


You are filled with the Light of the Spirit. This Spirit of Power allows you to Stand when you equip yourself with the Armor of God.

Almighty God is the SOURCE of the infinite power to keep your Temple Fit to worship, to be merciful, to overcome and to be successful as a man of God.

 A full-body image of Iron Man's armor, showing the iconic red and gold color scheme. The armor is shown from the front, with the chest arc reactor glowing brightly. The helmet is also visible, with the visor closed.	<p>Guiding Verses:</p> <p>2 Tim 1:7 Eph 6:10-20</p> <p>Key words: Spirit, Power, Armor, Truth, Grace, Sword, Mercy, Compassion, Good, Might, Gospel of Peace</p> <p>Concepts: What does Scripture say about your Power and Standing Against Evil.</p>
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1. Scripture

2 Timothy 1:7 (King James)

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Ephesian 6:10-20

The Whole Armor of God

¹⁰ Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹² 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. ¹³ 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. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God.

¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. ¹⁹ Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, ²⁰ for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

2. Review

Recap: lets review what we discussed last week:

Your temple has three parts:

Soul: mind, will, emotions: this is the part that you "think" and process with.

Physical: your body: muscles, bone, skin, organs, brain, etc.

Spiritual: your spirit is the non-corporate part of you that is renewed through salvation and is the part that communes with God through prayer and devotion.

What each part of you needs to be FIT:

Spirit: prayer, devotion, bible study, service, submissions, hope, love, etc.

Mind: goals, dedication, motivation, renewing

Body: sleep, exercise, rest, maintenance, MD visits, nutrition, fasting, etc.

10: Strength and Might

11: His armor lets you STAND against the schemes of the devil

12: we are not battling against flesh but against power of evil and sin

13: stand your ground when you have His Armor

14: truth and righteousness

15. gospel of peace: feet fitted with the readiness

16: Faith to block the arrows of sin

17: salvation and the Sword aka The Word aka JESUS

18: prayer

19: Paul asks for Prayer: we all need to pray for each other that we might show God to people

20: pray fearlessly.

Unlock the Holy Spirit's Power within you.

- Stay motivated.
- Take a long term view: immediate results are not the goal but life changing, permanent changes in nutrition, sleep, activity, prayer, etc.
- Stay dedicated.
- Have a goal and a plan.
- If you need to improve on one of these areas: change something.
- Stay focused.
- Live in the moment: be mindful of what you are doing in the present so you can be more effective, if you're praying then pray. Whatever you are doing – focus on that.
- Diminish the noise in your life. Are there aspects of your life that are not producing fruit or keeping you from producing more fruit. Time to prune.
- Produce fruit. Serve, Serve, Serve. Ask God how to do this. What gifts were you blessed with? Have you discovered them all?
- Discover ways to amplify the power of the spirit in your daily life by asking the Spirit to Guide you.
- Put on the whole armor of God: stand, truth, faith, salvation, wield the Word in your mind so live our The Word of God, and finally pray.

In conclusion:

I pray that his small guide has opened your mind to the possibilities of taking control of mind, will and emotions. Jesus Christ offers you the foundation for Salvation and an Eternal life. The Holy Spirit will be your guide in managing the renewing of your mind. Your Father in Heaven eagerly sends you Grace through his Son to do all things in HIS Name.

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