

Are bad things happening in your life that you just don't understand? If the answer to this question is yes, you may be under attack by Satan. *Spiritual Protection in One Minute* explains why believers in Jesus Christ are in grave spiritual danger at every moment. Satan can't have us so his goal is to take away our joy, peace, contentment, and destroy our testimony and relationships. The only way we can defend ourselves is by putting on the full armor of God as outlined in God's Word. This book is unique because it accurately describes what each piece of spiritual armor is about and it teaches the believer how to quickly and effectively put on the whole armor of God. This book is a must read for those who want to be properly prepared to engage in spiritual warfare and protect themselves and their loved ones from spiritual attacks.

J. Kirk Johnston is a third generation pastor who has pastored three churches in over twenty-five years of ministry. Kirk is currently the senior pastor of Christ Community Church in Tampa, Florida. He is a graduate of Dallas Theological Seminary (Th.M) and Talbot School of Theology (D.Min). Kirk has authored two previous books, *Why Christians Sin* (1992) and *When Counseling Is Not Enough* (1994). He and his wife, Gayle, have two grown sons, Blaine and Trevor.

I suggest reading the *Spiritual Cleansing Introduction* as a starting place. I would also suggest if you are really concerned setting up at least a 20 minute session. For empaths to fully enjoy being around others, they must learn to protect their. Be sure to meditate before the gathering, centering yourself, connecting to spirit, Then formulate a plan for handling them so you don't fumble in the moment.

Divine Openings eliminates the need for spiritual protection as you reclaim your. If I have a moment of fear, I own it as my own creation asap to get my power. Sometimes, all you need is a few minutes to regroup your thoughts and remind yourself that their negativity is not your negativity. I first learned about psychic protection when I started studying spirituality. spiritual work I would need to invoke an energy of protection to keep me safe I would remember at the last minute and I'd end up drained anyway).

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