

Week 34: “The Sword of the Spirit”

Day One: “Helmet of Salvation”

Read: Ephesians 6:17

Reflect: What is the worst injury you have suffered to your head?

From what you know, what are the symptoms of a concussion?

Dig:

- If Satan wants to attack our mind with discouragement and doubt, how might this piece of armor (helmet of Salvation) protect us from that attack?

- According to 1 John 2:12-14, what does each age group need to be reminded of?

- According to Romans 8:1, what does Christ’s salvation save us from?

- According to Jude 24, what is Christ able to do for us?

Apply: Write out a prayer thanking God for your salvation – list the benefits that come to you in your battle against discouragement and doubt.

Week Thirty-Four: “The Sword of the Spirit”

Day Two: “Sharp Penetrating”

Read: Ephesians 6:17, Hebrews 4:12-13

Reflect: Describe when a message (impression given by the Spirit, Sermon, Bible message) cut you to the heart.

Dig: How is the “Word of God” described in Hebrews 4:12-13?

In these two verses, list all the verbs (motion words) used to describe what the Word of God does:

The sword here is a “machaira,” which was 6 to 18 inches long and used in hand to hand combat. Why might this image (small, handy to use, close combat) be significant?

According to Ephesians 6:17, what is the sword of the Spirit?

Why is this sword called “of the Spirit?” See John 14:17 for a biblical answer.

Apply: Write out a prayer in the space provided asking the Holy Spirit to give you a better grasp of God’s Word.

Week Thirty-Four: “The Sword of the Spirit”

Day Three: “The Bible”

Read: Eph. 6:17, 2 Timothy 3:16-17

Reflect: What makes the Bible special or different than any other book?

Dig: According to 2 Timothy 3:16-17, how much of Scripture is God-breathed? List the four verbs that are used to describe what Scripture is useful for.

What is the purpose (see vs. 17) of this Scripture teaching?

What does the phrase “God-breathed” indicate to you?

According to 2 Peter 1:20, what might “God-breathed” mean?

Apply: Write out a prayer in the space provided, asking God to develop a deep hunger in you for the Word of God.

Week Thirty-Four: “The Sword of the Spirit”

Day Four: “How Jesus Fought Satan”

Read: Ephesians 6:17, Matthew 4:1-11

Reflect: How is Jesus your Champion?

Dig: According to Matthew 4:1-11, who led Jesus into the wilderness?

For what reason (purpose) was Jesus led into the wilderness?

What phrase does Jesus use each time to combat Satan’s temptations?

Does Satan also quote Scripture?

How does Satan mis-apply or misuse Psalm 91:11, 12?

Apply: Consider what you must do in order to be more skilled at using the sword of the Spirit to defeat Satan’s temptations.

Week Thirty-Four: “The Sword of the Spirit”

Day Five: “Lectio Divina”

Read: Ephesians 6:17: “Take the helmet of salvation and the sword of the Spirit, which is the word of God.”

Lectio divina (a Latin expression which means Sacred reading) is done in three stages:

-- **reading:** you read the passage slowly and reverentially, allowing the words to sink into your consciousness: after you have memorized the text, write down one word which strikes you and draws your attention and note why you chose that word.

-- **meditation:** you allow the passage to stir up memories within you, so that you recognize in it your own experience or that of people who have touched your life: write down memories of events or conversations or other scripture passages.

-- **prayer:** you allow the meditation to lead you to prayer -- thanksgiving, humility and petition. Write out a prayer based on the passage.