

Renovation of the Heart – Week 11

Ephesians 6:10-20

This week, we reflected on Paul's call to "put on the whole armor of God." In a world that encourages us to find security in our own strength, accomplishments, or resources, God invites us to stand firm in His strength instead. The armor of God reminds us that the Christian life is not lived by self-reliance but by trusting Christ, remaining rooted in truth, righteousness, peace, faith, salvation, and God's Word, and persevering in prayer. As you continue reflecting on Ephesians 6, consider how God is inviting you to stand firm and depend on Him this week.

Lie: If we just try harder, we will be okay. The only battles I need to worry about are the ones I can see.

Truth: God equips us with armor for spiritual security and protection.

Rebuild: Put on spiritual protection of truth, righteousness, peace, faith, salvation, and Scripture (the whole armor of God).

Renovation: A renovated heart stays strong by guarding itself against the reality of spiritual attacks.

Reflect

- Where am I tempted to rely on "worldly armor" instead of God's armor? What do I look to for security, identity, or protection—success, comfort, busyness, money, control, or something else?
- Which piece of God's armor do I most need to intentionally "put on" right now?
- How aware am I of the reality of spiritual warfare? Do I tend to ignore spiritual opposition, become overly fearful of it, or trust that Christ has already won the decisive victory?
- How is my prayer life? Is prayer my first response, my last resort, or something in between? What keeps me from praying "at all times" as Paul encourages?
- Where is God calling me to stand firm this week? Is there a temptation to resist, a difficult relationship to navigate, a truth to hold onto, or an opportunity to boldly represent Christ?

Practice

- Ask God to reveal one place where you have been trusting yourself more than Him. Confess it and replace it with one truth from Scripture.
- Pray for another believer every day this week. Paul reminds us to make "supplication for all the saints." Reach out to encourage someone and let them know you are praying for them.
- Memorize one verse from Ephesians 6:10–20. Hide God's Word in your heart so that it is available when you face temptation, discouragement, or fear.
- Practice a posture of prayer. Spend at least five uninterrupted minutes each day praying with an intentional posture of surrender such as kneeling, lifting your hands, sitting with open palms, or bowing your head.