

Breaking Free from Spiritual Attack: Refuse Discouragement and Rise Up

Many believers today feel worn down by fatigue, anxiety and discouragement. The weight of life can press so heavily that it feels easier to stay in bed, keep scrolling through endless feeds, and withdraw from the calling God has placed on your life. But Pastor Mike Signorelli of V1 Church shared a powerful prophetic word reminding us that these battles are not just natural, they're spiritual, and they must be fought with the right response.

"You are not supposed to be lazy and lethargic and passive," Signorelli declared. "You're not destined to be depressed and filled with anxiety anymore. Let me tell you, you always fight a spirit with the opposite spirit." He explained that giving in to the temptation to lay down when the enemy attacks with weariness only empowers the attack.

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Instead, he urged, "If the devil is tempting you with being lethargic, then you stand up. You rise up and you say, 'No, devil. I'm going to take back everything that you're trying to steal from me, and you're not going to have my body. You're not going to have my children. You're not going to have my destiny.'"



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Signorelli emphasized that this fight begins with shifting our focus. "God, I'm going to pray more than I scroll on social media. I'm going to read more of your word than I read of

their words on social media,” he said. For him, the key is using your own breath to speak life and faith, even when you feel weakest. “I take this breath and I turn it into words of faith. I take this breath and I turn it into a rebuke to the devil.”

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That often means encouraging yourself when no one else will. Signorelli shared from his own experience, “I can’t tell you how many times I’ve been in the lowest places of my life and I’ve looked in the mirror and I’ve said, ‘You are a man of God. You are going to lead through this. You are equipped and well able by God.’” His encouragement? Don’t wait for someone else to call you up. Instead, prophesy over yourself: “You are the person that you’ve been waiting for. You’re the prophet.”

Even when you feel justified in your pain, Signorelli reminded listeners that breakthrough comes from refusing to give in to it. “You have a right to be sad. Refuse to be sad. You have a right to be discouraged. Refuse to be discouraged. It’s not about what you have a right to. It’s about what you refuse.”

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For anyone struggling under the weight of weariness, confusion or discouragement, this word offers hope: you are not powerless. You can stand, speak life and refuse to let the enemy steal your destiny.

James Lasher is staff writer for Charisma Media.