



THE GOSPEL OF CHRIST BIBLE OUTREACH

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HOW TO STAND FIRM IN THE LORD. FIRST THREE DAYS - DAY 2

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1. We stand firm in the Lord by staying centered.

After encouraging us to stand firm, Paul writes in; Ephesians 6:14, NIV "Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place".

The image of a belt in this description describes the part of a soldier's armor that provides centering stability. When we stay centered and focused on the Truth of God's Word, we remain balanced and stable.

This verse reminds me to open my Bible daily.

Often, nothing remarkable seems to happen during my daily reading.

However, over time, God's Truth centers me, grounds me, and stabilizes me.

2. We live with integrity.

Integrity is characterized by doing what's right and holding to the same high moral standards at all times, even when no one appears to be watching.

Proverbs 22:1

[1]"A good name is to be chosen rather than great riches, Loving favor rather than silver and gold".

The "breastplate of righteousness" includes the righteousness Jesus earned for us when he paid the price of our sins on the cross. It also includes living with integrity.

Do you want to learn how to stay on your feet amid life's battles?

Do the right thing, especially when no one appears to be watching.

3. We turn to the Gospel to stabilize us.

Ephesians 6:15, Paul tells us to have our feet fitted with the readiness that comes from the gospel of peace.

When life threatens to knock us down, we remember the Good News of the Gospel. Jesus died on the cross to pay the price for our sins, and everyone who believes in him has eternal life.

By returning to this Truth again and again, we keep our footing sure in life's battles. We remember that earthly struggles are temporary, and eternal glory awaits us.

4. We use the shield of faith to defend ourselves.

Paul continues by describing faith as a shield with which we can extinguish the flaming arrows of Satan's attacks. On a practical level, this means that every time Satan attacks us with fearful, negative, or worried thoughts, we lift our shields and declare, "I trust in God's goodness, even if this situation gets worse, it will get better."

Satan's attacks is to create distance between God and us. His primary tactic is to get us to doubt God's goodness and turn away from God in distrust.



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When the enemy's attacks lead us to turn toward God in trust, our faith extinguishes his flaming arrows.

5. We stand firm by protecting our minds with the helmet of salvation.

Helmets fulfill the important work of protecting our minds. The helmet of salvation reminds us that we are hidden in Christ, and all authority in heaven and on earth is ours because we are in him. When life threatens to knock us down, we can declare our identities in Christ and stand firm beneath the protective helmet of salvation.

Here are some powerful Scriptures about our salvation and identities in Christ:

See what kind of love the Father has given to us, that we should be called children of God; and so we are. 1 John 3:1, ESV

But to all who did receive him, who believed in his name, he gave the right to become children of God. John 1:12

And I will be a father to you, and you shall be sons and daughters to me, says the Lord Almighty. 2 Corinthians 6:18

For in Christ Jesus you are all sons of God, through faith. Galatians 3:26

6. We stand firm by using the sword of the Spirit.

When life is tough and the enemy threatens to knock us down, we follow Jesus' example and fight back by speaking the Word of God.

Here are a few examples of powerful fear-fighting Scriptures:

Isaiah 41:10

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand".

Isaiah 54:17 says;

[17]No weapon formed against you shall prosper, And every tongue which rises against you in judgment You shall condemn. This is the heritage of the servants of the Lord, And their righteousness is from Me," Says the Lord.

Psalms 118:6

The Lord is on my side; I will not fear. What can man do to me?

7. We stand firm by praying at all times.

Apostle Paul reminds us to pray in all situations.



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Are you fighting fear? Talk to God about your fears and then speak directly to your fears. Tell fear to flee in Jesus' name and stand on God's promises instead.

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Does life feel uncertain? Keep talking to God. He holds the world in the palm of his hand, and nothing is too hard for him.

Finally, Exodus 14 teaches us about justification and sanctification, in both of which God is involved, not leaving His people in the place where He finds them but leading them to a new understanding of trust, belief, and faith.