



THEME OF THE WEEK OF **MARCH 12, 2026**

**“BE AWARE OF SPIRITUAL REALITIES:
HOLY SPIRIT, HELP ME TO RECOGNIZE
WHEN THE BATTLEFIELD HAS CHANGED”**



1

Meditation Focus 1:

Lord Jesus, I want to understand the unseen battles and position myself spiritually to fulfill my destiny in Christ.

2

Meditation Focus 2:

Holy Spirit, help me develop my spiritual discernment to recognize when a battle goes beyond physical appearances and requires an appropriate spiritual response.

3

Meditation Focus 3:

Holy Spirit, help me no longer neglect spiritual realities and no longer be carnal.

4

Meditation Focus 4:

Lord, open my spiritual eyes and give me discernment to recognize when the battlefield of my struggles has changed, so that I will not continue to fight with inappropriate weapons, but that I may know how to position myself according to Your Word and by the power of Your Spirit.





THEME OF THE WEEK OF MARCH 12, 2026

*"BEING AWAKENED TO SPIRITUAL REALITIES: HOLY SPIRIT,
ALLOW ME TO RECOGNIZE WHEN THE BATTLEFIELD
HAS CHANGED"*



Axis of Meditation 1: Lord Jesus, I want to understand the invisible battles and position myself spiritually to fulfill my destiny in Christ

Axis of Meditation 2: Holy Spirit, allow me to develop my spiritual discernment to recognize when a battle goes beyond physical appearances and requires an appropriate spiritual response

Axis of Meditation 3: Holy Spirit, allow me to no longer neglect spiritual realities and to no longer be carnal

Axis of Meditation 4: Lord, open my spiritual eyes and give me the discernment to recognize when the battlefield of my struggles has changed, so that I do not continue to fight with unsuitable weapons, but know how to position myself according to Your Word and by the power of Your Spirit

1. Bible Passages to Read

★ 1 Samuel 17:43-58 (KJV)

"And the Philistine said unto David, Am I a dog, that thou comest to me with staves? And the Philistine cursed David by his gods. 44. And the Philistine said to David, Come to me, and I will give thy flesh unto the fowls of the air, and to the beasts of the field. 45. Then said David to the Philistine, Thou comest to me with a sword, and with a spear, and with a shield: but I come to thee in the name of the LORD of hosts, the God of the armies of Israel, whom thou hast defied. 46. This day will the LORD deliver thee into mine hand; and I will smite thee, and take thine head from thee; and I will give the carcases of the host of the Philistines this day unto the fowls of the air, and to the wild beasts of the earth; that all the earth may know that there is a God in Israel. 47. And all this assembly shall know that the LORD saveth not with sword and spear: for the battle is the LORD'S, and he will give you into our hands. 48. And it came to pass, when the Philistine arose, and came, and drew nigh to meet David, that David hasted, and ran toward the army to meet the Philistine. 49. And David put his hand in his bag, and took thence a stone, and slang it, and smote the Philistine in his forehead, that the stone sunk into his forehead; and he fell upon his face to the earth. 50. So David prevailed over the Philistine with a sling and with a stone, and smote the Philistine, and slew him; but there was no sword in the hand of David. 51. Therefore David ran, and stood upon the Philistine, and took his sword, and drew it out of the sheath thereof, and slew him, and cut off his head therewith. And when the Philistines saw their champion was dead, they fled. 52. And the men of Israel and of Judah arose, and shouted, and pursued the Philistines, until thou come to the valley, and to the gates of Ekron. And the wounded of the Philistines fell down by the way to Shaaraim, even unto Gath, and unto Ekron. 53. And the children of Israel returned from chasing after the Philistines, and they spoiled their tents. 54. And David took the head of the Philistine, and brought it to Jerusalem; but he put his armour in his tent. 55. And when Saul saw David go forth against the Philistine, he said unto Abner, the captain of the host, Abner, whose son is this youth? And Abner said, As thy soul liveth, O king, I cannot tell. 56. And the king said, Enquire thou whose son the stripling is. 57. And as David returned from the slaughter of the Philistine, Abner took him, and brought him before Saul with the head of the Philistine in his hand. 58.

And Saul said to him, Whose son art thou, thou young man? And David answered, I am the son of thy servant Jesse the Bethlehemite."

★ Matthew 16:21-23 (KJV)

"From that time forth began Jesus to shew unto his disciples, how that he must go unto Jerusalem, and suffer many things of the elders and chief priests and scribes, and be killed, and be raised again the third day. 22. Then Peter took him, and began to rebuke him, saying, Be it far from thee, Lord: this shall not be unto thee. 23. But he turned, and said unto Peter, Get thee behind me, Satan: thou art an offence unto me: for thou savourest not the things that be of God, but those that be of men."

★ 2 Corinthians 10:3-5 (KJV)

"For though we walk in the flesh, we do not war after the flesh: 4. (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) 5. Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;"

★ 2 Kings 6:15-17 (KJV)

"And when the servant of the man of God was risen early, and gone forth, behold, an host compassed the city both with horses and chariots. And his servant said unto him, Alas, my master! how shall we do? 16. And he answered, Fear not: for they that be with us are more than they that be with them. 17. And Elisha prayed, and said, LORD, I pray thee, open his eyes, that he may see. And the LORD opened the eyes of the young man; and he saw: and behold, the mountain was full of horses and chariots of fire round about Elisha."

★ Ephesians 6:10-18 (KJV)

"To Read....."

2. Diligently Answer the Question(s) of Your Choice (5) Among the Following Questions, in One Audio Recording (10 Minutes Maximum)

Q₀₁-)

- ★ Spiritual awakening: _____
- ★ Spiritual realities : _____
- ★ Spiritual discernment : _____
- ★ Spiritual sleep : _____

Q₀₂-) What is the difference between seeing a situation physically and discerning it spiritually?

Q₀₃-) What is the difference between spiritual discernment and suspicion of others?

Q₀₄-) What enables David to stand before Goliath without being overcome by fear?

Q₀₅-) How can we recognize that the battlefield of a struggle has changed? Can one be very active in the Church and yet be spiritually asleep?

Q₀₆-) Why did David call upon the name of the LORD when Goliath invoked his gods?

Q₀₇-) Why did Jesus rebuke Peter when his words seemed to express affection?

Q₀₈-) How can I distinguish spiritual opposition from a human, relational, or practical problem? Do I sometimes continue to fight against people when I should be seeking the wisdom of God?

Q₀₉-) Which area of my life have I allowed to weaken through neglect?

Q₁₀-) How can I distinguish an ordinary difficulty from a situation that demands particular spiritual attention, without jumping to hasty conclusions?

Q₁₁-) Which spiritual weapons must I learn to use more?

Q₁₂-) What must I change today in order to pass on a better spiritual inheritance to the next generation?

3. Definitions

- ★ **Spiritual awakening:** an awareness that leads the Christian woman to emerge from negligence, indifference, and drowsiness in order to rediscover a living communion with God (Romans 13:11-12)

- ★ **Spiritual realities:** These are the truths and dimensions of spiritual existence revealed by the Scriptures, notably the presence of God, the action of the Holy Spirit, spiritual warfare, and eternal life. (Ephesians 6:12; 2 Corinthians 4:18)
- ★ **Spiritual discernment:** This is the ability, developed through knowledge of the Word and spiritual maturity, to distinguish good from evil, truth from error, and what is in accordance with the will of God. (Hebrews 5:14; 1 John 4:1)
- ★ **Spiritual sleep:** This is a state of negligence, laxity, or insensitivity in which the believer gradually loses their vigilance, fervor, and attention to the Word of God (Revelation 3:1-3)
- ★ **Spiritual warfare:** This is the struggle of the Christian against the powers of evil, carried out not by violence against people, but by faith, truth, righteousness, prayer, and the Word of God. (Ephesians 6:10-18)
- ★ **The enemy who works in the shadows:** refers to a spiritual opposition that is not immediately perceptible. It reminds us of the need for discernment rather than accusations or suspicions toward others (Matthew 13:24-28.)
- ★ **Spiritual destiny:** In the context of our meditation, it refers to the calling, the vocation, and the works that God invites us to accomplish in accordance with His will (Ephesians 2:10)

4. Setting the Context

We live in a world where our five senses allow us to interact with our environment. We see, hear, touch, and interpret the events taking place around us. However, the Bible teaches us that our existence is not limited to what is visible. The spiritual comes before the physical, and the spiritual controls the physical

In 2 Corinthians 4:18, it is written: “While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.”

In Ephesians 6:12, the apostle Paul reminds us that our struggle is not against flesh and blood. This means that we must learn to discern situations, without reducing all our problems to spiritual attacks or turning the people around us into

enemies, but being able to see the spirit behind each person or what drives a certain situation.

Last week, we meditated on the giants that stand before families, communities, and generations. We learned to identify unfinished battles and to rise up, like David, so as not to reproduce cycles of defeat. David did not merely see a giant impressive in size. He recognized an adversary who was defying the living God. Last week, we spoke about visible giants and inherited battles. But today, a new question arises: What if the problem were not only the giant standing before us, but also our inability to discern the nature of the battle?

Goliath was visible. But the challenge thrown at the God of Israel revealed a spiritual dimension of the conflict. David knew how to use his sling, but he also knew how to call upon the name of the LORD.

This week, we go further: it is not enough to recognize the giants. We must learn to be awakened to spiritual realities in order to understand how to face them with the weapons God gives us.

5. Introduction to the Theme

Life is not limited to what our physical eyes can see, what our ears can hear, or what our human intelligence can understand. Life is spiritual, and behind certain visible realities there may be hidden invisible realities that influence the course of events. The physical world was created by the Word of God, and the Scriptures reveal to us the existence of a spiritual dimension that we must neither ignore nor neglect.

This is why one of the greatest challenges of the believer is knowing how to recognize when the battlefield has changed. David gives us an example of this in 1 Samuel 17. When Goliath confronts him with his weapons and curses him by his gods, David understands that this is not simply a confrontation between two men. He then declares: “You come against me with sword, spear, and javelin; and I come against you in the name of the LORD of hosts.” ^{*}(1 Samuel 17:45)⁸. David did not merely recognize his adversary; he knew how to position himself by relying on the authority of God. He had understood that victory did not depend solely on physical strength, but on the LORD.

There are certain cases like the conversation between Jesus, the Son of God, and Nicodemus in John 3:12-13; Jesus, addressing Nicodemus, makes a distinction between earthly things and heavenly things. He thus shows us that our understanding of spiritual realities cannot be limited to our natural reasoning. Likewise, in Matthew 8:8, the Roman centurion recognizes the spiritual authority of Jesus when he tells Him: "Speak the word only, and my servant shall be healed." He had understood that the power of Christ's Word was not limited by physical distance.

The apostle Paul confirms this reality in Ephesians 6:12, when he declares that we do not wrestle against flesh and blood, but against the spiritual powers of evil. This reminds us that certain battles cannot be understood solely through visible circumstances. Certain oppositions, certain obstacles, and certain struggles require spiritual discernment in order to be approached with the appropriate weapons. Are we aware of all this, or do we approach merely without understanding?

In Matthew 16:21-23, we discover another particularly revealing situation. When Peter tries to turn Jesus away from His mission (which was to die for us), his words seem motivated by affection, compassion, and the desire to protect Him. Yet Jesus discerns behind this intervention an opposition to the will of God and declares: "Get thee behind me, Satan!" Jesus does not consider Peter to be His true enemy, but He recognizes that Peter's words are opposed to the divine plan. Indeed, Peter wanted to prevent Jesus from going to the cross, probably thinking he was protecting Him. Yet the mission of Jesus on earth was to give His life for the salvation of humanity. Had He given up this mission, He would not have accomplished the work for which He came. That means He would not have fulfilled His destiny, if we want to understand it easily. How many times do we devote our energy to fighting the "Peter" standing before us, without taking the time to discern what is really at play behind a situation? How many times do we react with anger, frustration, or discouragement, when we should first seek God's direction?

Another interesting case is that of Jabez, who bore a name associated with pain, but who refused to let that story determine the limits of his future. In 1 Chronicles 4:9-10, although he was more honorable than his brothers, Jabez dared to pray to the LORD, asking Him to bless him, to enlarge his territory, to be with him, and to keep him from evil. He did not allow his painful history to determine his future.

In Luke 13:11-16, Jesus meets a woman who had been bent over for eighteen years. Beyond her physical condition, Jesus reveals that she was bound by Satan and grants her deliverance.

In Matthew 13:24-28, we also discover the parable of the wheat and the tares. Although the master had sown good seed, tares appear in his field. When the servants seek to understand their origin, the master answers: "An enemy hath done this." The enemy had sown the tares while men slept.

These different examples teach us the importance of vigilance and spiritual discernment. However, this does not mean that every difficulty, illness, delay, or failure is necessarily caused by a spiritual attack. We need the wisdom of God to distinguish natural causes, the consequences of our decisions, and the situations that call for a particular spiritual response.

These examples invite us to ask ourselves a fundamental question: Am I spiritually awake enough to recognize what comes from God, what opposes His will, and what requires a transformation in my own life?

The purpose of our fast is not to develop a fear of the invisible world, but to grow in the knowledge of God, vigilance, discernment, and obedience to His Word. It is about awakening ourselves spiritually in order to become aware of spiritual realities and to no longer bring everything back solely to the physical realm, simply because we live in a visible world.

We must understand that life has a spiritual dimension and that, as mature Christian women, we are called to develop our discernment in order to recognize the spiritual influences that may manifest behind certain situations, words, or attitudes, without suspecting or accusing the people around us.

Being awakened to spiritual realities therefore means refusing to live in ignorance, learning to discern what is hidden behind appearances, recognizing when the battlefield has changed, and knowing how to position oneself according to the will of God. It is not living in fear, but developing a sensitivity to the voice of the Holy Spirit, a deep knowledge of the Word, and constant vigilance in prayer.

On this day of fasting, we want to ask the Lord to open our spiritual eyes, to awaken what has fallen asleep within us, and to grant us the discernment needed to understand the battles we are facing. We also want to present to Him the limitations, the cycles of defeat, and the obstacles that hinder our walk with Him, in order to receive His wisdom, His strength, and His direction.

For we cannot effectively fight what we do not understand, nor position ourselves correctly when we do not discern the nature of the battle.

May this day of fasting mark a new beginning for each of us: a spiritual awakening, a restoration of our vigilance, and a renewed commitment to walk in the light of Christ.

Our cry today as women to the LORD will be this: “Lord, open my spiritual eyes! Awaken my discernment! Teach me to recognize when the battlefield has changed, so that I no longer fight in ignorance, but walk in the wisdom, authority, and victory that You grant me in Jesus Christ!”

6. Objective of the Theme

The objective of this Friday fasting day will be to seek the presence of God more deeply in order to come out of all spiritual sleep, to develop our discernment, and to learn to no longer look only at physical realities, but to recognize the spiritual influences and the works of the enemy that may be hidden behind certain situations. Through prayer, meditation on the Word of God, and communion with the Holy Spirit, we want to learn to see beyond appearances, to discern invisible realities, and above all to know how to recognize when the battlefield of our struggles has changed, so as to no longer fight only against flesh and blood, but to position ourselves spiritually with the appropriate weapons. This fast will also allow us to become aware of the habits, fears, negligences, and behaviors that hinder our spiritual growth, while learning to discern what is hidden behind certain words, attitudes, and circumstances, without falling into suspicion or accusations toward others. Finally, we will seek the wisdom, strength, and direction of God to identify the true stakes of our battles, to no longer limit ourselves to what our physical eyes can see, to face with faith the giants and battles of our generation, and to make concrete commitments to develop a life of prayer, meditation, vigilance, and obedience to the Word of God, in order to fully accomplish our mission and our destiny in Jesus Christ.

To learn more about our prayer sessions, check the schedules, access the biblical teachings, and discover our various activities, we invite you to visit our website:  <https://femmepartagelaparole.com/>

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