

The Armor of God

Truth Check Up – Day 7

1. Write key words from the previous paragraph that describe the early signs of a weak core?
2. Choose one Testament and one New Testament passage from the selection below. Write down the side effects of a life that's not girded in truth from the verses you choose:
 - Old Testament
 - i. Genesis 3:6, 16-19
 - ii. Numbers 20:7-8, 11-12
 - iii. Psalm 106:13-15
 - iv. Jonah 1:1-4
 - New Testament
 - i. Romans 1:21, 24-32
 - ii. Romans 2:6-9
 - iii. Ephesians 4:14, 18-19
3. Now...prayerfully answer the follow questions:
 - What you currently describe your spiritual posture as upright?

 - If so, what are the indicators of this?

 - If not, how would you describe it and why?
4. How have you noticed a change in your spiritual posture over time?
5. When do you find it particularly hard to keep your spiritual backbone straight? Check as many as apply.
 - When under pressure from others to conform
 - When put on the spot to defend my faith and opinion
 - When carrying extra weight of difficulty and struggle
 - Other:
6. Rewrite the second sign of a weak core in your own words.

7. According to Ephesians 4:26-27, what does the enemy often use to gain opportunity for infiltrating a person's life?
8. On a scale of 1-5, how easily do you...
- ...feel injured or wounded by the words or actions of others? ____
 - ...forgive and get over past hurts, put them behind you, and move forward? ____
 - ...make other people feel comfortable around you, rather than needing to tiptoe around you for fear of hurting your fragile feelings? ____
9. In the course of a month, how often do you "let the sun go down on your anger"?
10. From some of the adjectives listed below, choose a word or two to describe how you feel when engaged in each of these areas of your life:
- Work –

 - Family –

 - Ministry –

 - Hobbies –
11. Which of your ongoing frustrations in any of these areas might possibly be connected to your negligence or rejection of a truth from God's Word?

ACTIONABLE INTEL: