

## DAILY MEDITATIONS // FEBRUARY 13/14, 2016

**Memory Verse:**

*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.*

*Ephesians 6:13 (NIV)*

**MONDAY – Begin the day in prayer; meditate on the memory verse.**  
Review the sermon outline. Which part of the sermon spoke to you?

What part of the sermon challenged you?

What change do you need to make in your life as a result of hearing the sermon?

**TUESDAY – Begin the day in prayer; meditate on the memory verse.**  
Read Ephesians 6:10-13. What does it mean to “be strong in the Lord”?  
How can we apply this?

Why does Paul say to “stand your ground” rather than to attack?

Paul cites four enemies in v. 12. What are they?

List some examples of the above enemies that you may encounter.

**WEDNESDAY – Begin the day in prayer; meditate on the memory verse.**  
Read Ephesians 6:14-17. Why is truth so important in spiritual battle?

Are there weak spots in your breastplate (i.e., areas in which you are vulnerable to spiritual attack)? What are they?

Do you have peace with God? Why or why not?

How does faith help protect us from spiritual attacks?

How do you practice using your “sword of the Spirit”?

**THURSDAY** – Begin the day in prayer; meditate on the memory verse.

Read 2 Timothy 2:1-6. Look up the word “suffer” and write out its definition.

What does Paul mean when he asks us to join in his suffering?

How does Paul define a “good soldier”?

Considering the above, how would a good soldier “please his commanding officer”?

**FRIDAY** – Begin the day in prayer; meditate on the memory verse.

Read 1 Timothy 6:10-16. What are we to pursue?

How does the armor of God help us pursue these things?

How is the Lord pictured in verses 13-16?

What are some things in your life you feel led to flee and avoid?

Describe a time when your Christian life felt like a fight.