

“Be Strong in the Lord”

Ephesians 6:10-13

Tuesday Bible Lunch

August 16, 2016

Introduction: The Bible tells us that God loves us and has a wonderful plan for our life (Jeremiah 29:11). The Bible also tells us that Satan hates us and has a destructive plan for our life (1 Peter 5:8). Even though Satan can only be in one place at a time, he has demons who do his work (Ephesians 6:12). This is why Paul encouraged the believers in Ephesus to be strong in the Lord.

Text: Ephesians 6:10-13

One of the ways Satan tries to destroy us is by putting thoughts into our minds. An example of this is in Acts chapter 5 with Ananias and Sapphires (Acts 5:3).

Peter asked Ananias and Sapphires, “Why has Satan filled your heart to lie to the Holy Spirit and keep back part of the price of the land for yourself?”

Satan was putting thoughts in the minds of the believers in Ephesus. The apostle Paul had served the church in Ephesus for three years (Acts 19) and many who had been followers of Diana had turned to Christ. This had hurt business because people were not buying as many miniature shrines of Artemis (Greek god) and Diana (Roman god). Paul had literally been run out of town for safety sake. Even though Paul was physically no longer in Ephesus, he loved the believers there and from his Roman prison wrote a letter to them to encourage them. This letter is the book of Ephesians.

The point of the part of the letter we are looking at today is that our strength is not adequate for the spiritual battles of life all of which originate in the mind.

Satan injects wrong thoughts into our mind to discourage us, distract us, and defeat us. When you have a thought that discourages you and/or distracts you, it comes from Satan. It can defeat you. The good news is that there is nothing Satan puts in your mind to discourage you and/or distract you that the Bible does not address to help you.

Application: One of the best investments you can make, and not an expensive one, is to have a little “God’s Promises for you Every Need” book. I have one that stays on my desk at home that I have used for years. I have one in my office and study at church. It will direct you to verses in the Bible to put in your mind that will rid your mind of the garbage Satan puts there.

Illustration: An old saying but oh so true: “When you get rid of the garbage, the flies leave.”

Conclusion: If you have not already done so, I encourage you to have a life verse. It will probably change as your life changes. My life verse says, “I will keep my eyes always on the Lord. With Him at my right hand, I will not be shaken” (Psalm 16:8—NIV). This has been my life verse since September 17, 2014. I call it my Tahoe verse because I was reading my Bible on the beach at Lake Tahoe when the verse seemed to speak to me so strongly that I changed my life verse to it. In these almost two years, this verse has helped me time and again. Consider having a life verse. It will be a blessing time and again.