



Cornerstone Women

FALL BIBLE STUDY 22

PREPARING DAILY, LIVING INTENTIONALLY

“Be prepared, you’re up against far more than you can handle on your own.”

Ephesians 6 The MSG

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Cornerstone Women's Ministry Fall 2022

"Preparing Daily, Living Intentionally"

"Be prepared, you're up against far more than you can handle on your own."

Ephesians 6 The MSG

I am sure you ponder your spiritual destiny and although you can't see the future you can at least make sure you are on the right path. We understand that abiding in the constant awareness of His presence and being obedient to His voice is essential, but do we ever plan to give Him complete control? To surrender our old ways and become new creatures in Christ, we must invite Him to sit on the throne of our heart or we will never have a personal revelation of who He is.

Jesus came to give His followers abundant life - full of purpose, potential and joy. But Christian living has challenges. **Living beyond the pandemic** will remain one of the most challenging seasons of our life and requires us to **prepare daily**, putting on His armor and **living intentionally** beyond the obstacles, challenges, hang ups and fears. How do we live the life Jesus wants for us?

As we 'fall forward' we are going to make sure we are equipped with the armor of God and inviting Jesus to sit on the throne of our hearts in all that we do.

A big "Thank You" to our Women's Ministry Director, Almalee Knudsen, and our teaching and ministry team as they have been praying, preparing and anticipating this Fall Season. A special thanks to Sharon Sherrill for giving us permission to use the homework packet on spiritual warfare.

I am looking forward to growing together the next few weeks! God always shows up big time and does great things for us girls and we are so glad you are going to be a part of our Cornerstone Women's Ministry community this Fall.

GROWING TOGETHER!

Pastor Carol

Cornerstone Women's Ministry

ccanaheim.com

"Preparing Daily, Living Intentionally"

Monday/Tuesday

September 12/13 through November 14/15

Teaching Schedule

Sept 12/13

"Living Intentionally"

Carol Danna

Sept 19/20

"Why the Armor of God"

Almalee Knudsen

Sept 26/27

"Battle Ready - Belt of Truth"

Theresa Sahyoun

October 3/4

"Putting on God's Righteousness"

Carol Danna

October 10/11

"Feet of Peace"

Laurie Stewart

October 17/18

"The Power of the Shield"

Carolyn Hogan

October 24/25

"Don't Lose Your Head - Helmet of Salvation"

Melissa Steichen

October 31/Nov 1 **BREAK**

See you at Harvest Fest Monday, October 31

November 7/8

“Suit Up” (Sword of Spirit/Wrap Up)

Almalee Knudsen

November 14/15

Testimony

Mindy Ramirez

Worship/Potluck

LIVING INTENTIONALLY

Carol Danna

*“Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Then do not be foolish, but understand what the will of the Lord is.”
Ephesians 5:15-17*

5 Points on Living Intentionally:

1. Know the One who gives

John 10:10 “The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.”

A purposeless life ultimately leads to death. Instead of living in this grim reality, resolve to pursue purpose—and the One who gives the purpose—and find abundant life instead. Knowing God, understanding our Father’s heart, we understand our intrinsic value.

Our value does not come from where or when we were born, what we do, who we know. Our value comes from the One who gives us purpose, our Creator, the one who made each of us, designed us according to His plan.

2. Love God and pursue His glory

Ephesians 1:12 “so that we who were the first to hope in Christ might be to the praise of His glory.”

Having a strong purpose moves us beyond the temporary to true value. When we have strong purposes, it shifts our focus. What are some of those shifts:

“A strong-purpose life ranks as qualitatively better than a small-purpose life and bears no resemblance to a no-purpose life.”

3. Pray intentionally. Pray often. Pray more. Pray. Pray.

Philippians 4:6 “do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

Psalm 5:3 “O Lord, in the morning you hear my voice; in the morning I prepare a sacrifice for you and watch.”

Psalm 6:9 “The Lord has heard my plea, the Lord accepts my prayer.”

Acts 6:4 “But we will devote ourselves to prayer and to the ministry of the word.”

Psalm 4:1 "Answer me when I call, O God of my righteousness! You have given me relief when I was in distress. Be gracious to me and hear my prayer!"

4. Keep _____ in your heart but live in the present with passion, mission, and a vision.

2 Corinthians 4:17-18 "For this light momentary affliction is preparing for us eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal."

Your passion is the foundation of your life. It points to what you have set your heart on, the thing that gives wings to your sails! What energizes you? What makes your heartbeat? Your mission is the foundation of your life, if passion is what energizes you, mission is what keeps you grounded and focused. It's what you need to do every day, regularly, your responsibilities. Mission reveals your ulterior purpose. Then lastly, vision is the impact, the difference your life makes in the world. We need all 3 of these distinct functions to provide our pursuits in life.

5. Stay connected to the vine.

John 15:5 "I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing."

All of these points, well they point to one thing: stay connected to Jesus. Living intentionally is living each day for Him.

Philippians 3:14 "I press on toward the goal for the prize of the upward call of God in Christ Jesus."

**“PREPARING DAILY, LIVING INTENTIONALLY”
LESSON: 1 “LIVING INTENTIONALLY” HOMEWORK**

As we begin our weekly Bible Study daily assignments, this week is a bit different from the remainder of the lessons. Knowing who we are because of WHO we know sets the groundwork for us as we prepare to learn about weapons of our warfare.

Day 1 Assignment

I. It's not what we know but WHO we know.

1. **Who made you? How does this knowledge change how you live your life? Ps. 100:4**

2. **How does having a relationship with the Lord give you purpose? Ephesians 2:10**

3. **What happens when we focus more on our purpose and not the Lord's?**

II. Bible Reading: Psalm 100

1. **What does this portion of scripture teach you?**

III. Prayer Focus:

Give Him thanks for making you and giving you purpose. Ask the Lord to help you know Him more. Repent for those areas of your life that are not putting Jesus first. Ask Him to make the soil of your heart prepared to receive the Word of truth so that your roots grow deep.

DAY 2 ASSIGNMENT

I. Setting my heart on things above.

1. **Does everything in my life, work toward the purpose of loving God and pursuing His glory in all that I do? Ephesians 1:12, Colossians 3:2**

2. **In what ways do you seek to bring Him glory in all that you do? What weighs heavy on you as your present obsession? What have you set your heart upon?**

“Only one obsession is worthy of our every breath and heartbeat: wanting God above anyone or anything.” (Dr. Richards)

II. Bible Reading: Ephesians 1

1. **What does this portion of scripture teach you?**

III. Prayer Focus:

Thank God for your life, your family and the good things He has given you. Ask the Lord to help you love Him more and show you in what ways you can give Him glory in all that you do. He longs to help you set your affections on Him and things above not on the things of this earth, just ask.

Day 3 Assignment

I. Prayer

- 1. How is prayer evident in your life?**
- 2. In what ways do others note that you are a person of prayer?**

II. Bible Reading: Matthew 6:25-33

- 1. What does this portion teach you?**

Prayer Focus:

Pray about everything you need. Make a list and pray with a prayer partner, (If you don't have a prayer partner/s, reach out and invite a friend or two to pray with you). Don't forget to make a praise list too!

Day 4 Assignment

I. Looking for love.

- 1. Who do you look for love? (passion)**
- 2. How does your daily mission line up with putting God first? (mission)**
- 3. In what ways can you serve this hurting world? (vision)**

II. Bible Reading: 2 Corinthians 4:17-18, 2 Corinthians 5:14-21, Romans 12:1-2, Matthew 6:33

- 1. What do these scriptures teach you?**

Prayer Focus:

Thank God for His love and His friendship. Ask the Lord to forgive you for ways you have sought passion in other people or things. Allow the Lord to fill your heart with His purposes for your life from being a wife, a mom, family member, volunteer, neighbor, ministry, etc.

“A purposeful, meaningful, intentional life beckons the entanglement of your heart, the recruitment of your soul, and the harnessing of your mind in worthy passion after a most excellent Object—Christ alone.”

Day 5 Assignment

I. What is your source?

- 1. In what ways is it evident you are connected to the vine?**
- 2. In what ways do you need to connect?**

II. Bible Reading: John 15; Psalm 37:3-6

Prayer Focus:

Take a moment to thank the Lord for giving you life and salvation and for the blessings in your life. Spend time allowing the Holy Spirit to speak to you. Ask the Lord to keep you connected to the vine and to show you when you are not trusting Him fully.

Cornerstone Church Anaheim Women's Ministry Teaching Notes

"Living Intentionally, Preparing Daily"



MAIN POINTS:



SCRIPTURES TO PONDER:



WHAT IS THE SPIRIT PROMPTING ME TO DO IN RESPONSE TO THIS
TEACHING TODAY?

**WHY THE ARMOR OF GOD
LESSON 2: THE NEED FOR SPIRITUAL ARMOR HOMEWORK**

I. At several points in Jesus' life, we see Him defeat Satan. Read the following scriptures and answer the questions below.

1. Matthew 4:1-11; Hebrews 4:15

a) According to these verses, explain the point in Jesus' life where He defeated Satan. _____

b) What does this mean for us in our lives today?

2. John 19:28-30; Romans 6:6-7; Isaiah 53:5

a) According to these verses, explain the point in Jesus' life where He defeated Satan?

b) What does this mean for us in our lives today?

3. Revelation 1:18; John 3:16; John 17: 1-3; Romans 6:8-11

a) According to these verses, what was God's final move in giving us victory over Satan?

b) What does this mean for us in our lives **today**?

II. Jesus' battle was not against man and his sinful ways, but against Satan and his demons. Mankind has been taken captive in war. There is no way that Satan will release us from his captivity and no way that we can liberate ourselves. Jesus himself confirmed this fact at the beginning of his earthly ministry when he said he had come to set captives free. Jesus' battle was a spiritual battle to free us.

4. Ephesians 6:10-12.

a) Who do we struggle against?

b) Where is our battle fought? _____

c) Is our battle a physical battle or a spiritual battle?

d) What do you think Paul meant when he used the term, Heavenly places?

****Scripture tells us that just like Jesus, our battle is in the heavenlies. It is a spiritual battle. We are in spiritual warfare!****

III. If we cannot navigate in the spiritual realm, we cannot overcome in the physical realm. Spiritual warfare is: “The conflict in the invisible realm (the heavenlies) that affects what we are going through in the physical realm.” The battles we face are happening in the spiritual realm, but they are manifested here in the physical realm. Our human strength is ineffective in the heavenly realm.

5. Read Ephesians 1:3, 1:20, 2:6, 3:10, & 6:12 then list what is found in the spiritual realm in the chart below. Next, think of our physical, earthly realm. List things found in the physical realm.

Spiritual Realm	Physical Realm

6. Looking at this chart, where do you find yourself doing most of your fighting? What do you see as the cause of the battle?

IV. Because our battle is in the spiritual realm, we cannot fight it with physical weapons. We need to fight our battles with spiritual weapons. Ephesians 6:11 tells us that we are to stand firm against the devil’s schemes. The definition of schemes is, “deceptive strategies”. Satan’s main strategy is to “deceive”.

7. Read the following verses. What are Satan’s strategies against believers? Revelations 12:7-9, 20:10. II Corinthians 4:4; John 8:44.

8. If Jesus has already defeated Satan, how should that affect our life in the physical realm

Life Application

How might you apply the truths you have learned this week to your life?

Taking it Farther

Meditate/Memorize Ephesians 6:10 - “Finally, be strong in the Lord and in his mighty power.”

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WHAT IS THE SPIRIT PROMPTING ME TO DO IN RESPONSE TO THIS
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BATTLE READY

LESSON 3: THE BELT OF TRUTH HOMEWORK

- I. We learned last week that we are in a battle in the heavenlies. Our problems and struggles on earth are only the fruit of the battle taking place in the spiritual realm, and Satan's #1 weapon against us is deceit. We will not be victorious if we fight a spiritual battle in the physical realm with physical weapons. Jesus has already defeated Satan, and in the next 6 lessons, He is going to equip us with our spiritual armor so we can take our stand against the devil's schemes.

Read Ephesians 6:10-17 and answer the following questions.

- 1. What is the first spiritual weapon Jesus tells us we are to have on**
-

- 2. What are some uses, or purposes, for a belt?**
-
-

DID YOU KNOW?

Belts are one of the oldest and most enduring pieces of human clothing. The first belts in history were found to be worn by people in the Bronze Age. Belts would help hold clothing on, or together, but were used primarily by men for carrying tools, pouches, and weapons. Belts eventually began to gain significance in the Christian faith, symbolizing things like protection, chastity, and readiness to serve God. Priests would even hang scriptures off their belts to read from. Belts started to gain prominence, with some armies adopting different colored belts to denote the ranks of their forces as well as an easy indicator of allegiance while on the battlefield.

- II. Ephesians 6:14 tells us that when we are engaged in spiritual warfare, we are to wear not just any belt, but the Belt of Truth! Dr. Evans tells us that truth is defined as, "an objective standard by which reality is measured". Truth is not subjective. It is not based on our knowledge, feelings, ideas, or circumstances. Those standards are always changing.

- 3. Who is truth?**

Read John 1:14, 17; John 14:6

****Truth originated with God. God is truth. He is our point of reference to know truth.****

- 4. How do we learn God's truth?**

Read John 17:17; Psalm 119:160; 2 Samuel 7:28

Read Psalm 25:4-5; I John 5:20; John 18:37

John 14:26; John 16:13

5. Once we have learned God's truth, what do we do with it?
II Corinthians 10:3-5

3 John 1:3-4

James 5:19-20; II Timothy 2:24-26

Deuteronomy 6:4-9

III. To counter the schemes of the devil, which is deception, we need to know God's truth because truth destroys deception. If we do not know truth, we will believe what we are told by the current world culture or people or demons. Thus, we will be led by lies and make decisions based on lies. We will allow the demons to give us our directions.

6. How does knowing God's truth affect our lives?
John 8:32

Psalm 119:105

John 17:17

2 Timothy 3:16-17

Life Application

Why do you think the belt of truth was the first piece of armor God told us to clothe ourselves in? How might you apply the truths you have learned this week to your life?

Taking it Farther

Meditate/Memorize Ephesians 6:11

"Put on the full armor of God so that you can take your stand against the devil's schemes"

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PUTTING ON RIGHTEOUSNESS

LESSON 4: THE BREASTPLATE OF RIGHTEOUSNESS HOMEWORK

I. We learned last week that when preparing for spiritual warfare, we start with truth. The first step we take when at battle in the spiritual realm is to find out God's truth on the matter. What does His Word say? What truth has He revealed to you on the matter? What truth is the Holy Spirit speaking to you? This week we are studying the second piece of armor - The Breastplate of Righteousness. Like truth, we are to wear righteousness at all times. It is not a piece of armor we take off and on. As Christians we never want to be without the covering of God's truth and righteousness.

Read Ephesians 6:14-15 and answer the following question.

1. If asked, how would you define 'righteousness'?

2. Why do you think Paul tells us to put on God's truth before he tells us to put on righteousness?

II. Dr. Evans defines righteousness as, "the standard God requires for people to be acceptable to Him". Righteousness is established on God's truth. As a believer, righteousness is how we live out God's truth in our daily lives. The opposite or righteousness is wrongness. If you are like me, you feel defeated already. My righteousness is 'hit and miss', and sometimes more miss than hit. I fear I may never be able to reach the standard acceptable to God no matter how hard I try.

3. Read Isaiah 64:6 & Romans 3:10. What does scripture say about our righteousness?

Since we cannot clothe ourselves in the breastplate of our righteousness, will we be ineffective in our spiritual battles? Not at all! When it comes to righteousness, for some reason we seem to embrace the belief that we must "work" to obtain righteousness—that we must try hard and strive. If we can do enough of the right things and behave in the right ways, then God will be pleased with us and move on our behalf, protect us, bless us, or listen to our prayers. We often fall for Satan's lie that our righteousness is a works-based righteousness. The devil wants to convince us we can never measure up to God's standard and thus live our lives in discouragement and hopelessness, feeling like we are failures.

4. Has there been a time in your walk with Jesus when you believed the devil's lie and felt you did not, could not, measure up to God's standard?

III. Our righteousness is found in Christ. Philippians 3:9 says, "...and be found in Him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ - the righteousness that comes from God and is by faith." One of the beautiful names of our LORD God is Jehovah T'sidkenu - The LORD our Righteousness (Jeremiah 23:5-6). Righteousness is not a result of what we do, but is a result of who we are...IN CHRIST.

5. Read I Corinthians 1:30, II Corinthians 5:21, Philippians 3:9. What do these verses tell us about Jesus being our righteousness?

IV. The fact that we are righteous through Christ does not mean our actions and behaviors do not matter. As followers of Jesus we need to apply God's truth to our daily lives which includes not just our actions, but our motives. Doing the right thing with the wrong motive is not righteousness - it is sin (I John 3:15). We might know the truth but if we do not apply the truth by putting on righteousness, it renders us ineffective in our spiritual battles.

What do the following verses teach us about righteousness?

6. What should be our attitude about being righteous? II Timothy 2:22, Matthew 5:6

7. What produces righteousness in our lives? Romans 6:16, II Timothy 3:16

8. What are the rewards of pursuing righteousness? Hebrew 1:9, Isaiah 32:17, Matthew 13:43, Matthew 6:31-33, Proverbs 10:25.

**9. What should be the ultimate result of our righteousness?
Philippians 1:10-11**

10. What warning does Matthew 6:1 give us regarding our righteousness?

DID YOU KNOW?

The Greek word for a soldier's breastplate was "*kardiophylax*," which translates, *heart-guard*. This plate armor was developed initially from round metal mirrors worn over other armor as enforcement. Metal mirrors in this armor were considered as protection from not only spears and arrows, but also supernatural influence. It was believed that mirrors could reflect the evil eye, so they were polished and worn over other armor.

V. In the armor of a Roman soldier, the breastplate served as protection for some of the most important parts of the body. Underneath the breastplate is the heart, lungs, and other organs necessary for life. Our righteousness, both in thought and deed, protects the core of our spiritual lives.

Life Application

What are the new insights this information gives you and how can you apply it to your own spiritual battles?

Taking it Farther

Meditate/Memorize Philippians 2:13 - "For it is God who works in you to will and to act according to his good purpose."

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FEET OF PEACE
LESSON 5: FOOTSTEPS OF PEACE HOMEWORK

It seems odd that when studying the armor that God instructs us to use in spiritual warfare, one of the weapons Jesus tells us to have on at all times is peace. If we are warring against spiritual forces of evil in the heavenlies, doesn't it stand to reason that we would not be at peace? However, throughout scripture we see that God's ways always seem upside down compared to the world's. Consider Jesus' teachings: The first shall be last and the last shall be first; love your enemies; He chooses the foolish things of the world to confound the wise. So is the case in this situation. Jesus tells us when we are in spiritual warfare one of our effective weapons is peace.

1. Can you remember a time when you were in a spiritual battle, but experienced an unexplainable peace even though the circumstances were anything but peaceful?

2. Read Acts 10 :36. What is the Good News that brings us peace?

PEEK AT THE GREEK

The Greek word for peace is *Eirene*. We translate it peace, but it never means a negative peace, never simply the absence of trouble. It means total well-being, everything that makes for a person's highest good. This peace always has to do with personal relationships, a person's relationship to them self, others, and to God. It is always the peace that is born of reconciliation. It is the peace of knowing God as Father and the peace of being reconciled to God, to others, and to themselves - and that peace can come only through Jesus Christ.

Last week we learned that Jesus' death on the cross brought us peace (Isaiah 53:5). This is not a temporary peace nor is it a peace based on the absence of trials - it is a peace in the midst of trials.

Deconstruct the following verses. What do they teach us about God's peace and its application in our lives?

I Peter 5:7

3. What is the action verb in this sentence _____

4. Who is doing the action, and what are they doing?

John 14:27

5. What is the action verb in this sentence _____

6. Who is doing the action, and what are they doing?

7. What insights did you gain from these verses about peace?

8. In John 14:27 Jesus said He does not give peace as the world gives. What kind of peace does the world give? What is different about the peace that Jesus gives?

In verse 15 Paul says, "For shoes, put on the peace that comes from the Good News so that you will be fully prepared." (NLT). Other translations use the word. readiness. A victorious soldier had to be prepared for battle. The word readiness implies constant vigilance.

Read Isaiah 26:3. How can we be in a constant state of readiness?

Read Ephesians 6:11-14. What command is given 3 times in this passage?

DID YOU KNOW?

The soles of a Roman soldier's shoes were studded with iron hobnails which enabled him to hold his ground when the enemy attacked - to stand firm. They also provided sure footedness when he was moving along a path or climbing a mountain to take his position.

If a soldier lost his footing while in battle, it wouldn't matter how great the rest of his armor was - the enemy had him!

Today our anchoring footwear is faith in the gospel, which not only grants us peace with the heavenly Father but also makes us Satan's enemy. If we do not anchor ourselves with the good news, we are more likely to lose our footing when the enemy attacks and be taken captive by his lies and temptations.

Life Application

As the body of Christ, we do not stand alone in battle. Roman soldiers moved and fought together - literally side by side. Look at these pictures of some Roman military formations - soldiers standing firm together. What inferences and applications can you draw for your life and the battle against Satan's schemes?



Taking it Farther

Meditate/Memorize Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast, because they trust in you."

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**THE POWER OF THE SHIELD
LESSON 6: THE SHIELD OF FAITH HOMEWORK**

Last week we saw how the Roman legions would ‘stand firm’ together. When they did this, they used their shields strategically to defend against their enemies. Standing in formation alone did not protect them, but standing together with their shields did. Today we will look at another piece of our spiritual armor, our shield of faith. The first 3 pieces of armor - the belt of truth, breastplate of righteousness and the shoes of peace - are the parts of our armor God tells us to always have on. Never be caught without them. Our shield of faith is the first piece of armor God tells us to take up as needed.

I. Read Ephesians 6:16 below. Circle the key words or phrases in the verse. I did the first phrase for you as an example.

“In addition to all this, take up the shield of faith with which you can extinguish all the flaming arrows of the evil one.”

Now, think about the meanings and inferences of the words you circled. How do the words give you a deeper understanding of the verse? Rewrite the verse in your own words as it personally applies to you:

Read the following verses. What do they say about our faith, and what is our responsibility with regard to developing our faith?

1. Romans 10:17

2. Hebrews 11:6

II. Dr. Evans defines faith as, ‘acting on the truth’. He says truth is God’s view on a matter. In lesson 2 we learned that God is the only source of truth. In order to know God’s truth, we need to always be educating ourselves in the Word. We must first know God’s truth, then we must choose to act on His truth.

Read the following verses. What does God tell us to not base our faith on?

4. I Corinthians 2:5

5. Proverbs 3:5-6

6. 2 Corinthians 5:7

We live in the physical realm, but we are not to be not guided by this realm. As children of God, we are not to make decisions based on things of this world. Our faith cannot be based on our feelings, circumstances, wisdom, or understanding. It is not limited to our 5 senses. If our faith is

based on these things it will go up and down depending on the situation. Our faith is steadfast. It is rooted in God's truth which never changes and is not driven by circumstances.

III. The shield of faith is the first piece of armor that we are to take up as needed. Notice that it is our responsibility to pick it up. Roman soldiers strapped their shields to their arm so they would not drop it. The shield was designed to protect them from the rocks, spears, and the fiery arrows of their enemies.

Read the following verses. What do they tell us about our enemy?

7. I Peter 5:8

8. John 10:10

How do these verses give you confidence despite our enemy's desires?

Matthew 17:20 & Luke 17:6

1 John 5:4

Life Application

Consider these 5 characteristics of the shield of faith. How can you apply this to your life?

- 1. The shield is the first line of defense. (Hebrews 11:6)**
- 2. A shield guards. (Peter 1:5 NLT)**
- 3. A shield deflects. (Eph 6:16)**
- 4. A shield can incapacitate an enemy. (Matthew 4:10-11)**
- 5. There is strength in the number of shields. (Ecclesiastes 4:12)**

Taking it Farther

Meditate/Memorize Psalms 33:20 - "Our soul waits for the LORD; he is our help and our shield."

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SCRIPTURES TO PONDER:



WHAT IS THE SPIRIT PROMPTING ME TO DO IN RESPONSE TO THIS
TEACHING TODAY?

**DON'T LOSE YOUR HEAD
LESSON 7: HELMET OF SALVATION HOMEWORK**

The second piece of armor God tells us to 'take up' as needed, is the helmet of salvation. In the Roman army, the helmet served as protection for the head which houses the brain. It was a vital piece of the armor, as an attack to the head could result in instant death.

1. Brainstorm some of the many things the brain does, or controls, both mentally and physically. I started the list with a couple ideas.

Mental	Physical
thinking perception	vision movement

Our brains take in and process information. Based on that information, the brain then tells our body how to respond. For example, if our brain is convinced that we are in danger, it sends messages to our body to run. The brain plays an extremely important role in our life. No wonder God tells us we need a helmet to guard our head when in spiritual warfare.

2. In John 8:44 Jesus is talking to the Pharisees, or religious leaders, in the temple. How does Jesus describe the devil in this verse?

Remember, the devil's desire is to devour us and his #1 weapon to do so is deception! If we do not guard our minds, we are open to being affected by his lies and deceptions. In spiritual warfare it is the difference between victory or defeat.

3. What can we learn from these verses about guarding our minds?

II Corinthians 10:4-5 _____

Colossians 3:2 _____

Romans 12:2 _____

Look back at the chart in the beginning of this lesson. Reread all the mental tasks our mind does. Think about this; if the enemy can distort our perceptions, understandings, reasoning, awareness emotions, etc. we will operate in a reality that is not real. This can cause the believer to feel stressed, anxious, even fearful. Therefore, our resulting actions will be wrong because they are not based on Truth. For the believer that can be dangerous, even sinful. Consider the illustration below.

Deceitful &
Distorted
Information _____ wrong behavior/sin _____ unwanted/harmful consequences

Imagine being broken down and stranded in the desert. It is extremely hot and you are thirsty and afraid. You look off to the left and see some water in the distance. You walk across the burning sand, exposed to the sun and all the dangers of the desert only to find that it was a mirage. You were deceived. There is no water. Now you are far off course, weak, and exhausted. You are in danger of dying.

4. As we learned in Lesson 4, “Footsteps of Peace”, the Good News of our salvation brings us peace that passes all understanding. What else does Philippians 4:7 tell us God’s peace, which comes from the assurance of our salvation, do for us?

Philippians 4:7 _____

The helmet is our salvation. It guards our minds. The fact that the helmet is related to salvation indicates that Satan’s blows are directed at the believer’s security and assurance in Christ.

5. What does Paul tell us about our salvation in the following verses?

Ephesians 2:8-9 _____

Romans 6:23 _____

Jesus’ death and resurrection paid the price for our sin and grants us eternal life with Jesus when we die. It is by God’s grace through faith. This is called justification. However, our salvation is not just for when we die.

6. In this week’s video, Tony tells us our salvation is not just for the future but also for right now. We are being saved. This is called sanctification. What does Romans 5:9 say we are being saved from?

With sin comes consequences (wrath). Now that Jesus is alive, He wants to deliver us from the power of sin and the consequences attached to the sin. He sets us free from sin. This is sanctification.

7. Read The following verses. What do they teach us about sanctification?

Romans 5:10 _____

Romans 6:14 _____

Colossians 2:6 _____

Christ’s death saved us once and for all from sin’s penalty, and His life within us now is saving us day to day from sin’s power and mastery. When we are in a spiritual battle we need to pick up our salvation and put it over our heads so it will protect our minds from deceptions, lies, and inerrant thinking, thus keeping us from making choices and acting in a way that leads to wrong and problematic results.

Life Application

What is the enemy throwing at you right now? How can you use the power of your salvation to gain victory?

Taking it Farther

Meditate/Memorize Romans 1:16a - For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation.

"Living Intentionally, Preparing Daily"



MAIN POINTS:



SCRIPTURES TO PONDER:



WHAT IS THE SPIRIT PROMPTING ME TO DO IN RESPONSE TO THIS
TEACHING TODAY?

SUIT UP
LESSON 8: THE SWORD OF THE SPIRIT HOMEWORK

My sister misplaced her cellphone one day. She looked high and low but wasn't able to locate it. She got the idea to call me and ask me to call her phone. She thought if it had a charge, she would be able to hear it ring, and the problem would be solved. I asked her how she was calling me because I knew she didn't have a landline phone. All of a sudden, she burst out laughing. The phone was right in her hand the whole time!

Have you ever panicked about a spiritual problem or battle you are facing? You have tried everything but there is no victory in sight, and you are desperate and don't know what to do next. God would tell us that what we are looking for is already right there in our hand. The Word of God. God has already given us our victory. He has secured our win against the powers of darkness in the heavenlies. We don't have to find a way to be victorious, we have already won. We just need to know and use the Word of God.

I. THE SWORD OF THE SPIRIT

The final weapon that Paul instructs us to pick up as needed, is the Sword of the Spirit. The phrase, "Sword of the Spirit" is only found once in scripture, and it is in Ephesian 6 when Paul is teaching about the Armor of God. It is the only offensive weapon in our armor. The people living in Ancient Rome during this time were very familiar with a Roman sword.

****We too must be trained to use our sword with our shield of faith in place!****

The sword that Paul refers to here is the Holy Scriptures. Read the following verses. What do we learn from these verses about our 'sword'?

1. 2 Timothy 3:16-17 _____

2. Hebrews 4:12 _____

3. In what areas of your life is God using the Word to 'thoroughly equip' you at this time?

4. In what areas would you like to be better equipped?

II. ...WHICH IS THE WORD OF GOD

"Word" can be translated 3 different ways in the Greek language.

Grafi - The written Word of God. The physical Bible.

Logos - The message or revelation of the grafi or written word.

Rhema - The speaking or declaration of the logos.

A. Grafi - Grafi means 'the writings'. It is the written scriptures.

5. Read 2 Timothy 3:16, 2 Peter 1:21. How was the Holy Spirit active in the written Word of God? _____

The Holy Spirit is the ultimate author of Scripture. The words of Scripture are the words the Holy Spirit wanted written. No more, no less.

B. Logos - 'Logos' is the message of the written Word. It includes the meaning, understanding, purpose, power & application of the written Word of God to our lives.

6. Read Psalm 119:105, Colossians 1:25-26, Hebrews 4:12 & I Thessalonians 2:13

Where you see 'Word' substitute 'the meaning of Your Word'. Explain how the Pharisees of Jesus' day had the Word but did not have logos.

C. Rhema - Rhema means "utterance". It is us verbally declaring the logos, or truth, of God's Word. Rhema is our SWORD!! It is the weapon that defeats the principalities of this dark age. When we are going toe-to-toe with the demonic forces, we speak the Rhema Word and it stabs, slices, and defeats our enemy. Rhema is power. The devil is powerless against the spoken pure truth of God's Word.

7. Read Matthew 4:1-11. What is the effect of the Rhema Word of God in this passage?

After reading this verse, explain how it is possible to have a Bible, but not have a sword.

Life Application

Consider the Grafi, Logos, & Rhema Word of God. What steps can you take this fall to grow deeper in each of these areas?

Taking it Farther

Meditate/Memorize Isaiah 40:8: "The grass withers and the flowers fall, but the Word of our God endures forever."

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MAIN POINTS:



SCRIPTURES TO PONDER:



WHAT IS THE SPIRIT PROMPTING ME TO DO IN RESPONSE TO THIS
TEACHING TODAY?

WARDROBE CHECK
LESSON 9: PUTTING ON THE ARMOR HOMEWORK

Have you ever had one of those dreams where you are in a public place wearing nothing more than your underwear? You are not sure how you got into that situation, and you feel exposed and embarrassed. You are trying desperately to find a safe place to hide where no one can see you.

God has given us armor to clothe ourselves spiritually, but how often do we go out to do spiritual warfare without putting on our 'clothes' and end up feeling exposed, vulnerable, and wanting to find a safe place to hide? As Tony Evans put it; what a waste to have all that muscle against spiritual attack and not use it.

To prevent this from happening, we need to ask ourselves 2 questions? First, why don't we put on our spiritual armor, and secondly, how do we put it on?

Lesson

I. Developing a spiritual mindset.

God wants us to look at, and live life from a spiritual frame of reference and not our 5 senses. Think back to, or review Lesson 1. Our battle is in the heavenlies. Our enemy is in the heavenlies. Our weapons are in the heavenlies. We cannot fight spiritual battles with physical weapons. Many times we approach or react to situations or people with our physical mind. We think, plan, reason, and judge with our physical brains and therefore respond in the flesh. God wants us to be spiritually minded.

1. What do these verses teach us about having a spiritual mindset?

Romans 8:5

Colossians 3:1-2

2. In these passages the phrase "set their minds/hearts" is a verb that refers to the orientation of one's thoughts, affections, and desires. Paul's words suggest a responsibility. What is our responsibility in developing, and operating with, a spiritual mindset?

3. Paul is saying we have two ways to live: the way of rebellion against God, on one hand (the way of the flesh); and the way of Jesus, on the other (the way of the Spirit). What do the following verses teach us about the difference between these 2 mindsets?

Romans 8:7-8; 11

4. So how do we set our minds on spiritual things?

- 1. Fill your mind with the Spirit's words.**
- 2. Ask for the Spirit's help.** A good way to pray is to pray the scriptures asking the Spirit to do something in your mind and heart every day. (ex: Psalms 119:18; 36. Psalm 86:11; Psalm 90:14)
- 3. Practice the presence of the Holy Spirit every day.** Set your mind on the things of the Spirit. Realize he is right there with you, wherever you are, and whatever you're doing. In fact, he is not only with you, the Spirit of God is in you. He lives in you.

II. Putting on & Wearing the Armor of God

Read Ephesians 6:18. What does Paul tell us to do after we have all the pieces of armor in place?

***** Prayer is the human means of entering into the heavenly realm to utilize our armor *****

DID YOU KNOW?

The Greek word used for 'time' in Ephesians 6:18 is **kiros** and it means a specific or appointed time. It implies that there is a purpose for that time. Paul instructs us to, 'pray at all "**kiros**" times. Ephesians 6:13 tells us that specific **kiros** time is the "evil day" - the day the devil uses his schemes and lies to attack and devour us. Spiritual warfare. Paul is calling us to pray specifically and make a spiritual connection to God for what we are praying about.

So many times, prayer is the spiritual discipline we go to when we have exhausted all other means of dealing with a situation, or a ritual we do at meals and bedtime. Prayer is so much more than that; prayer is power. Tony tells us prayer is inviting Jesus into our life situations. It is us calling on God to intervene in the way He wants to do so. God gave us free will and we have the right to leave Him out and tackle life independently., but if we do, we are fighting without our armor.

5. What can we learn from the following verses about the power and effectiveness of prayer?

James 5:16 _____

Romans 8:26-27 _____

When we pray:
Quote scripture (2 Timothy 3:16-17)

Pray in the Spirit (Romans 8:26)

Pray in faith (Matthew 21:21-22)

Thank God for the answer (1 Thessalonians 5:17-18)

Be alert (I Pt 5:8)

Keep praying (Luke 18:1f)

Tony Evans daughter, Pricilla Shirer, said it this way: "I believe I can say it as bluntly as this: Unless prayer is a vital and thriving part of your life, you will never achieve spiritual victory. No matter how many Bible studies you do, no matter how many Christian camps or mission trips you participate in, or how often you go to church, you will forever be spinning your wheels until you're grounded in prayer. Prayer is what connects you with the heavenly places. And that is always where spiritual battles are won."

Life Application

How can you take steps this week to develop or strengthen your spiritual mindset and become grounded in prayer?

Taking it Farther

Meditate/Memorize 1 John 5:14-15 - And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.

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