



## FOCUSING ON MY CORE

November 4-5, 2023

### **Ephesians 6:10-19 (NLT)**

A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God's righteousness. For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. And pray for me, too. Ask God to give me the right words so I can boldly explain God's mysterious plan that the Good News is for Jews and Gentiles alike.

### **What is Truth?**

**Every word that comes out of the mouth of God.**

### **Matthew 4:4 (NIV)**

Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

## WHAT CAUSES A WEAK SPIRITUAL CORE?



### **Poor Posture**

- Do I struggle to defend what I believe biblically?
- Do I give in to the pressures and temptations around me?
- How do I respond when I'm under stress?



## **Injury Prone**

- Am I easily offended by the words and actions of others?
- Do I hold grudges, unforgiveness, bitterness or hatred in my heart?
- Have I allowed anger to rule my life?



## **Emotional Fatigue**

- Have I lost my motivation and passion for life?
- Do I believe the lie that says I have no value or purpose?
- Have I given up on my relationship with God?

## **4 KEYS TO STRENGTHEN MY SPIRITUAL CORE:**

### **Confidence in whose I am.**

#### **Ephesians 3:12 (TPT)**

...we have boldness through him, and free access as kings before the Father because of our complete confidence in Christ's faithfulness.

### **Obedience to God's plans and purposes.**

#### **1 Peter 1:14 (NLT)**

So you must live as God's obedient children. Don't slip back into your old ways of living to satisfy your own desires. You didn't know any better then.

### **Resilience in the face of overwhelming obstacles or attacks.**

#### **James 1:12 (TPT)**

If your faith remains strong, even while surrounded by life's difficulties, you will continue to experience the untold blessings of God! True happiness comes as you pass the test with faith, and receive the victorious crown of life promised to every lover of God!

### **Endurance when the journey seems too long.**

#### **Romans 5:3-4 (TPT)**

But that's not all! Even in times of trouble we have a joyful confidence, knowing that our pressures will develop in us patient endurance. And patient endurance will refine our character, and proven character leads us back to hope.

# I PUT ON THE BREASTPLATE OF RIGHTEOUSNESS AND BELT OF TRUTH WHEN I:



**Read and apply God's word continuously.**

## **2 Timothy 2:15 (NIV)**

Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth.

## **James 1:22-25 (NIV)**

Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

## **Joshua 1:8 (NLT)**

Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.



**Raise my standards to the level God desires.**

## **Romans 12:1-2 (MSG)**

So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

## **2 Timothy 3:16-17 (TPT)**

God has transmitted his very substance into every Scripture, for it is God-breathed. It will empower you by its instruction and correction, giving you the strength to take the right direction and lead you deeper into the path of godliness. Then you will be God's servant, fully mature and perfectly prepared to fulfill any assignment God gives you.

## **Psalms 51:10 (NLT)**

Create in me a clean heart, O God. Renew a loyal spirit within me.

## 2 ways we try to achieve righteousness on our own:

- **Comparison** – Find someone who sins more than I do.
- **Perfectionism** – Strive for a standard no one can measure up to.

### **2 Corinthians 5:17** (NLT)

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

### **Philippians 3:8-9** (NLT)

Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ and become one with him. I no longer count on my own righteousness through obeying the law; rather, I become righteous through faith in Christ. For God's way of making us right with himself depends on faith.

**God's way to Righteousness – the same faith that saves me is the same faith that sanctifies me.**



**Remember all God did to save me through Jesus.**

### **Romans 13:12-13** (NLT)

The night is almost gone; the day of salvation will soon be here. So remove your dark deeds like dirty clothes, and put on the shining armor of right living. Because we belong to the day, we must live decent lives for all to see. Don't participate in the darkness of wild parties and drunkenness, or in sexual promiscuity and immoral living, or in quarreling and jealousy.

### **Galatians 2:20-21** (NLT)

My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me. I do not treat the grace of God as meaningless. For if keeping the law could make us right with God, then there was no need for Christ to die.



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