

Walking In The Spirit

___ Confess, Repent, Learn, Adjust

Weekly POWER Passage (Write out each day)

___ Eph 5:3

Read Ephesians 6:10-23.....Listen and Apply___ **THE ARMOR OF GOD**

Today's chapter is all about putting on the "full" ARMOR OF GOD! This is one of those passages that we know inside and out but yet most of us, me included, rarely do it on a consistent base. This is not a suggestion but like an order from a General to his platoon in order to protect their lives from the enemy!!

What are the "2" purposes for putting on the ARMOR OF GOD in V11&13:

>>> 1.

>>> 2.

What are "2" reasons why you don't put on the ARMOR OF GOD consistently?

>>> 1.

>>> 2.

Often we focus on the "pieces of armor" but today I want to focus on the "character quality" of the ARMOR.

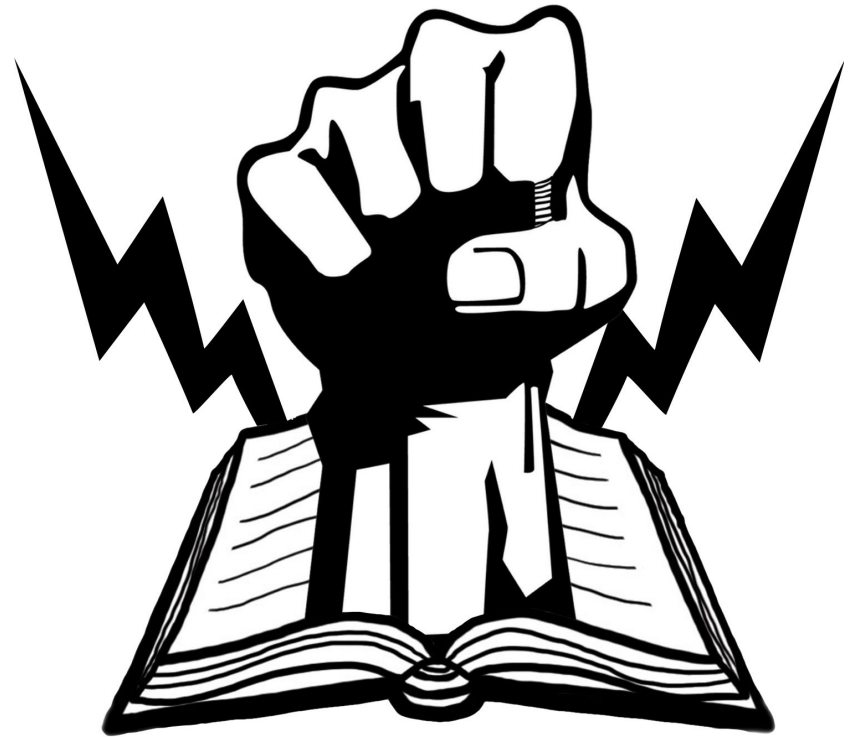
REFLECT ON EACH ONE OF THE FOLLOWING QUALITIES FOR A FEW MINUTES:

- Are you living by "**the truth**" - the Word of God!
- Are you striving to walk in the power of "**God's righteousness**" daily?
- Do you experience the "**peace of God**" in your life, or are you often worried and anxious?
- Do you feel like you can have "**faith in God**" for protection and care for your life?
- Do you have a deep sense of thankfulness to God for "**your Salvation**" daily?
- Do you seek to follow the promptings of the "**Holy Spirit**" as He guides you daily.
- Are you using your "**sword**" (**scriptures**) to fight temptation.
- Lastly, but perhaps most importantly, do you live moment by moment in a constant attitude of "**prayer**" for situations affecting you and others throughout the day?

LIVING THIS WAY IS PUTTING ON THE "ARMOR OF GOD"! It's life changing!

Prayer/Quote/Challenge/Principle

___ Write a short note or prayer to GOD about the most important QUALITIES you heard HIM "convict you of" as you reflected on the above list.



THE WORD

THE POWER TO CHANGE YOUR LIFE!

"Do not merely listen to the Word, and so deceive yourselves. Do what it says." -James 1:22

WEEK ONE - EPHESIANS

Be Still, Reflect, Listen - 5 minutes with God



Day #1

1 4

Walking In The Spirit

_ Confess, Repent, Learn, Adjust

Weekly POWER Passage (Write out each day)

_ Eph 2:10 We are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Read Ephesians 1:1-23.....Listen and Apply

_ This letter was written by Paul (during his imprisonment in Rome) to the church in Ephesus about 30 yrs. after Jesus' death. Paul gives a great picture of what our identity in Christ should look like in this letter. There are over "14" statements about who we are in Christ, e.g., in V4, "He chose you to be holy and blameless." Paul uses the phrase "IN CHRIST" 30x's in Ephesians and over 200x's in his other letters. Mmmm....must be important! Paul lived with the Ephesians for 3yrs and was very close to them. Let this letter strengthen and encourage you as it did them!!

_ Paul immediately starts the chapter describing His Identity in Christ. Read V1 then fill in the blanks below regarding your IDENTITY (who you are):

> _____Name_____, an _____ of Christ Jesus by the "will" of GOD!!

_ When were you KNOWN by God and CHOSEN by Him according to V4? For what purpose did HE choose you according to V4-5? How does that make you feel?

_ Summarize what V11 means to you? How about V13-14?

>> V11 -

>> V13-14 -

_ Paul's prayers are powerful!! Finish each verse from his prayer below and answer why these are important in your life:
>>> V17 I ask that GOD may give you the SPIRIT of wisdom and revelation, so.....

>>> V18&19 I pray that the "eyes of your heart" may be enlightened, so.....

Prayer/Quote/Challenge/Principle

_ The last "4" verses of today's reading are all about the POWER that GOD has given us through life in Jesus as Christians! The world fears the power of the "atomic bomb," but they don't fear the one who created "the atom." The bigger your view of God, the smaller your problems will be!

God said, "HE didn't give us a Spirit of timidity, but a SPIRIT OF POWER, of LOVE, and of SELF-DISCIPLINE!" Do you believe you have this power? Do you live differently than you would if you didn't have this power? How should this POWER change your life and how you handle your problems. Think about this long and hard... Then prepare to remind yourself of this TRUTH everyday for the rest of your life....>>>>>>>

Be Still, Reflect, Listen - 10 minutes with God!!!!!!



Day #6

1 4

Walking In The Spirit

_ Confess, Repent, Learn, Adjust

Weekly POWER Passage (Write out each day)

_ Eph 5:3

Read Ephesians 5:21-6:9..... Listen and Apply

_ Many of us know V22 but not V21. Describe how these 2 verses can work together?

_ What makes a wife want to submit to her husband? Single guys need to answer this because you should be preparing now for marriage. :)

_ From the passage of scripture today, share what you thought the most important points were for each category below:

>> WIVES -

>> HUSBANDS -

>> CHILDREN -

>> FATHERS -

>> SLAVES/EMPLOYERS -

Prayer/Quote/Challenge/Principle

_ **SUBMISSION** TO ONE ANOTHER - We are to submit to God first and then to each other. **Submission** for the wife is willingly following her husband's leadership.

Submission for the husband is putting aside his own interests in order to love and care for his wife and her interests. **SUBMISSION** is not a problem typically where both partners have a strong relationship with the Jesus and where the main concern is for the happiness of the other person. Martin Luther said, "A wife should do everything she can to make her husband glad to come home, and he should make her sorry to see him go." What type of husband do you want to be? You reap what you sow. Start loving and serving so your wife never wants to see you go!!

Be Still, Reflect, Listen - 5 minutes with God



Day #5

1 4

Walking In The Spirit

___ Confess, Repent, Learn, Adjust

Weekly POWER Passage (Write out each day)

___ Eph 5:3 Among my people there must not be even a "hint" of sexual immorality, or any kind of impurity because these are improper for God's Holy people.

Read Ephesians 4:17-5:20 ... Listen and Apply

___ Paul insists that as Christians, we shouldn't live like the Gentiles anymore in V17.

>>> List the "7" results of trying to live like the Gentiles do in V18-19. <<<

- >1. >5.
- >2. >6.
- >3. >7.
- >4.

___ Paul is telling us that we are to live by the truth!

>>> List 3 fruits we experience from walking in the Light and by the Truth in 5:9. <<<

- >1. >3.
- >2.

___ In 5:3-4, we read about a series of "qualities" that are improper to have as the people of God, i.e. sexual immorality, greed, impurity, foolish talk, etc. At the end of V4, what quality are we to have instead?

___ Why do you think **thankfulness** (V5:4,20) to God is such an important quality to have? How does **thankfulness** change you?

___ What other qualities are we to GET RID OF? What are we SUPPOSED TO POSSESS according to V31-32?

> QUALITIES TO GET RID OF -

> QUALITIES TO POSSESS -

Prayer/Quote/Challenge/Principle

___ Eph 4:29 is a verse for a 3X5 card! YOU should memorize this verse and do everything you can to consistently live it out in your home, and in your relationships. It may be the single most important verse for the healing and restoration of relationships!! Take extra time with GOD today. Ask Him to help your words be encouraging and not attacking, shaming, or belittling.

>> Write out V29:

Be Still, Reflect, Listen - "15" minutes with God



Day #2

1 4

Walking In The Spirit

___ Confess, Repent, Learn, Adjust

Weekly POWER Passage (Write out each day)

___ Eph 2:10

Read Ephesians 2:1-22.....Listen and Apply

___ Our OLD IDENTITY, who we were before we gave our life to Jesus, is listed in V1-3

- We were "dead" in our sins. V1
- We used to follow the ways of the world and the devil. V2
- The spirit of the devil was at work in us who were disobedient children. V2
- We gratified the evil desire and thoughts of our flesh. (our sin nature) V3
- We were objects of the WRATH of GOD like all who don't live for Christ! V3

___ Our NEW IDENTITY, who we "are" now since surrendering our lives to Jesus!

- We are "alive" because of GOD'S love and mercy though Christ's death. V4
- We are "saved" from hell by HIS GRACE. V5
- We have eternal life and will sit with Him on HIS throne in Heaven. Rev 3:21
- We are Christ's MASTERPIECE chosen to do good works. V10
- We are now near to GOD. HE is close to us.....actually in us! V13
- HE is your "peace."
- You are really special!! You're HIS ambassador, HIS kid, heir to HIS estate!

___ Write down what it means to "live" in your new IDENTITY and why living in your new IDENTITY is so important?

___ Why is the phrase in V21 & 22, "In Him," so important to our life in Christ?

Prayer/Quote/Challenge/Principle

Definitions: GIFT - something given to someone without need of payment in return.

WORKS THEOLOGY V8 - Trying to keep God's rules in order to earn your salvation and get more of God's love and approval. This is how men stay stuck in their addictions because they can never be good enough.

WARNING: This "does not" mean you should not try to keep God's rules in order to experience the abundant life HE has for you! This is called **obedience**! We choose to obey because He loves us! This leads to an exciting adventure and a full life with GOD while you are on this earth!! T

___ Write V8, and as you do, think about why each WORD is important to YOU!?

>>> If you never received anything else from GOD your entire life, the gift of Jesus ought to be enough to keep you jacked up to live for HIM everyday!! Spend some time now telling Him how grateful you are for THE GIFT he gave you!!

Be Still, Reflect, Listen - 5 minutes with God



Day #3

1 4

Walking In The Spirit

☐ Confess, Repent, Learn, Adjust

Weekly POWER Passage (Write out each day)

☐ Eph 4:1 I urge you to live a "life worthy" of the calling you have received.

Read Ephesians 3:1-21.....Listen and Apply

☐ How would you feel if you lost your job and were thrown into jail for sharing with someone about Jesus? This is Paul's position in V1. Do circumstances make you wonder if God has lost control? Do you still trust Him with all your life?

☐ How does God want to use you? How will you "finish" the race?

☐ Finish the sentences below in **Paul's prayer**. Ask yourself, "Why did he pray this?"
>> V16-17 I pray that God will strengthen you with "power" through his Spirit in your inner man, so....

>> V17-19 I pray that you, being rooted in love, may have the "power" to.....

☐ Write out V20:

☐ Do you believe and live like you believe what you just wrote above? Why or why not?

>> Write to God asking Him to do "more than you can imagine" in some area of your life?

Dear GOD,

Prayer/Quote/Challenge/Principle

☐ Let's pray today.....Jesus, my Lord, my Savior, my God. I give you my LIFE to do with it what you desire. Help me to want to follow Your plan. Lord, I often want You to bless **MY** plan, to help **ME** go where **I** want to go and do what **I** want to do. I'm sorry! Change me, Jesus, from the inside out. I want to show you my gratitude and my love in return for what You did for me on the cross. Help me to surrender my will to You today! Jesus, You are the fullness of GOD in me. May I glorify you today with my life . Amen

Be Still, Reflect, Listen - 5 minutes with God



Day #4

1 4

Walking In The Spirit

☐ Confess, Repent, Learn, Adjust

Weekly POWER Passage (Write out each day)

☐ Eph 4:1

Read Ephesians 4:1-16.....Listen and Apply

☐ What do you believe God is saying to you through this passage of scripture?

☐ What actions can you take to put into practice what He spoke to you above?

☐ What should the results be in your life?

Prayer/Quote/Challenge/Principle

☐ Write a prayer, look up some quotes, think of a challenge or a principle that helps to solidify the words God impressed on you today in your reading.

Be Still, Reflect, Listen - 5 minutes with God

