

your true battle.

The Breastplate of Righteousness

Finally, be strong **in the Lord** and **in his mighty power**. **Put on the full armor of God** so that you can take your **stand** against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the **heavenly realms**. Ephesians 6:10-12

Therefore **put on the full armor of God**, so that when the day of evil comes, you may be able to **stand** your ground, and after you have done everything, to **stand**. **Stand** firm then, with the **belt of truth** buckled around your waist, with the **breastplate of righteousness** in place... Ephesians 6:13-14

Q: How do I put on the breastplate of righteousness?

A: _____

Three Ways to Guard Your Heart

1. Focus on _____.

Even before he made the world, God **loved us** and **chose us** in Christ to be **holy and without fault in his eyes**. Eph 1:4

God made him who had no sin to be sin for us, so that **in him** we might become the **righteousness of God**. 2 Cor 5:21

Therefore, there is now **no condemnation** for those who are **in Christ Jesus**, because **through Christ Jesus** the law of the Spirit of life **set me free** from the law of sin and death. Romans 8:1-2

2. Focus on _____.

I pray that out of his glorious riches he may strengthen you with **power** through his Spirit in your inner being, so that Christ may **dwell** in your hearts through faith. Eph 3:16-17a

Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, **let the Spirit renew your thoughts and attitudes**. Put on your new nature, created to be like God—**truly righteous and holy**. Eph 4:21-24

3. Focus on _____.

Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit, singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts. And give thanks for everything to God the Father in the name of our Lord Jesus Christ. Eph 5:18-20

DISCUSSION QUESTIONS

1. Please read Ephesians 6:10-14. What do you think it means to be strong in the Lord? What difference does it make when you're strong in the Lord versus strong in yourself?

2. Please read Proverbs 4:23. What did you learn about guarding your heart this weekend? Where have you been struggling and maybe let your guard down?

3. Please read Romans 8:1-2, 2 Corinthians 5:21 and Ephesians 1:4. What do these verses tell you about how God sees you? How can focusing on how God sees you shift your thinking and help you guard your heart?

4. Please read Ephesians 3:16-17a, 4:21-24 and 5:18-19. What role does the Holy Spirit play in helping you guard your heart? How do you struggle with relying on the Holy Spirit's power instead of your own?

LIFE AT TLC

BAPTISM CLASS

This Weekend, after services • Join us in the church office lobby to learn about getting baptized at TLC!

CHICKEN & WAFFLES

7/29 & 30 • Enjoy this delicious combo after the services!

ON CAMPUS BAPTISMS

7/30 • Come witness and celebrate with us, outside after the services. Email val@tlc.org if you want to be baptized!

SUMMER AT TLC

Grab a Summer at TLC card on your way out for a list of upcoming events!

NEW TO TLC?

Fill out a welcome card or go to tlc.org/new • Get a gift bag at info desk • Come to the *AFTER SERVICE AFTER PARTY* (follow signs)

Need help? tlc.org/help

Need Prayer? tlc.org/prayer

To give: tlc.org/give