

THE
**Lauren
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PODCAST

COMPANION WORKSHEET

Our authority in Christ

Living well in the Kingdom — follow along with the episode

Name:

Date:

Before you begin

We live in a cosmic Kingdom — a world with governing rules and principles that hold it together, both physical (like gravity) and spiritual. "Authority" is a word we throw around in church so often it can lose its meaning. This worksheet is a chance to slow down, look up what Scripture actually says, and figure out what authority means for you, practically.

Hosea 4:6 *"My people are destroyed for lack of knowledge... since you have forgotten the law of your God."*

Before diving in, what has the word "authority" meant to you up to this point — vague, confusing, or something you've felt confident about?

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Understanding our authority

Look up each verse, jot down what stands out, then respond in the blank.

1

All authority comes from God *Psalm 103:19 · Colossians 1:15-17 · Luke 10:19*

God is the King of Kings — no one receives authority unless He has given it. But it's up to the recipient how they steward it. You don't have to be a world leader to carry delegated authority; Scripture tells believers we've been given authority over the power of the enemy.

Did you realize the authority you carry is something delegated to you by God? What changes if you believe that?

My response:

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2

Authority is attached to obedience *Ezekiel 28:12-14 · Isaiah 14:12-15 · John 5:19*

Satan didn't lose his power — the gifts of God are without repentance — but he lost his authority the moment he tried to usurp God. Even Jesus modeled that authority in the spiritual realm flows from the Father: "The Son can do nothing of his own accord."

Where might disobedience be quietly costing you access to the authority God has given you?

My response:

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3

Disobedience costs us authority *1 Samuel 13:13-14 · Numbers 20:12 · 2 Chronicles 26:16-21**Scripture is full of leaders who forfeited authority through disobedience:*

- Saul lost his kingdom for failing to obey God's command
- Moses and Aaron were barred from the promised land for not trusting God sufficiently
- Uzziah's pride led him to overstep his authority, and leprosy removed him from rule
- Samson lost his supernatural strength when God departed from him

Is there an area of disobedience in your life right now that may be limiting what God wants to do through you?

My response:

4

Intimacy and obedience enable authority *Acts 19:13-16*

The seven sons of Sceva tried to invoke Jesus' name without a relationship with Him — "Jesus I know, and Paul I recognize, but who are you?" — and were overpowered. Relationships take work. He's always available, but it's on us to choose the effort of intimate fellowship with Him.

How would you describe the current state of your intimacy with the Lord — distant, growing, close?

My response:

5

Authority vs. power *Mark 1:27 · John 15:5*

Demons respond to authority, not power — trying to control them through power alone is what witchcraft does. It's like holding a gun on criminals: they may obey while you threaten them, but the moment you drop it, they go back to doing what they want. Kings rule through authority; they conquer through power.

A HELPFUL PICTURE

Walking into a room of criminals with just a gun gets temporary compliance. Walking in as the governing authority — a police officer — means you have the legal right to act. That's power PLUS authority, and it's what Jesus carries, and gives us access to.

Where have you been relying on your own strength or striving (power) instead of resting in the authority He's given you?

My response:

6

Jesus took back authority *John 10:17-18 · John 19:11*

Jesus succeeded where Adam failed — defeating Satan's legal authority and reclaiming the earthly kingdom through His sinless life, atoning death, and resurrection. As the second Adam, He gained through obedience what the first Adam lost through disobedience. United to Him, we participate in the restoration of the dominion Adam forfeited.

Does it change anything to know the authority you carry was won back by Christ's obedience, not your own performance?

My response:

7

Walking in delegated authority, with humility *Jude 9 · Mark 1:27*

Christians have delegated authority within defined spheres — but not blanket authority over all spiritual forces. We're told to resist the devil, not rebuke him; even the archangel Michael, disputing with Satan over Moses' body, didn't presume to rebuke

him directly but said, "The Lord rebuke you." Lower-level demons, however, the disciples rebuked in Jesus' name, and they obeyed. Authority carries moral responsibility — it's to be stewarded with humility, remembering it all flows from God and will be returned to Him.

What would it look like for you to walk in your authority this week with more humility, and less striving?

My response:

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Closing reflection

Luke 10:19 *"I have given you authority over all the power of the enemy, and nothing will injure you."*

All authority comes from God, is activated through obedience and intimacy with Him, and is always greater than mere power. Jesus modeled perfect submission to the Father, and through union with Him, we get to walk in restored authority — stewarded with humility, not pride.

Write a short prayer asking the Lord to help you steward the authority He's given you well — with obedience, intimacy, and humility.

with Lauren