Ephesians 6:10-11

2/6/18

Be Strong in the Lord

Now that Paul has systematically established who we are in Jesus Christ and then laid down the essentials of walking out our faith in Him, we are now made aware that there is a battle ahead. And, the nature of that battle is going to require that we are not only strong in the Lord and the power of His might, but also that we must be equipped for warfare.

We are all aware that an essential element of military training is boot camp where the first order of the day is physical training. The prospective warrior must have the physical strength and endurance to be able to effectively use the weaponry that he will later learn to use. The same principle applies in spiritual warfare. We must be spiritually strong and confident in that strength before we can effectively engage in battle against our enemy.

Like our physical muscles, our spiritual muscles must be exercised to remain nimble and strong. Interestingly, almost all muscle building involves resistance training. We deliberately subject our body to forces that we must oppose as a means to gradually gain the sleek and toned physique that is not only strong, but also has the stamina to deliver that power against a foe when it may be required.

And, then the armor is added. Even a very strong soldier is subject to injury or death on the battlefield if he is not adequately equipped, defensively and offensively. Accordingly, Paul urges us to put on the whole armor of God: a full set of equipment that will afford us everything we need as we go into battle.

1. What kinds of exercises would you typically use to keep your spiritual muscles toned and powerful?

2. What role do you think spiritual nutrition plays in getting the most out of your spiritual exercise? How do you gain this nourishment?

3. What are some typical vulnerabilities that we face as warriors in the battles we face in life? How can we fortify ourselves in these areas?