## Topic: Armor of God Exercise

## Arm Yourself with God's Word

Our current sermon series at church is about putting on the Armor of God. Today's message was about going beyond merely protecting yourself from evil with the belt, shield, breastplate, and helmet. All those are defensive weapons in the "Armor of God." One of the key elements is the sword, which is an offensive weapon. The Word of God is the "sword" that can cut through the lies and deception of the devil. The devil tried to tempt Jesus three times during his 40 days in the desert. Each time, Jesus used the Word of

God to strike back. Jesus' response to each temptations was quoting scripture by saying, "It is written," and then quoting a scripture verse, revealing God's truth. What happened as a result? After Jesus quoted scripture the third time, the Bible tells us, *"Then the devil left him, and angels came and attended him (Matthew 4:11).* The devil had no answer to the truth as written in God's Word.



The point of this faith lesson is to prepare yourself *in advance* for troubles that may come your way. You know your weaknesses, but so does the devil. The devil will exploit where we are vulnerable or weak. Prepare for that battle with the strength of God's Word. God's Word is a "sword," a powerful weapon to strike back. For example, if your weakness is anxiety, look up and have ready verses that deal with

that topic. Perhaps it is depression, forgiveness, envy, loneliness, etc. The list is endless, but the power of God's Word is limitless.

There are all kinds of resources that can help. Countless books provide short scripture verses organized by topic. Look at the topical index, and you will find suggested verses to provide God's Word about that area of concern. Or, type in your Google search engine "scripture about" and list your area of concern. You will be amazed at what pops up on your screen. Memorize a suggested verse or write it on a sticky note and put it where you will easily find it when that feeling starts to overcome you. You can fight off the demons that plague you by being prepared in advance. Commit these verses to memory for instant recall.

I usually quote a few verses in my weekly devotions and conclude with a question. Today, I want you to take the initiative. In the space below, write down the areas where you are vulnerable and then go on the internet or other resources to provide God's Word for that area of concern. Cut and paste some of the verses that pop up to prepare for Satan's strikes. This process is an important exercise! When you can strike back at Satan with, "It is written," and you quote appropriate scripture verses, God will help you actively fight that battle and help you win. Satan will flee.

Area of Weakness

God's Word on that topic

This devotion is based on a sermon entitled "Fighting Words" at Fountain of Life Lutheran Church on October 23, 2022.