

## What is The Victory Journal?

The Victory Journal is a resource to help Christians experience victory in their spiritual life. The premise is simple: Follow the example of Jesus Christ as He victoriously overcame the attacks of Satan...by spending time alone with God and quoting the words of God.

The spiritual goal of *The Victory Journal* is that it will encourage you to spend time alone with God...communing with Him and meditating on His living and powerful Word. Victory will be attained as we pick up the weapons given to us by God...the spiritual weapons of Scripture and Prayer.

Because God's Word tells us that "two are better than one", we recommend that you ask your spouse or a friend to journey with you toward victory. Meet once a week to discuss your "journal entries" and your victories. If you are a father, or the head of your household, we recommend that you lead each one in your family to take this 30-day, life-transforming, journey. Meet regularly for family devotions to discuss, pray, and cheer one another on toward victory.

### **Life is about winning and losing.**

Victory or defeat will characterize each day...each year...each life. As Christians, Christ desires us to be victorious. Our enemy, Satan, battles against us, desiring our defeat. We must not forget that we live on a battleground...not a playground.

In Ephesians 6, Paul writes: *Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.*

God desires that we stand...win...experience victory. The battle armor to protect us and prevent defeat is found in God's Word. The spiritual weapons we are to wield are the Word of God and prayer...*take up the sword of the Spirit, which is the Word of God; praying always with all prayer and supplication for all the saints.* (Ephesians 6:18-19) My prayer for you as you go through this Victory Journal is that you will begin to see and believe and experience that Victory is obtained through the power of the Word and the prayers of the saints.

Together, through Scripture and prayer, may we slay the enemy of our souls. ...*Thanks be to God, who gives us the victory through our Lord Jesus Christ.* (1 Corinthians 15:57)

Fellow comrades in battle, are ready to win?

Grab your Sword, stand firm, and get ready to slay the dragon!

Standing and Fighting with you,  
Marc Jantomaso and Family

# The Victory Journal Battle Plan

## Slaying the enemy of our souls

### How to use *The Victory Journal*:

1. PRAY...for help, wisdom, direction, discipline, diligence, conviction, encouragement, and inspiration.
2. With a Bible concordance\* look up 30 Scriptures that relate to what you desire to experience victory over in your life. For example, if you are struggling with pride, then look up the word *pride*, and related words: *humility, humble, and brokenness*. Write these Scripture references on the yellow *Scripture Reference* page. If you need help finding these Scriptures, ask a friend, elder, or pastor in your church.

### Other Examples:

#### Enemies of our souls:

Fear  
Anger  
Lust  
Bitterness  
Addictions  
Contention/ arguing  
Unforgiveness  
Depression

#### Victory in the Spirit

confidence, trust, faith  
Gentleness, patience, love  
Purity, holiness, contentment  
Grace, forgiveness, love  
Self-control, strength, power  
Peace, love, gentleness  
Forgive, bitterness, anger  
Joy, encouragement, hope

3. Begin each day reading the Victory Verses. (see yellow sheet)
4. From your Bible write out the Scripture for that day. (one of the 30 you listed on the *Scripture Reference* page)
5. Write/ journal how God is speaking to you through this Scripture.
6. Write your prayer to God each day on the *Prayer Journal* page.
7. Pray and discuss, with spouse or friend, your journal entries and prayers.

\* Resources: Bible concordance in your Bible, Strong's Exhaustive Concordance, Nave's Topical Bible, online concordance: [www.BibleGateway.com](http://www.BibleGateway.com)