

SLOWING DOWN- THIS MEANS WAR! - Eph 6:10-20, 9/25/22

GETTING OUR FEET WET

- John Ortberg’s dilemma
- Dallas Willard’s advice- “You must r_____ eliminate h_____ from your life. H_____ is the great enemy of the spiritual life today.”

DIVING INTO SCRIPTURE

#1- KNOW YOUR ENEMY- Eph 6:11-12

- Who- Devil (accuser, adversary), rulers, authorities, spiritual forces
- Where- this dark world, heavenly places
- What- dark, evil, powerful
- How- schemes, struggle (wrestle)
- Why- John 10¹⁰ The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

#2- COUNT THE FRUIT HE HAS STOLEN – Gal 5:22-23

<ul style="list-style-type: none"> • Love • Joy • Peace • Patience 	<ul style="list-style-type: none"> • Kindness • Goodness • Faithfulness • Gentleness • Self-control
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#3- TAKE ACTION

- With hope- strong in the Lord, & His mighty power, the full armor, faith that extinguishes flaming arrows,
- With resolve- be strong, put on the full armor (2x), stand your ground, stand, stand firm (3x), be alert
- With all the equipment- the full armor of God-

- Helmet of salvation	- Boots of the gospel
- Breastplate of righteousness	- Shield of faith
- Belt of truth	- Sword of the Spirit
- With prayer- pray, prayers, requests, always keep on praying

BABY STEPS

1. ___ Repeat- Jesus is on the throne, He owns my phone!
2. ___ I will put my phone away:

<ul style="list-style-type: none"> • ___ When I go to bed • ___ When I first wake up • ___ When I have a quiet time 	<ul style="list-style-type: none"> • ___ When I go to church • ___ When I meet with others • ___ When...
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3. ___ I will flee temptation- and give my spouse/friend full access to my phone (first get an accountability partner, see www.covenanteyes.com, & promise your wife to give her full access to your phone in 6 months)
4. ___ I will put on the armor of God – in prayer (head to toe, body, soul, spirit) – try this daily for a week, and whenever you feel attacks, temptations or need new direction

❖ **WHAT’S GOD SAYING TO YOU?** – write it down, pray it back, DO IT, and share it with others!

Heavenly Father, Jesus is on the throne, He owns my phone. Take it over- when I should use it and put it away. I want to stand in Your powerful, mighty strength, putting on Your full armor. Your helmet of salvation, breastplate of righteousness, belt of truth, boots of the gospel, shield of faith, and sword of the Spirit. Your yoke is easy. Your armor is light. I especially feel You saying to me...