



Strength is both a grace and a choice. It is a gift from God, and it is a pursuit of those who live in fellowship with God. The Bible tells us to be strong in the Lord, and this series will explore how we can receive the gift and make the choice.

**These questions are designed to extend the impact of the weekend message. Use them to go deeper in your personal study time, with your family and/or with a group.**

**1** Verses in both Testaments have the phrase “Be Strong.” **Read 1 Corinthians 16:13.** Rick said, *the implication is that the condition requires a decision.* Strength is both a grace and a *choice*. Share some ways you have chosen to be strong in the Lord recently.

**2** **Read Ephesians 6:10-12.** In his lesson, Rick considered some empowering decisions we can make. **First, be empowered BY PUTTING THE BLAME WHERE IT BELONGS.** Rick said, *“There is a conflict in the invisible, spiritual realm that is being manifest in the visible, physical realm. The evil problem is really a devil problem.”* He also pointed out that this is a uniquely Christian worldview supported by Jesus and all the NT authors. Why is that hard to believe today? In what ways do we blame people for the problems that are not really “flesh and blood” issues?

**3** **Next, be empowered by PUTTING ON YOUR “STRONG SUIT.”** **Read Ephesians 6:13-17.** Rick said none of us is strong enough to face the “day of evil” without the resources of Christ. So . . .

- Put on the **belt of truth (John 8:31-32)**. The devil distorts, so choose to replace thoughts that make you weak with truth found in Christ.
- Put on the **breastplate of Righteousness (2 Corinthians 5:21)**. Satan’s reminders of your past sins cannot penetrate the reminder of your present righteousness.
- Put on the **gospel of peace (Philippians 4:6-7)**. Satan will discourage, so never forget how much God cares about you.
- Take up the **shield of faith (1 John 5:4)**. Satan is a fear

monger. Rick said, *the shield of faith is our application of what we believe about God to the challenges of life that might make us afraid.*

- Keep on the **helmet of salvation (1 Thessalonians 5:8)**. Satan will attempt to create doubt and steal your confidence in your salvation.
- Take the **Sword of the Spirit, the Word of God (1 John 2:14)**. Satan wants you to own a bible, but not really have a sword.
- Rick said, *the issue is not how strong the devil is; the issue is how strong we can be in the Lord, and . . . The reason we do not tremble at the mention of demons is because we know that demons tremble at the mention of Jesus.*
- How do you put on the armor of God? Which piece of armor is the easiest for you to wear? Which is the hardest, and why?

**4** **Finally, be empowered to PUT JESUS’ NAME ON EVERYONE AND EVERYTHING.** **Read Ephesians 6:18-19.** Rick said, *“Prayer demands the recognition that there is a realm more real than the one we inhabit”* Do you have a story when you saw the power of prayer overcome a work of the enemy?

**5** **On being strong in the Lord,** Rick challenged us, *“You are covered in the blood Christ, wear the armor of Christ, wield the word of Christ, and pray in the name of Christ.”* Share “one word” with each other describing how you will be strong in the Lord.

