

## Spiritual Warfare Inventory

**Which attacks do you frequently experience?**

- |   |                                     |   |   |
|---|-------------------------------------|---|---|
| <input type="checkbox"/> Discouragement     | <input type="checkbox"/> Pride      | <input type="checkbox"/> Temptations of the Flesh | <input type="checkbox"/> Criticism                |
| <input type="checkbox"/> Confusion          | <input type="checkbox"/> Distortion | <input type="checkbox"/> Unholy Conversations     | <input type="checkbox"/> Distractions             |
| <input type="checkbox"/> Fear               | <input type="checkbox"/> Isolation  | <input type="checkbox"/> Apostolate Challenges    | <input type="checkbox"/> Addiction of Others      |
| <input type="checkbox"/> Spiritual Gluttony | <input type="checkbox"/> Suffering  | <input type="checkbox"/> Vocational Attacks       | <input type="checkbox"/> Attacks on Group Members |

**What beliefs do you have that allow these specific attacks to succeed?**

**Rank the image distortions in order (1=least distorted, 3=most distorted)** (Consider the pattern or combination of attacks. They will indicate the primary image distortions.)

\_\_\_\_\_ Self-Image (I am a beloved child of God)

\_\_\_\_\_ Image of God (God is a perfect, loving, merciful Father)

\_\_\_\_\_ Image of Others (Others deserve to be treated with dignity as God's creation)

**Recall specific attacks. What might the devil's objective be with the attack? What is (was) he trying to stop?** (He would like to steal our souls, but often that's not possible so he tries to prevent us from doing God's will, in a particular way, in God's time.)

**What conclusions can you draw about your weaknesses? What is your weak flank that is being exploited by Satan?**

**How battle-ready are your weapons?**

Scripture/ Word of God	<input type="checkbox"/> Weak	<input type="checkbox"/> Fair	<input type="checkbox"/> Strong
Prayer	<input type="checkbox"/> Weak	<input type="checkbox"/> Fair	<input type="checkbox"/> Strong
Sacraments/Sacramentals	<input type="checkbox"/> Weak	<input type="checkbox"/> Fair	<input type="checkbox"/> Strong
Mortification/Self-denial	<input type="checkbox"/> Weak	<input type="checkbox"/> Fair	<input type="checkbox"/> Strong
Virtue	<input type="checkbox"/> Weak	<input type="checkbox"/> Fair	<input type="checkbox"/> Strong
Repentance/Eliminate Sin	<input type="checkbox"/> Weak	<input type="checkbox"/> Fair	<input type="checkbox"/> Strong
Forgiveness	<input type="checkbox"/> Weak	<input type="checkbox"/> Fair	<input type="checkbox"/> Strong
Community	<input type="checkbox"/> Weak	<input type="checkbox"/> Fair	<input type="checkbox"/> Strong
Healing Work	<input type="checkbox"/> Weak	<input type="checkbox"/> Fair	<input type="checkbox"/> Strong
Spiritual Direction	<input type="checkbox"/> Weak	<input type="checkbox"/> Fair	<input type="checkbox"/> Strong
Communion of Saints	<input type="checkbox"/> Weak	<input type="checkbox"/> Fair	<input type="checkbox"/> Strong
Truth/Honesty	<input type="checkbox"/> Weak	<input type="checkbox"/> Fair	<input type="checkbox"/> Strong
Perfect Love (give/receive)	<input type="checkbox"/> Weak	<input type="checkbox"/> Fair	<input type="checkbox"/> Strong

**What steps will you take to build up your spiritual armory?**

**Given the attacks you face most frequently, which weapons will be most helpful to you?**