OVERCOMING THE SPIRIT OF HEAVINESS
Satan’s true identity is that of a trickster. He opposes us in our walk with God using schemes, researched weaknesses and well bated traps. One of his tactics is to send a "spirit of heaviness" upon us. When we recognize this we are able to overcome him easily. These tricks are only successful when they catch us by surprise and unprepared. When we are in tune with the God and prepared the enemy leaves embarrassed and humiliated.
• Ephesians 6:11
• 11 - Put on the full armor of God [for His precepts are like the splendid armor of a heavily-armed soldier], so that you may be able to [successfully] stand up against all the schemes and the strategies and the deceits of the devil.
All of our battles are waged in the Spiritual Realm thus, fighting with my emotions, humanistic advice and flesh centered decisions will cause us to end up on the losing end of a battle we were supposed to have won.
12 - For our struggle is not against flesh and blood [contending only with physical opponents], but against the rulers, against the powers, against the world forces of this [present] darkness, against the spiritual forces of wickedness in the heavenly (supernatural) places.
II. Heavenly Places is the place of Root rather than Fruit. (Spiritual Realm)

Eph, 1:3 - “our blessings are there”
1:18 - “Jesus Christ is seated at the right hand of the Father there.”
2:6 we have a seat reserved for us with Christ
3:10 - the angels operate there
6:12 - the demonic realm is there
III. The 6 Pieces of Armor which is the pre-attack necessity to winning. Note:

* Before dealing with the Armor Paul expresses that you can’t do half God’s Will and expect All God’s Promises.

14 - So stand firm and hold your ground,
1. Start off with having integrity wrapped around your waist.

...having tightened the wide band of truth (personal integrity, moral courage) around your waist
2. A lifestyle of loving the nice and the mean. Helping your helpers and your haters.

and having put on the breastplate of righteousness (an upright heart),
3. The Gospel of Peace is Peace that is determined to have peace in the midst of a mess (storm).

15 - and having strapped on your feet the gospel of peace in preparation [to face the enemy with firm-footed stability and the readiness produced by the good news].
4. Faith is believing God to the point that my movement is affected, not just my words and my thinking.

16 - Above all, lift up the [protective] shield of faith with which you can extinguish all the flaming arrows of the evil one.
5. My thoughts have to be connected with God’s Thoughts.

17 - And take the helmet of salvation,
6. The sword of the Spirit is the only weapon the “Holy Spirit” uses thus whenever in warfare have a Bible Study with the Devil because he is allergic to the exercising of God’s Word.

...and the sword of the Spirit, which is the Word of God.
It all comes together with a prayer life.

18 - With all prayer and petition pray [with specific requests] at all times [on every occasion and in every season] in the Spirit, and with this in view, stay alert with all perseverance and petition [interceding in prayer] for all God’s people.