

The Armor of God

The Benefits Package – Day 26

1. What adjectives would you use to describe how a soldier would feel going into battle without a helmet?

2. Below is a list of the negative and toxic thoughts we begin considering day 2. Turn to Ephesians 1:4-14 and 2:1-10, where Paul outlines the benefits of our salvation. Mine these verses for truths that combat each of the lies of the enemy. Write some key words beside each one in the space below. I've given you an example. And, by the way, one truth may apply to several of these thoughts.

LIES	TRUTHS
I am unworthy.	
I am unloved.	
I am incapable.	
I am undesirable.	
I am unforgivable.	
I am unknown.	
My life is insignificant.	
I am a mistake.	
I can lose my salvation.	

Consider using a notecard to write down any verses you found that speak most specifically to you. Pull them out and post them somewhere you will see them often and can read them out loud. In doing so, you'll be putting on the helmet of salvation.

3. Turn to 2 Corinthians 10:4-5. Use it to fill in the blanks below.
 - The _____ of our warfare are not worldly, but are powerful through God for the demolition of _____. We _____ arguments and every high-minded thing that is raised up against the knowledge of God, _____ _____ _____ _____ to obey Christ (HCSB).

4. If you were considering whether or not to read a novel and words like this permeated the summary on the back cover, what type of book would you expect it to be? What adjectives would you use to describe this book to a friend?

5. Read Romans 12:2 and fill in the blanks.
 - Do not be conformed by this age, but be _____ by the _____ of your mind, so that you may _____ what is the good, pleasing and perfect will of God (HCSB).

6. What negative thought processes have been elevated to the “highest point” in your mind – over God and His truth in your life?

7. According to 2 Corinthians 10:4-5, what are strongholds intended to “block and keep out”?

8. How in particular have you seen this reality to be true in your own life?

9. How have you cooperated with the enemy in building your strongholds to their current height and strength?

10. Try to describe your indignation at realizing you’ve been working with him, on some of the same projects, at the same construction site.

11. In what practical ways would your life be different if these strongholds were torn down and replaced with health and wholeness? How would your loved ones be affected by this change in your mind-set?

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