



PROTECT

7 Safeguards to Protect Your Relationships
from the Work of the Enemy
this Holiday Season



PROTECT

7 SAFEGUARDS TO
PROTECT YOUR RELATIONSHIPS
FROM THE WORK OF THE ENEMY

a  WHOLE CATHOLIC coaching resource

Whole Catholic
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Why Relationships Need Protecting

As humans, we have been created by God to thrive within the context of our relationships. Our relationship with God, our relationships with others and our relationship with ourselves. Science has provided evidence through countless research studies, that when our lives are void of relationship, we die; when our lives are influenced by toxic relationships, we struggle with mental and physical health issues; and when we maintain healthy relationships and boundaries, we thrive.

You've most likely heard something like, "You're the average of the five people you spend the most time with." Some other versions you might have heard include "show me your friends and I'll show you your future" or "you are who you hang around." The Bible even tells us in Proverbs 13:20, "Walk with the wise and you become wise, but the companion of fools fares badly." The important message to take from these statements is this: your relationships provide the context for living.

It's important that we build and maintain relationships that are healthy and life-giving, however that is sometimes more easily said than done.

Satan comes to KILL, STEAL and DESTROY and he is actively trying to achieve this in all of your relationships.

Why? Why does he care about our relationships?

Well, we are created as relational beings. He knows that if he can cause trouble in our relationships, he can get us to open doors to sin and destruction. The bible says he is the "father of lies" and that he throws "fiery darts of suggestion" at us to tempt us toward sin. Relationships provide him ample opportunity for inserting lies and ungodly "suggestions."

100% of the people that come to me for coaching have hurt or brokenness in one or more of their relationships, and these wounds usually lead to open doors for the enemy to wreak havoc in that person's life.

I have put together a set of seven basic principles, based on biblical teachings, to act as a guide to help you navigate all of life's relationships, through the highs and lows. Implementing these seven principles can revolutionize the way you relate to family, friends, coworkers, significant others, children, or anyone that you find yourself doing life with on a regular basis. Give them a try and watch your relationships transform before your eyes.

May God bless you and all of your relationships richly.

In Him,

Jansen Bagwell

P.R.O.T.E.C.T.

The seven safeguards that will help you defend your relationships against the attacks of the enemy can be found in the acronym, P.R.O.T.E.C.T.



P R O T E C T

Put Relationship First

Regard Friendship Highly

Observe Issues with Charity

Talk to the Other Person First

Embrace Mutual Agreements

Carry One Another's Burdens

Take on a Common Enemy

P

Put Relationship First

For relationships to thrive, it's important to prioritize the person over any potential problem. Our Catholic faith teaches us to value the dignity of all human life, including those who think and act differently than us, and those who may sin against us.

Commitment

Faithfulness to our relationship outweighs the importance of any offense between us. I will not allow any problem to override the principles by which we live.

Question

Am I allowing any problem to negatively affect my relationship with this person?
Am I taking up an offense to anything this person is or is not doing?



Scripture

"It is good sense to be slow to anger, and an honor to overlook an offense." (Proverbs 19:11)

R

Regard Friendship Highly

“There is nothing on this earth more to be prized than true friendship.”

-St. Thomas Aquinas

Commitment

I will be honest, patient and strive to walk in love. I will not expect you to interpret my actions or my motives. It is my responsibility to approach you if I need your help or have a concern.

Question

Have I clearly communicated my needs/expectations or am I expecting this person to read my mind? Am I walking in love and patience, and the other fruits of the Spirit?



Scripture

“(12) Put on then, as God’s chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and patience, (13) bearing with one another and forgiving one another, if one has a grievance against another; as the Lord has forgiven you, so must you also do. (14) And over all these put on love, that is, the bond of perfection. (15) And let the peace of Christ control your hearts, the peace into which you were also called in one body.” (Colossians 3:12-15)

O

Observe Issues With Clarity

Offenses taken up against another person are ripe breeding ground for demonic activity. We open the door to the enemy by making unrighteous judgements, holding on to false expectations, and harboring bitterness. To observe issues that may arise with clarity, we must also observe them with charity. Charity makes space for clarity. We must strive to see others through the eyes of God, attribute positive intent to their words and actions, and communicate with temperance when we feel upset.

Commitment

I will not allow any problem I have with you to go unresolved to a point of decay. (Four days can be a good rule of thumb.) If, within that length of time, I have not come to peace about the issue, I will communicate with you in charity.

Question

How long have I been troubled about this problem? Am I allowing uncharitable thoughts to ruminate in my mind or heart about this person?



Scripture

“Be angry, but do not sin; do not let the sun set on your anger, and do not leave room for the devil.” (Ephesians 4:26-27)

“Jesus said, ‘Take away the stone.’ Martha, the dead man’s sister, said to him, ‘Lord, by now there will be a stench; he has been dead for four days.’” (John 11:39)

T

Talk to the Other Person First

“Blessed is the servant who loves his brother as much when he is sick and useless, as when he is well and can be of service to him. And blessed is he who loves his brother as well when he is afar off, as when he is by his side, and **who would say nothing behind his back he might not, in love, say before his face.**”

- St. Francis of Assisi

Commitment

You will be the first person to hear about any problem I have with you.

Question

Have I gone to this person with the problem?



Scripture

“If your brother sins [against you], go and tell him his fault between you and him alone. If he listens to you, you have won over your brother.”
(Matthew 18:15)

E

Embrace Mutual Agreements

Trust is important in all relationships. For trust to be built and maintained, people have to be able to rely on the word of the other person in the relationship. It's imperative that we not only honor our own word, but we honor the word given by the other person and not expect them to read our minds.

Commitment

I will believe and act upon the last words we spoke concerning our relationship and live as if you will do the same. If anything changes on my part, I will inform you.

Question

Did I (or the other person) forget or disregard what we last spoke to one another concerning our relationship?



Scripture

“But whatever your tongue utters you must be careful to do, just as you freely vowed to the LORD, your God, with your own mouth.” (Deuteronomy 23:24)

C

Carry One Another's Burdens

“God sends us friends to be our firm support in the whirlpool of struggle. In the company of friends, we will find strength to attain our sublime ideal.”
- St. Maximilian Kolbe

Commitment

I commit to help you in carrying your burdens in any way that I possibly can.

Question

How can I use the strengths God has given to me to help bear the burdens of this person?



Scripture

“Bear one another’s burdens, and so you will fulfill the law of Christ.” (Galatians 6:2)

T

Take on a Common Enemy

"For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places."

- Ephesians 6:12

Commitment

Your enemy is my enemy. Our enemy is not another person, but it is Satan. I will help to defend you against every attack or assault, by using my spiritual gifts.

Question

How can I use the strengths God has given to me to help defend this person against our common enemy, the devil?



Scripture

"(4) For as in one body we have many parts, and all the parts do not have the same function, (5) so we, though many, are one body in Christ and individually parts of one another. (6) Since we have gifts that differ according to the grace given to us, let us exercise them...(13) Contribute to the needs of the holy ones..." (Romans 12:4-6,13)



Prayer for Healthy Relationships

Lord Jesus, we pray for You to send angels of sufficient number, rank, power, and authority, to surround my relationships with my friends and family this holiday season. We pray for You to give these angels charge to fight back every principality, power and demon off and away our relationships and our time together, so we can experience every gift and work of the Holy Spirit in our lives and in our relationships.

Lord help us to PROTECT these relationships by remaining faithful; acting with honesty, patience, and charity; keeping our word; helping to carry the other's burdens and remembering that we do not fight against flesh and blood.

Mary, we also ask you to hold us all in your arms of intercession, draw us closer to your Son Jesus both individually and corporately, and pray for us to receive the graces we need to have healthy, Christ-centered relationships.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.



PROTECT Your Marriage

Want to learn how to apply these principles specifically to your marriage?

Want to learn some specific skills that pair well with these principles to help bring healing, wholeness, and joy to your marriage?

Scan the code below to check out our mini-course,



The mini-course webinar includes 4 videos on:

- The 3 L's of an Emotionally Safe Marriage
- PR - The First Two Steps of PROTECTing Your Marriage
- OTE - The Next Three Steps of PROTECTing Your Marriage
- CT - The Last Two Steps of PROTECTing Your Marriage
- As well as a downloadable PDF Workbook to accompany the webinar.

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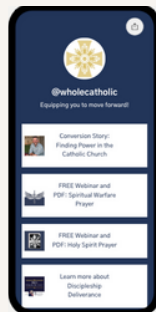
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