

EPHESIANS

Life Notes

MISSION JH | March 24/25

Day 1 – Strong

READ: Ephesians 6:10-11. These verses instruct us to be "strong in the Lord and in his mighty power". Think about physical strength. Most of us can't walk up to a weight bench and push up 300lbs. A person with that sort of strength spends time daily lifting weights in the gym. Our spiritual power is the same way. God has given us the tools to be strong in His power... but we have to use them regularly to build up our strength.

LOOK: Find ways to encourage your Christian brothers and sisters as they become 'strong in the Lord'.

JOURNAL: How would you rate your spiritual strength right now? Why?

Day 2 – Just who are we battling?

READ: Ephesians 6:10-12. Playing football without a helmet. Playing soccer with no shoes on. Sparring without a mouth guard. Why don't we do things like this? ... It's dangerous! You could get really hurt by the person who is on the other side! In the same way, we need to properly equip ourselves for the spiritual battles we find ourselves in.

LOOK: Remember throughout your day that you are MADLY LOVED by a God who has given you all you need to overcome the world!

JOURNAL: Sports equipment is easy to remember since games and matches are planned, but we don't know when we are going to encounter a spiritual battle. How important does this make it to equip yourself daily? To be 'strong in the Lord'?

Day 3 – Meditation

READ: Psalm 46 all the way through. Now stop and pray. ... Ask God to show you something that your heart needs to hear. Now read through the Psalm again. Watch for words or phrases that stand out. Underline them. Think about them as you go about your day (If you're reading this at night... think about them tomorrow :)

JOURNAL: What stood out to you? Why do you think God wants you to know that right now?

Day 4 – Patience

READ: Ephesians 6:13-17. Paul lists the full armor of God. Full – meaning that what is listed is a complete set. We are meant to use all of the pieces together, not just one or two. Truth, righteousness, peace, faith and salvation are weapons God has given us. Take a few moments and think about the importance that each of these have against sin in our lives?

LOOK: Look for ways that the Holy Spirit is working in your life and the lives of the people around you.

JOURNAL: Which of the things listed in the verses do you feel most equipped with? Which do you feel least?

Day 5 - Prayer

READ: Ephesians 6:18. Prayer is so important in our spiritual lives. Jesus prayed often, both when things were going well and when things were really hard. Prayer is a chance to open your heart to God. To admire Him, to tell Him what you are thankful for, to tell Him what you are struggling with. Prayer helps you to know Him better. . . and strengthens you.

LOOK: Find times throughout your day to pray. It doesn't have to be very wordy - even a thought directed to God helps you to focus back on Him.

JOURNAL: Believers call the time that we spend praying to God a 'prayer life'. Sometimes your prayer life feels really good, and sometimes it is not going so well. Maybe you don't have one at all. (It's never too late to start!) How would you rate your 'prayer life'? Where would you like it to be?

Discussion

Questions & topics for conversation with your leaders, family & friends...

- Talk about your 'Spiritual Strength' - where do you rate yourself right now? Can you think of someone who you'd consider spiritually strong? Why did you choose that person?
- What do you pray for? Do you pray for your enemies?
- Discuss the Armor of God and how each thing helps you overcome sin.
- On a scale of 1 to 10, how prepared do you feel to battle everyday challenges and difficulties?
- Was there a time recently that God really showed up for you and you felt His presence?
- Was there a time this week that you needed Him but felt alone?

If you have questions or would like someone to talk to this week, email Josh at joshb@mission68.org. We would also love to hear your story - what are you learning and how are you growing closer to God and your MISSION family?

Let us know by sharing with your leaders or emailing Josh.