



Mark 12:29–30 *Jesus answered, “The foremost is, ‘HEAR, O ISRAEL! THE LORD OUR GOD IS ONE LORD; ³⁰ AND YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND, AND WITH ALL YOUR STRENGTH. ‘...’ (NASB)*

What does it mean to “Be Strong in the Lord”?

Have you ever done anything with all your strength?

Ephesians 6:10–17 *Finally, be strong in the Lord and in the strength of His might. ¹¹ Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. ¹² For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. ¹³ Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. ¹⁴ Stand firm therefore, HAVING GIRDED YOUR LOINS WITH TRUTH, and HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS, ¹⁵ and having shod YOUR FEET WITH THE PREPARATION OF THE GOSPEL OF PEACE; ¹⁶ in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one. ¹⁷ And take THE HELMET OF SALVATION, and the sword of the Spirit, which is the word of God. (NASB)*

The Instruments of Spiritual Strength:

I. _____

“HAVING GIRDED YOUR LOINS WITH TRUTH”

II. _____

“HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS”

III. _____

“Shod YOUR FEET WITH THE PREPARATION OF THE GOSPEL OF PEACE”

IV. _____

“Taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one”

V. _____

“Take THE HELMET OF SALVATION”

VI. _____

“The sword of the Spirit, which is the word of God”

Point: _____.



DOGGY BAG

1. Have you ever done anything with all of your strength? What did that feel like?
2. Have you ever loved God with all of your strength? Was it worth it? What did it accomplish?
3. How are you doing with your spiritual battle?
4. When do you feel weak? When do you feel strong in the strength of Christ?
5. What can you do to build your spiritual strength?
 - a. Read the Bible daily.
 - b. Join a small group.
 - c. Pray in the morning and night, remembering who you are in Christ.

Take a step in faith this week:

- **Let us know you are here today.** Fill out a Connection Card every Sunday through either the Christ Church app or the Connection Card tab in the top menu bar of the Online Campus Platform ([LIVE.CHRISTCHURCHVA.ORG](https://live.christchurchva.org)).
- **Go to our weekly online bulletin** and get involved with mission and ministry this week. Use the Christ Church app, or the Resources tab* in the top menu bar of the Online Campus Platform, to access the most current edition each week.

Today's edition: <https://conta.cc/3wTnBlz>

- Come and bring the whole family to our weekly **Wednesday Night Dinner (5:30pm) & Discipleship (6:30pm)**! Contact Pam Charbonneau at pcharbonneau@christchurchva.org to learn more about discipleship classes and groups, and to help you find the perfect one to join.
- **Sign up to serve!** Contact Bev at badams@christchurchva.org for suggestions.
- **Join us live online for Midday Prayer** at [LIVE.CHRISTCHURCHVA.ORG](https://live.christchurchva.org) each weekday at noon.

*Quick link to Connection Resources: [CHRISTCHURCHVA.ORG/CONNECT-WITH-US](https://christchurchva.org/connect-with-us)

ANSWER KEY:

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|---|---|
| I. <u>TRUTH LIKE A BELT</u> | II. <u>RIGHTEOUSNESS LIKE A BREASTPLATE</u> |
| III. <u>GOSPEL SHOES ON AND READY TO GO</u> | IV. <u>FAITH LIKE A SHIELD</u> |
| V. <u>SALVATION AS A HELMET</u> | VI. <u>THE WORD LIKE A SWORD</u> |

Point: BE STRONG IN THE LORD.