

3 Spirit-Powered Ways to Respond When You're Under Attack

There are many ways we come under attack, not just on social media.

Sometimes that attack comes from those closest to us: our parents and siblings or husband and children. Sometimes it comes from our neighbor or coworker.

How we respond when we're under attack is extremely important, because it shows the world where our trust and treasure are.

Will we immediately retaliate? Will we defend ourselves? Will we cut off relationship?

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In our Good Morning Girls' study through Psalms 1-50, we see that David is often under attack. In fact, he spent most of his life running, hiding and crying out to God to defend him, shield him, and protect him.

David knew a thing or two about being under attack.

If it wasn't an attack from foreign enemies, he was being hunted down by King Saul or being undermined by his own family.

And in the Psalms, we see three responses from David that teach us how we should respond when we come under attack.

1. Examine Your Heart

"Examine me, O LORD, and test me; try my affections and my heart" (Ps. 26:2).

Let's be completely honest, shall we? Sometimes we bring on our own attack either by our disobedience, manipulation or even baiting.

Our own sinful heart often brings on attack. Even James 4 says that fighting and bickering occur because we have failed to bring our sinful desires under submission to the Holy Spirit.

But this isn't the case every time.

Sometimes we come under attack undeservedly. There are times when we are walking in complete obedience to the Lord and His Word, and despite living righteous, holy lives, we endure attack.

Anytime we endure an attack, we should first examine our hearts, and allow the Holy Spirit to examine our hearts and reveal to us anything that may not be pleasing to Him.

2. Trust in the Lord

"The Lord is my light and my salvation; whom will I fear? The Lord is the strength of my life; of whom will I be afraid? ... Though an army should encamp against me, my heart will not fear; though war should rise against me, in this will I be confident" (Ps. 27:1, 3).

Whom do we trust to defend us? Do we trust more in our own wit and sarcasm? Do we have more confidence in our carefully crafted reputation?

It may seem risky, right now—in this moment in time—to allow the Lord to vindicate us, because we have no control over His timing.

But trust becomes real when we step out of the way and let the Lord defend us.

We must remember what Paul said in 2 Corinthians 10:4, "For the weapons of our warfare are not carnal but mighty through

God for the pulling down of strongholds.”

3. Worship God

“I will extol You, O Lord, for You have drawn me up, and have not caused my foes to rejoice over me” (Ps. 30:1).

One of the things I love most about the Psalms is that even when David was depressed, frustrated, angry and sorrowful, he always worshiped God. He always brought his focus back to God’s face. He always ended by reminding himself that he could trust in the goodness and greatness of God.

When worship is put back into the context of its name: attributing worth and value to something, we elevate God; we remind ourselves of the great things He has done, we remind ourselves of who He is, what He’s done and why He is deserving of praise.

Worship is a powerful weapon in defeating our enemy!

Next time you come under attack, don’t immediately react. Stop, remember David and his three responses and allow the Lord to give you peace as He examines your heart. Put your trust in Him and then spend time worshipping Him. {eoa}

Rosilind Jukic, a Pacific Northwest native, is a missionary living in Croatia and married to her hero. Together they live in the country with their two active boys, where she enjoys fruity candles and a hot cup of herbal tea on a blustery fall evening. She holds an associate degree in practical theology and is passionate about discipling and encouraging women. Her passion for writing led her to author a number of books. She is the author of “A Little R & R,” where she encourages women to find contentment in what God created them to be. She can also be found at these other places on a regular basis. You may follow her on Facebook, Twitter, Pinterest and Google +.

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