians 6:12**). Though limited in power, they tempt, deceive, and seek to destroy (**John 10:10**).

The Battle for Freedom

Through His death and resurrection, Jesus triumphed over darkness (**Colossians 2:15**). As His followers, we share in His authority. Jesus equips us to resist demonic influences and break strongholds through confession, repentance, and commanding the enemy to flee in His name (**James 4:7**). The Great Commission compels us to teach others this truth (**Matthew 28:18–20**).

How Strongholds Form

Strongholds arise when we persist in sin, believe lies, or leave areas of our lives vulnerable to demonic influence. Examples include unresolved anger (**Ephesians 4:26–27**), trauma, unforgiveness, or engaging with the occult. Left unaddressed, these footholds can grow into spiritual bondage.

Tools for Freedom

Freedom in Christ begins with:

- **Confession:** Acknowledging sin and seeking forgiveness (**1 John 1:9**).
- **Renouncement:** Turning from sin and rejecting the enemy’s lies.
- **Commanding:** Exercising Christ’s authority to expel demonic forces (**Acts 16:18; Luke 10:18**).
- **Commitment:** Filling our lives with the Holy Spirit through prayer, Scripture, and fellowship (**Galatians 5:25**).

Walking in Victory

Believers are empowered by the Holy Spirit and equipped with God's armor (**Ephesians 6:10–18**). The truth of Scripture, prayer, and worship are powerful weapons against the enemy (**2 Corinthians 10:4–5**). We fight from a place of victory, knowing that Christ has already won (**Colossians 2:15**).

The Call to Discipleship

Jesus commands us to make disciples, teaching them to obey His teachings and walk in freedom. True discipleship involves not only sharing the gospel but also equipping others to stand firm against spiritual attacks (**Matthew 28:18–20**).

Living in Joyful Holiness

Spiritual warfare leads to transformation and deeper intimacy with God. As we grow in holiness, we reflect Christ's light to the world, fulfilling our purpose as His disciples (**1 Peter 1:15–16**). The journey requires surrender and perseverance, but the reward is peace, joy, and abundant life in Christ.

Conclusion

Victory in spiritual warfare comes through reliance on Christ, who empowers us to overcome. By confessing sin, resisting the enemy, and embracing our identity in Christ, we can live in freedom and help others do the same. With the Holy Spirit, the Word of God, and the support of fellow believers, we are equipped to stand firm and proclaim the hope found in Jesus.

For a more in-depth twenty-five-page scriptural analysis on biblical spiritual warfare, see forthisveryreason.net.

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Beyond his professional and athletic achievements, Michael is deeply committed to God's Word and passionate about fostering a heart-level connection with Christ through the power of the Holy Spirit. He co-authored a bestselling book for Renew.org on **prayer and fasting, moving with the Spirit to renew our minds, bodies, and churches**. He and his wife, Michelle, have been married for thirty-one years and have two grown children who trust and follow Jesus. Together, they are actively involved in discipleship ministries, helping people experience freedom through spiritual warfare and a deeper walk with Christ.

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