



❖ MESSAGE NOTES

GEAR UP: Week 2 - Belts & Breastplates

"Finally, be strong in the Lord and in his mighty power.

Put on the full armor of God so that you can take your stand against the devil's schemes. 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. 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. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. 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 saints. Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make known the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should."

~ Ephesians 6:10-20

"Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place," – Ephesians 6:14 (NIV)

Armor Piece #1: BELT OF TRUTH!

ALETHIA ~ GREEK

Candor, sincerity, truthfulness.

Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?" The woman said to the serpent, "We may eat fruit from the trees in the garden, but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.' — "You will not surely die," the serpent said to the woman. "For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves. Then the man and his wife heard the sound of the LORD God as He was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden. But the LORD God called to the man, "Where are you?" He answered, "I heard you in the garden, and I

"THEREFORE THEN, since we are surrounded by so great a cloud of witnesses [who have borne testimony to the Truth], let us strip off and throw aside every encumbrance (unnecessary weight) and that sin which so readily (deftly and cleverly) clings to and entangles us, and let us run with patient endurance and steady and active persistence the appointed course of the race that is set before us,"
~ Hebrews 12:1 (Amplified)

"The LORD is close to the brokenhearted and saves those who are crushed in spirit."
~ Psalm 34:18

"Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."
~ Psalm 139:23-24

2) Armor Piece #2: BREASTPLATE OF RIGHTEOUSNESS!

"Above all else, guard your heart, for it is the wellspring of life." ~ Proverbs 4:23

"What is a better breastplate than a heart untainted?" ~ Shakespeare

DIKAIOSUNE ~ GREEK

Righteousness.. It means integrity, virtue, purity of life, rightness, correctness of thinking feeling, and acting!

"Therefore there is now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death." ~ Romans 8:1-2

"If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness." ~ 1 John 1:9

But seek first His kingdom and His righteousness, and all these things will be given to you as well." ~ Matthew 6:33

Lord, who may dwell in your sacred tent? Who may live on your holy mountain? The one whose walk is blameless, who does what is righteous, who speaks the truth from their heart; ~ Psalm 15:1-2