

The Battle for Our Emotions **“Protect Yourself”**

PERSONAL APPLICATION

Review the main lesson outline briefly

1. What part of the armor do you feel is most lacking in your own life? Why? What should you do to “put on” that part of your armor? How can others help you?

PRIVATE MEDITATION

Read the Scripture and identify 1 thought to take with you for that day
Write down your daily thought under each day

Monday – Ephesians 6:10-18

Thought:

Tuesday – 2 Corinthians 5:14-21

Thought:

Wednesday – 1 Peter 1:13-21

Thought:

Thursday – Philippians 4:6-8

Thought:

Friday – Romans 8:5

Thought:

Saturday – Ephesians 4:17-5:2

Sunday – “*Sinless Anger!*”

The Battle for Our Emotions **“Protect Yourself”**

The Battle for Our Emotions

How to keep from becoming an emotional wreck!



“Protect Yourself!”

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NOTES

Protect Yourself!

Ephesians 6:10-18

- I. Our protection comes from God** – Ephesians 6:10-11
 - A. We’re not strong enough on our own – Luke 4:31-37
 - B. He provides everything we need to win this battle.

- II. Our responsibility = wear the armor** – Ephesians 6:11
 - A. “Put on” – to get dressed!
 - B. We must be fully dressed – “the whole armor.”

- III. Our battle is against evil** – Ephesians 6:11-13
 - A. The battle is inner, spiritual, mental, and ethical.
 - B. The key is the mind – 1 Peter 1:13-21; Romans 8:5
 - C. Evil days will come – Ephesians 6:13
 - D. Every stand makes us stronger! - 1 Samuel 17:33-40

- IV. Our armor** – Ephesians 6:14-18
 - A. Belt of truth – binds all together – John 17:17
 - B. Breastplate of righteousness – 2 Corinthians 5:21; Philippians 3:8-9; 1 Thessalonians 5:8 (Faith & love)
 - C. Feet covered with the readiness of the gospel of peace – 2 Corinthians 5:14-21
 - D. Shield of faith – “I believe God, I don’t believe Satan!” Romans 1:17; Hebrews 11:1; 1 Peter 5:8-9
 - E. Helmet of salvation – 1 John 5:13-15
 - F. Sword of the Spirit, the Bible – Joshua 1:8, Psalm 119:9, 11 (Matthew 4:4, 7, 10)-Jesus & temptation
 - G. Preparation & practice of prayer – Matthew 26:36-45; Philippians 4:6-8