

# *Journey Through The Cities Of Refuge*

Lesson #19

Hebron: School Of Spiritual Warfare

May 27, 2026

When Israel entered the Promised Land, God gave them a constant reminder of His salvation.

- A strategically placed group of six cities called the Cities of Refuge.

The first city of refuge, Kedesh, illustrates when we first come to Christ.

When I come to faith in and seek refuge in Jesus Christ, I am born again, new creation.

- I am justified and have eternal life.
- Adopted, holy & without blame, an heir of God, a chosen people, a royal priesthood, etc.
- We are a new creation set apart with a new identity and purpose.
- As we yield in obedience to the power of the Holy Spirit, we begin to experience our position in Christ. We become a sacred, dwelling place for God.

I continue my journey with excitement, a love for my Savior and a determination to be obedient.

However, I come to Shechem and discover it is filled with positives and negatives.

- It will be a challenge to live life as this new creation.

Shechem: The Gateway To The Promised Land: *Learning to Live A Spirit-filled Life*

- It embodies the Transition from old ways To A Consecrated Life
- Covenant Renewal, Divine Promises and Pivotal Life Decisions in Israel's history.
- A Place of Choosing to Serve God; place of ultimate decision

Hebron was a strategic stronghold that required intense faith to conquer.

Hebron is a deeply significant Biblical city representing the transition from foundational faith to claiming spiritual inheritance. It symbolizes confronting and overcoming formidable spiritual opposition. The primary Biblical lessons of spiritual warfare from Hebron emphasize

- conquering inner strongholds, patience, and unwavering faith.

A Place of Covenant and Rest: Before it was a battleground, Hebron was where Abraham built an altar to the Lord, establishing a foundation of deep, covenantal intimacy with God.

- Returning to the "altar" in your own spiritual life symbolizes fellowship, intimacy, and securing your spiritual ground in God.
- True spiritual warfare is always anchored in deep fellowship and communion with the Lord.

A Seat of Authority: King David ruled over Judah from Hebron for 7.5 years

before taking Jerusalem. Spiritual warfare ultimately prepares believers

- for promotion, stepping into their divine calling, and resting in victory.

A City of Refuge: In spiritual warfare, Hebron represents the vital realization that God provides a safe spiritual sanctuary and deliverance in times of overwhelming attack.

Ps. 46:1 God is our refuge and strength, a very present help in trouble.

Does Canaan, the Promised Land = Heaven? NO! Enemies; Bloodshed; Wars; Conquering to do

- Canaan = Spiritual Promised Land; God's Rest; Our Abundant Life

Canaan was the goal to which God was leading His people.

Deliverance from Egypt was in preparation for the enjoyment of Canaan.

The Passover, shedding of the blood, crossing of the Red Sea, the destruction of Pharaoh's armies...all of this was to lead them to the Promised Land.

Burning bush: God pledged Himself not only to deliver the Israelites from the bondage of Egypt, but also to bring them into a land flowing with milk and honey.

Deut. 6:23 God did not save Israel out of Egypt to live a life of defeat in the desert.

God did not save us so we could stumble around in our wilderness of defeat.

He saved us to take us into our Canaan [spiritual inheritance - the fullness of Christ]

He brought us out [justification] that He might bring us in [sanctification.]

Consider: Jesus Christ wants to lead us in conquest now and share with us all the treasures of His wonderful inheritance.

He has blessed us with every spiritual blessing, but too often we live like defeated paupers.

God had promised the Israelites that He would go before them and drive out the inhabitants of the land [Ex. 33:1-2]. The Israelites needed to trust Him for the victory that He promised.

➤ They Were Warned Against Failure.

Num. 33:55 But if ye will not drive out the inhabitants of the land from before you; then it shall come to pass, that those which ye let remain of them shall be pricks in your eyes, and thorns in your sides, and shall vex you in the land wherein ye dwell.

Deut. 1:8 Behold, I have set [given] the land before you: go in and possess the land Which the Lord swore unto your fathers, Abraham, Isaac, and Jacob, to give unto them and to their seed after them.

Paradox: God, have you given it to us, or do we need to take possession of it? YES  
God gives his people both a promise and a command.

➤ Both are needed for the people to be successful in their task.

Gen. 25:23 before the twins, Esau and Jacob, were born, God told their mother, Rebekah, that "the older will serve the younger." Jacob would receive the firstborn birthright.

➤ Jacob was given the promise. However, he could not wait for God's timing to fulfill the promise. He crafted his own way to receive what was already his.

The Battle For Your Inheritance: Caleb demonstrated that spiritual warfare requires the courage to drive out entrenched enemies.

The lesson is one of active, faith-filled aggression against spiritual strongholds

Possess Your Inheritance: This aggressive faith mirrors the mandate in Eph. 6:10-18 to "put on the whole armor of God" and actively stand against spiritual forces of evil.

➤ Purpose is to teach us spiritual warfare. [Archives: 2022: Lessons #16-23]

Spiritual warfare is the invisible, daily battle against the unseen forces of darkness, the fallen nature of the world, and our own flesh. It is not a physical fight, but a spiritual struggle fought with faith, prayer, and the truth of God's Word to protect your mind, identity, and purpose.

Prayer: Father, help me to prepare for any battle I may face. Help me to keep my eyes focused on Jesus. As I go through today, help me to stand strong and not live in fear of the enemy. The armor of God is cut from the fabric of the Word of God.

The armor is a part of who I am in Christ Jesus!

- the belt of truth, breastplate of righteousness, shoes of peace,
- the helmet of salvation, taking up the shield of faith and the sword of the Spirit.

Eph. 6:18a Praying always with all prayer and supplication in the Spirit,

As the book of Joshua opens, the Israelites [2<sup>nd</sup> generation] are camped along the east bank of the Jordan River at the very edge of their Promised Land.

Recall: Due to unbelief and rebellion, the 1<sup>st</sup> generation refused to obey God's command to enter Canaan and conquer the enemies who were inhabiting their land.

38 years passed as that generation died in the wilderness - NEVER tasting of their inheritance.

Joshua 1:1-2a After the death of Moses the servant of the Lord, it came to pass that the Lord spoke to Joshua the son of Nun, Moses' assistant, saying: Moses, my servant is dead.

- Moses portrayed the law which cannot lead us into the saving and abundant life of Christ. It was only a tutor, a temporary servant which must pass away [Gal. 3:23f]. It could not take away sin or provide deliverance from the flesh. Why?
- Because it was weak in that it was dependent upon man and his ability [Rom. 8].

Thus, Moses had to pass from the scene before Joshua could be commissioned and given orders to take the people across Jordan and into the Promised Land.

Joshua's name reminds us that "*Yahweh* is Salvation." As the Hebrew equivalent of Jesus, Joshua typifies the Lord Jesus and His saving life who provides us not only with redemption, but with the power we need to enter into the possession of our possessions in Christ.

Key: Entrance into the land and everything in Canaan was put into the hands of Joshua as trustee for the people. It was his responsibility to divide and assign the land as each tribe came to claim its portion from him.

Perfectly fulfilled in Jesus Christ who is the substance of the shadow or type.

Jesus Christ holds all spiritual blessings in trust for us to claim. Whatever Jesus Christ has is held in trust for us, to be bestowed as by faith we claim our inheritance.

God's Challenge Josh. 1:2b Now therefore, arise, go over this Jordan,

Cross the Jordan

Claim the Inheritance

Die to the flesh and fleshly desires

Live according to God and His Word

When God presents to us a challenge to die to what we want, and to live in His power, He always gives us the confidence of a Promised Victory!

Gal. 5:17 The flesh lusts against the Spirit and the Spirit against the flesh.

Warfare with our flesh is a battle we all face. When we get saved, our flesh isn't eradicated. How will I overcome the "old self," my flesh? By rededicating my life? Struggling? No!

➤ If I live a defeated life, I am not living in dependence on The Holy Spirit.  
Gal. 5:16 Walk in the Spirit and you will not fulfill the lusts of your flesh. [Promise]

God provides a 3-fold ammunition to assure us of victory: Promises, Presence, Past Performance  
God's Promises: I Am Going To Give This Land To You

Joshua 1:2 "Moses My servant is dead. Now therefore, arise, go over this Jordan,  
thou and all this people, unto the land which I do give to them, even to the children of Israel.

Note: Joshua knew Canaan was infested by a thousand foes.

Every inch of advance would be contested by the enemy.

Ex. 23:30a Little by little I will drive them out from before you,... Why?

Building a Foundation: Israel needed time to establish their own infrastructure,  
learn the laws of the land and slowly expand their borders as their population increased.

Testing Faith and Obedience: Leaving enemies in the land served to "test" Israel.

It required them to continually rely on God for protection and to remain faithful to His commandments rather than adopting the practices of the remaining local cultures.

Training for Warfare: Gradual displacement allowed successive generations to experience battles and learn how to defend themselves, ensuring the nation was always equipped and alert.

Note: God did drive out the enemies, but He did it in a way that  
taught them obedience and instilled confidence and faith.

Ex. 23:30 Little by little I will drive them out from before you, until you have increased,  
and you inherit the land. [See Deut. 7:22]

This opened up the possibility of life on a higher plane, deliverance from a wilderness experience of defeat into the experience of victory, even though it would be through warfare and conflict.

Powerful reminder: We are to trust in God's timing and to persevere through trials and slow progress, knowing that God is working behind the scenes and that the process builds character and capacity.

Joshua 1:3-4 Every place that the sole of your foot will tread upon I have given you,  
as I said to Moses.

➤ Tread = Hebrew military term = darak = do warfare

From the wilderness and this Lebanon as far as the great river, the River Euphrates, all the land of the Hittites, and to the Great Sea toward the going down of the sun, shall be your territory.

Gen. 12:7 "And the LORD appeared unto Abram, and said, Unto thy seed will I give this land:  
and there built he an altar unto the LORD, who appeared unto him."

The promises were reaffirmed to every succeeding generation of the nation of Israel.

The land God gave to Israel was about 300,000 square miles. They only claimed about 30,000 square miles. They were not limited to 30,000. They were given as much as they were willing to claim, v.3. *The extent of their victory was only limited by their faith!*

Confidence in God comes from trust in His Promises, His Presence and His Past Performance.

### God's Promise Of Victory Over The Enemy

Joshua 1:5a There shall not any man be able to stand before thee all the days of thy life: Many Christians live in defeat because of situations that have defeated them emotionally, physically or psychologically.

Gal. 5:1 It is for freedom that Christ has set us free.

- I've been a Christian a long time. Why don't I feel like I am growing?
- How do I renew my mind?
- I'm still struggling. I know the Word says that I am free.
- If Jesus paid for it, why am I not walking in it?
- I feel like I have hit a wall.
- I get tired of trying so hard and not changing.

Key: Stand firm in my freedom in Christ.

John 10:10 I am come that they might have life, and that they might have it more abundantly. The only way to claim the confidence God wants us to live in is by seeing Him who is invisible.

Heb. 12:2 Looking unto Jesus the author and finisher of our faith;

Rom. 8:31b If God is for us, who can be against us?

Rom. 8:37 In all these things we are more than conquerors through him that loved us.

II Corinthians 1:20 For the Son of God, Jesus Christ...in him it has always been "Yes."

Jesus Christ is the YES to all God has promised. When we live our lives in Jesus Christ, we are the AMEN to God's promises. Our testimony shouts to those around us "AMEN to Jesus Christ!"

### God Provides The Confidence Through His Past Performance

Joshua 1:5b - Just as I was with Moses, so I will be with you.

"Living victoriously is not your responsibility - it's your response to God's ability!"

"Every good and perfect gift is from above."

God Gives Us The Challenge:

Claim something He has secured.

God Gives Us The Confidence Of Victory

Based Upon Unbeatable Ammunition

### God Provides The Confidence Via The Promise Of His Presence, Power & Faithfulness

Joshua 1:5c "I will not leave you nor forsake you." What a promise!

- There can be no confidence in anything else!

God's Commands to Joshua: Joshua 1:6-9

Joshua 1:6 Be strong and of a good courage: for unto this people shalt

thou divide for an inheritance the land, which I swear unto their fathers to give them.

The Conduct That God Presumes: Before God could fulfill His promises,

Joshua had to exercise faith and "be strong and of good courage."

- Divine sovereignty is not a substitute for human responsibility.

Spurgeon: Joshua "was not to use the promise as a couch upon which his indolence

might luxuriate, but as a girdle wherewith to gird up his loins for future activity."

God doesn't give Joshua military instructions at this point. He gives him 3 commands.  
Joshua 1:7-9 Only be thou strong and very courageous, that thou mayest observe to do according to all the law, which Moses my servant commanded thee: turn not from it to the right hand or to the left, that thou mayest prosper whithersoever thou goest.  
 This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.  
 Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.

Be strong	When you feel weak
Be not afraid	When you are frightened
Neither be thou dismayed	When you feel like quitting

Joshua's strength and courage would come from meditating on the Word of God, believing its promises and obeying its precepts.

Real Trust Involves Action & Obedience.	Faith is acting on the revealed Word of God.
Focus On Your Responsibility	You Affect The Others Inheritance
Be Purposeful & Intentional	Obedience Will Bring GOOD Success.

Key: Build Your Life Around The Word And Instructions Of God

Ps. 1:1-3 Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

<sup>2</sup> But his delight is in the law of the Lord; and in His law doth he meditate day and night.

<sup>3</sup> And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

### Spiritual Warfare Principles

There seems to be a gap between what the Bible says we are in Christ and what we are in reality. We are called to be victors, overcomers, yet so many of us live as victims and overwhelmed.

- A. Identity in Christ: The enemy's primary tactic, deception, aims to induce self-doubt and cause you to question your worth or purpose.
  - Grounding yourself in the truth of who God says you are is your most vital defense.
- B. Renew Your Mind: The primary battlefield is your thoughts. Warfare involves "taking every thought captive" and replacing lies of fear, anxiety, and doubt with scriptural truth.
- C. The "Giants" of Doubt and Delay: Hebron reminds believers that on the way to possessing a covenant promise, there will be giants trying to steal, kill, and destroy. Overcoming these spiritual obstacles requires unwavering faith and wholehearted devotion to God's Word.

Eph. 6:16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

D. We are called to live by faith. Our faith must triumph over our fear. When spies were sent into Canaan, ten focused on the "giants" and saw themselves as grasshoppers. Caleb and Joshua focused on God's promises, recognizing that the opposition was small compared to the Lord's power.

- When living by faith and trust in God [Spirit Controlled], Satan must move back.
- To whatever degree I do not trust God, [Unbelief] Satan moves in for the kill.

Matt. 10:28 Jesus taught, And do not fear those who kill the body but cannot kill the soul.

But rather fear Him who is able to destroy both soul and body in hell.

Phil. 1:14 Paul was imprisoned, he wrote, "Because of my chains, [seeing that I am doing well and that God is accomplishing great things], most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the Gospel without fear."

Prov. 29:25 The fear of man bringeth a snare:

but whoso puts his trust in the Lord shall be safe.

"The fear of man brings a snare" is a profound proverb about the dangers of people-pleasing and anxiety over human judgment. It means that letting the opinions, power, or disapproval of others dictate your actions acts like a trap

that compromises your values, silences your convictions, and steals your peace.

- Fear of a man gives him power over you.
- Trust & fear attribute power to someone who will affect your future.

Why is it a snare?

- **Compromise:** You may alter your behavior or hide your true beliefs just to fit in or avoid conflict.
- **Paralysis:** The dread of failing or being judged can stop you from taking necessary actions or pursuing your goals.
- **False Security:** It shifts your focus to the unstable, fleeting judgments of people rather than the steadfastness of God.

How To Overcome The Fear of Man, The Snare

Embrace Security: Recognizing your acceptance before God provides the unshakable foundation needed to live authentically, free from the exhausting cycle of people-pleasing.

Fear God More: Cultivating a reverence and awe for God lessens the intimidating presence of human critics. When you live for an audience of One, the pressure to conform diminishes.

Take Courageous Action: Courage is not the absence of fear, but the resolve to do the right thing despite it.

Make decisions based on your deepest convictions instead of giving in to peer pressure.

Be An Overcomer: You can break this snare by anchoring your identity in faith, embracing bold obedience and choosing trust over the paralyzing opinions of others.

The promise: God would be with Joshua was specific to Joshua, but the principle extends to us.

E. God expects His followers to live strong and courageous lives.

II Tim. 1:7 For God has not given us a spirit of fear and timidity,  
but of power, love, and self-discipline.

Acts 1:8 You will receive power when the Holy Spirit comes on you; and you will be  
my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.

F. God is with us wherever we go.

Matt. 28:20 Surely, I am with you always, to the very end of the age"

Heb. 13:5: *Let your conduct be without covetousness; be content with such things as you have.*  
For He Himself has said, "I will never leave you nor forsake you."

G. Focus on the Promise: Caleb requested the hardest, most heavily fortified territory.  
Believers are to fix their eyes on God's Word and their spiritual inheritance,  
rather than the size of the obstacles.

Obstacles in spiritual growth act as necessary catalysts for transformation.

Rather than punishments, they function as spiritual resistance—testing your faith, breaking  
down ego, and fostering resilience. Just like physical training requires resistance to build  
muscle, spiritual obstacles push you beyond comfort zones to deepen your inner strength.

Every obstacle is a steppingstone to a deeper faith. Every challenge is an opportunity for God to  
reveal His strength in your weakness. Embrace adversity with unwavering trust, for it is  
through the storms of life that your faith grows and your spirit soars.

This shift in mindset involves recognizing that God is present in our struggles, working through  
them to mold us into the individuals He intends us to be.

Deepen Surrender: When your plans are disrupted, obstacles teach you to let go of control and  
trust in God.

Build Character: The resistance offered by a trial cultivates patience, perseverance, and  
compassion, transforming theoretical beliefs into lived virtues.

H. Patience and Perseverance: Caleb waited 45 years to claim his promise because of the  
unbelief of others. His endurance teaches believers to stand firm and trust God's timing.

➤ Every battle you fight in your spiritual life is actively preparing you  
to possess your possessions and stand firm.

I. Position of Victory: You do not fight *for* victory; you fight *from* victory.

Believers operate under the established triumph of Christ's death and resurrection.

Rom. 8:37 Nay, in all these things we are more than conquerors through Him that loved us.  
5245 hupernikaó: assumes conflict yet promises prevailing power

On ev'ry hand the foe we find, drawn up in dread array

Let tents of ease be left behind, and onward to the fray. [fight, battle]

Salvation's helmet on each head, with truth all girt about,

The earth shall tremble 'neath our tread, and echo with our shout.

Faith is the victory, Faith is the victory, O, glorious victory, that overcomes the world.