

# STRONGER



March 7, 2021 | Part 7: What Holds Your Life Together

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**Ephesians 6:10-17** Finally, be strong in the Lord and in his mighty power. <sup>11</sup> Put on the full armor of God, so that you can take your stand against the devil's schemes. <sup>12</sup> For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. <sup>13</sup> Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. <sup>14</sup> Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, <sup>15</sup> and with your feet fitted with the readiness that comes from the gospel of peace. <sup>16</sup> In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. <sup>17</sup> Take the helmet of salvation and the sword of the Spirit, which is the word of God.

## The One Thing:

Truth Will \_\_\_\_\_ My Life \_\_\_\_\_.

Lies Will Make Life \_\_\_\_\_.

## Five Ways the Truth Strengthens Our Lives:

1. Nourish My \_\_\_\_\_ the Truth in \_\_\_\_\_.

**John 17:17** Sanctify them by the truth; your word is truth.

**Ephesians 6:14, 17**

**2 Timothy 2:15** Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth.

2. Receive \_\_\_\_\_ the Truth in \_\_\_\_\_.

**John 14:6** Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.

**Ephesians 4:20-21** That, however, is not the way of life you learned <sup>21</sup> when you heard about Christ and were taught in him in accordance with the truth that is in Jesus.

3. Define My \_\_\_\_\_ the Truth in \_\_\_\_\_.

**Ephesians 4:22-24** You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; <sup>23</sup> to be made new in the attitude of your minds; <sup>24</sup> and to put on the new self, created to be like God in true righteousness and holiness.

4. Shape My \_\_\_\_\_ the Truth in \_\_\_\_\_.

**Ephesians 4:25-27** Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. <sup>26</sup> "In your anger do not sin": Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold.

5. Strengthen My \_\_\_\_\_ the Truth in \_\_\_\_\_.

**Ephesians 4:15** Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.

**Ephesians 4:29-32** Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. <sup>30</sup> And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

**Ephesians 5:1-2** Follow God's example, therefore, as dearly loved children <sup>2</sup> and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.