

The **NORTHERN**  
**LIGHTS**



*Let Your Light Shine Before Men - Matthew 5:16*

**4TH QUARTER 2019**

**READY**  
**TO**  
**RUMBLE**



**Spiritual Warfare: An indepth study on Ephesians 6:10-17**

## LET YOUR LIGHT SHINE BEFORE MEN - MATTHEW 5:16



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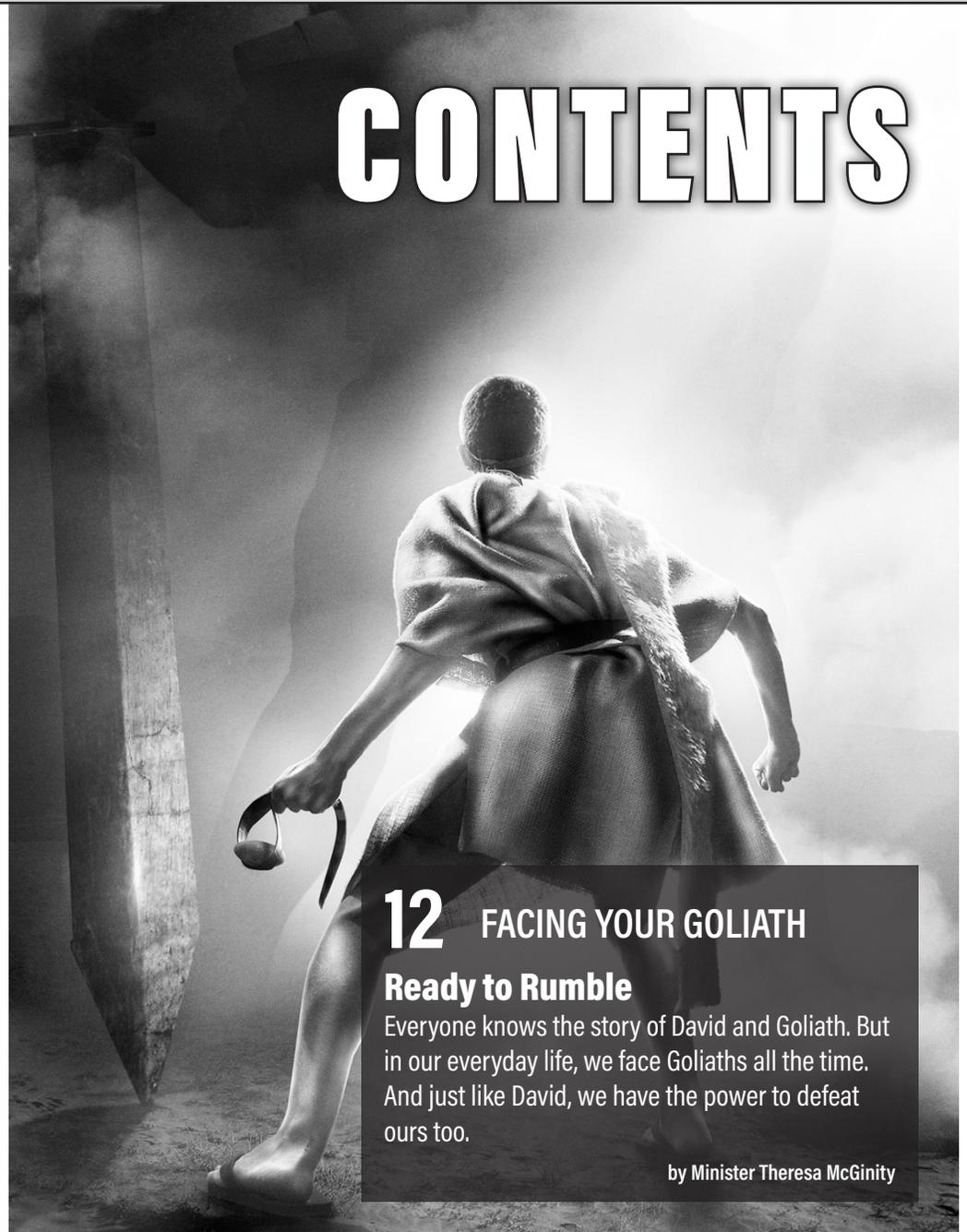
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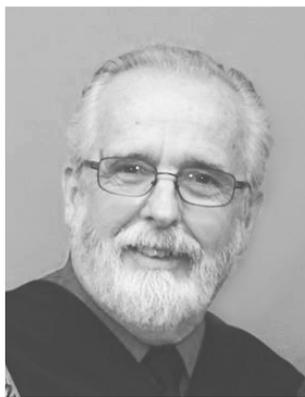
As the only part of the armor that is truly both offensive and defensive, what makes our "sword" so effective in combat? And what does it have to do with the Word?

by Minister Cathy Brinko

# LETTER FROM THE

# EDITOR IN CHIEF

**W**elcome to the last issue of 2019, our "Northern Lights" Youth edition. We are happy to showcase our youth leaders from our local churches including our church youth leader in Sidney, MT. We are so proud of our youth department for all the work they are doing to grow the churches.



Everyone has a part in furthering the kingdom of God and lifting up the name of Jesus to this lost and dying world. Please take special note of the talent we have in our churches that God has blessed them with and that he has blessed us with as well.

Our focus is on the Armor of God and how it will benefit us. So please pay close attention to how these things may apply to you so that we can all grow together.

God Bless you is my prayer,  
Bishop H. David Lam



**W**ell, Fall is here and that brings us to the final issue of the Northern Lights for 2019. This issue is focused on the youth. And these youth are facing some great battles ahead that we have no experience in.

We talk of a "generation gap" and each new generation faces difficulties the generations before it had not and this current generation is no different. Growing up "Generation X", the technology boom that started to take off in my teens has changed the world's landscape forever. You'll never hear me say technology and the internet is bad, but what the enemy has done to pollute and pervert it is disheartening. With that being said, to these kids, technology is being used to bully and create "Goliaths" in their lives that cause them to face things we never did.

As adults, one Goliath we fight almost daily is "Time". There's not enough time in a day to accomplish everything we must do. We're all "Busy". But, we must understand that sometimes God wants us to make the time for things that are important to him. Like ministering to these children. I want to thank those who took time out of their busy schedules to put these children first and write an article that speaks to them.

I pray that this issue blesses you richly. Share it with your family and friends. Take it to heart.

God Bless,  
Minister Theresa McGinity, Design & Content Editor

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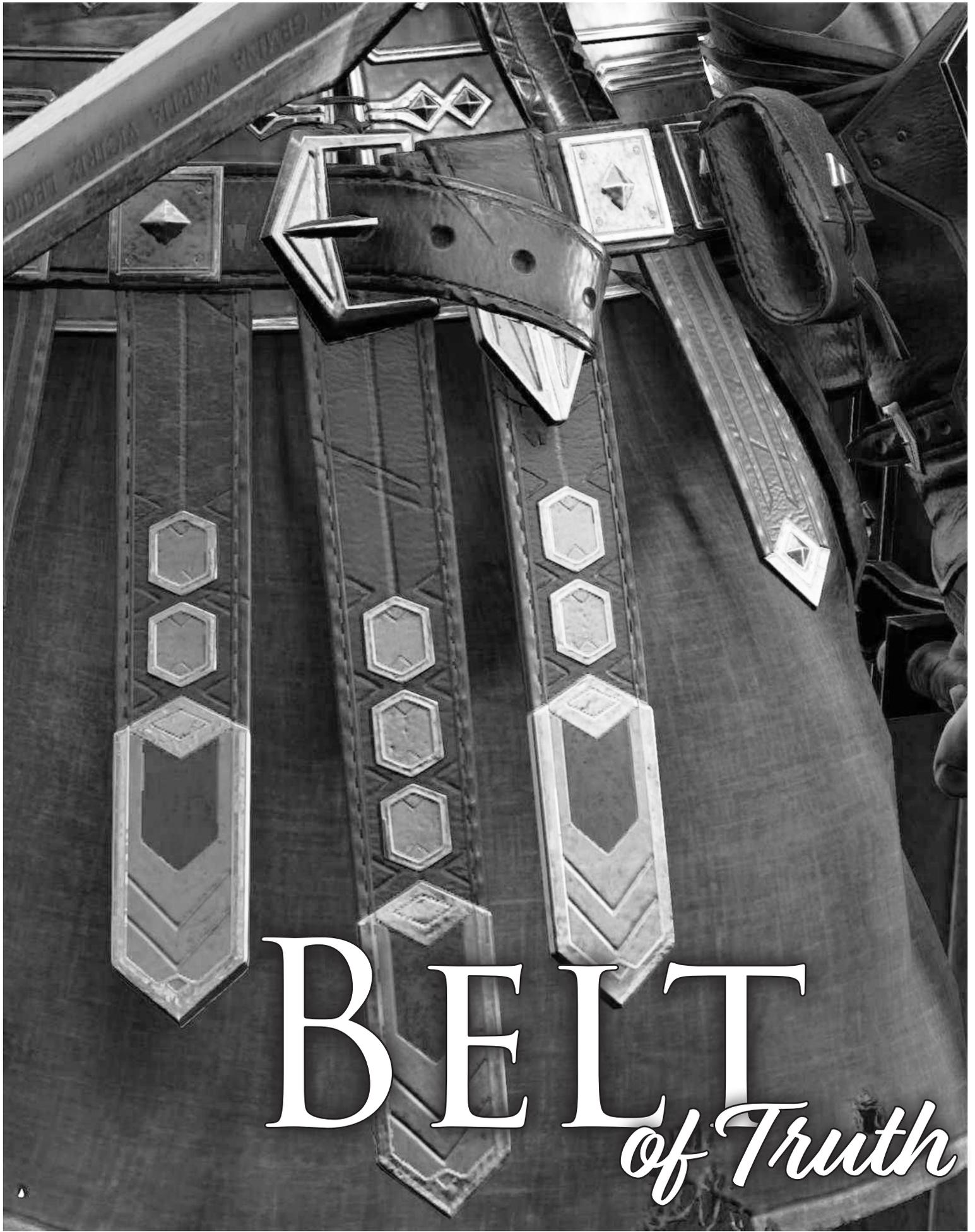
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# BELT *of Truth*

When we hear about the armor of God, the belt of truth is the first the piece to be mentioned.

### EPHESIANS 6:10-17

*Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 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. Stand firm then, with the belt of truth buckled around your waist...*

The reason it's listed first is because without truth we are lost, and the schemes of the devil will surely overpower us. The passage starts with Paul saying, "Be strong in the Lord and in the strength of his might" This is the first important part of understanding the armor of God. All the pieces of armor are very important, and they come from the Lord they were given to us as gifts from God for his people for our defense to help us to stand against the devil's schemes. It is fitting that the belt of truth is the first piece of the whole armor of God.

### JOHN 14:6

*Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."*

Jesus is "the Way the Truth and the Life" and it is only through him that we come to God. Therefore, truth is of the utmost importance in a life of a Christian. Without truth, the rest of the armor would be of no use to us because we would not have the spirit of truth. When Paul was speaking about the whole armor of God, he portrays the image of a Roman soldier preparing for battle. The belts they wore were not like the leather straps that we wear today but it was a thick heavy leather and metal band with a protective piece hanging down from the front of it. The belt of truth of the spiritual armor holds the sword of the spirit joining truth and the Word of God, The Word of God is truth.

### 1 PETER 1:13

*Therefore, gird up your loins of your mind.*



BY MINISTER MARLENE PIPER - YOUTH LEADER, CLARION

*Be sober and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ.*

Peter used this analogy "prepare your minds for action" this implies tucking in long garments to be ready to move quickly. The world we live in today tells us that truth is what we make it that good and bad are what we decide they are but, the bible teaches us that God's word is the truth that good and bad are defined by him and there are consequences of the decisions we make good and bad.

### 2 TIMOTHY 2:15

*Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.*

Imagine a belt with a portion missing no matter how small the missing piece is the belt is still useless to do the job it was designed to do, it must be one

continuous, unbroken piece. Now imagine living your life any way you want so what is a few minor things that don't align with God's word. It means everything.

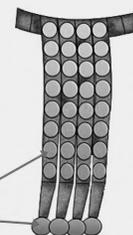
Our trust in God and his word must be solid unbroken or we will find ourselves without a weapon to fight against the devil's schemes. No matter how effective the rest of the armor is, we are useless without the word of truth knowing what we believe and why.

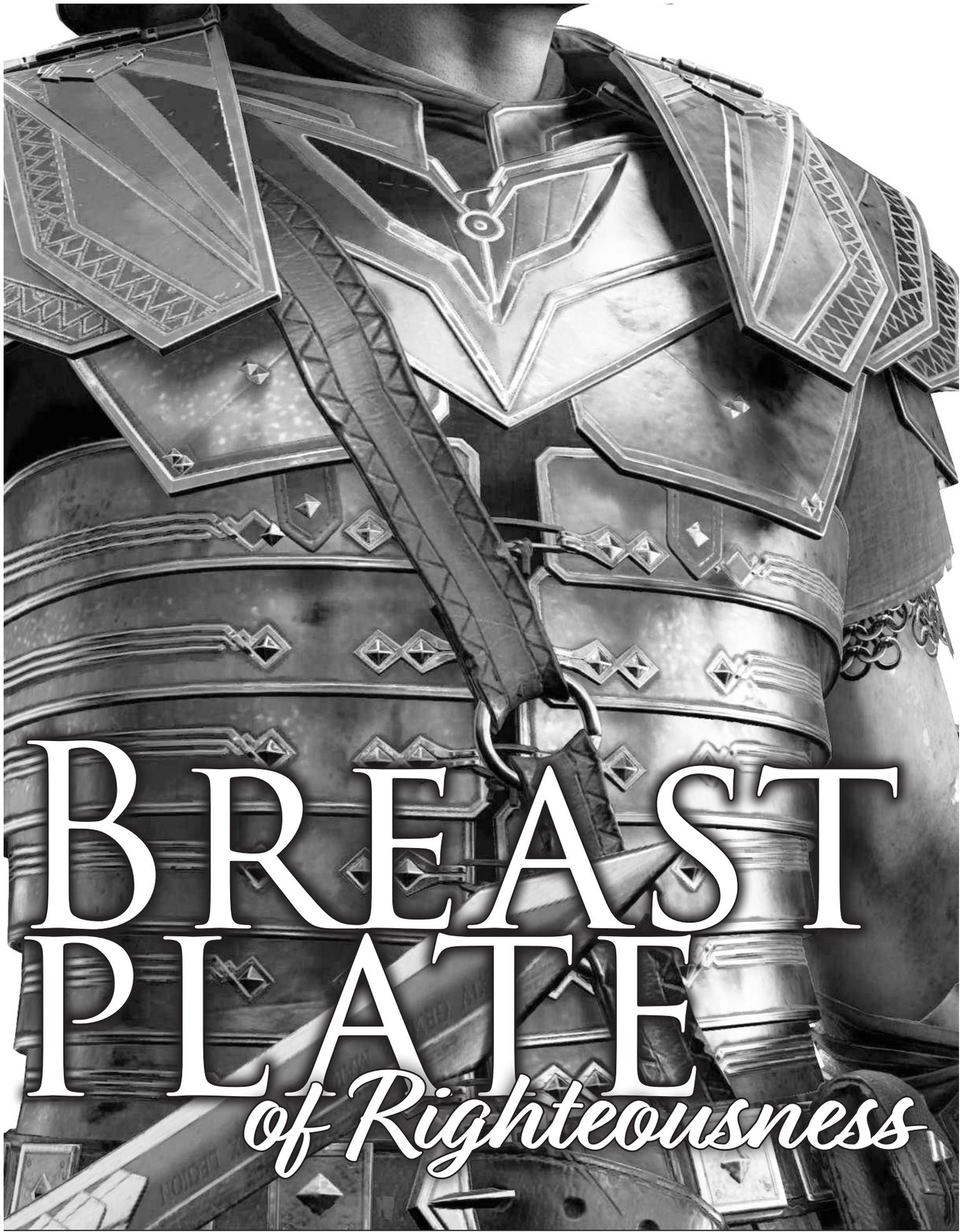
So... how secure is your belt? ✠

## The Belt of Truth

### Description of Armor

- ✦ The "belt of truth" was named after the leather belt with an apron that hung in front of the Roman soldier's groin and lower abdomen.
- ✦ Small brass plates were attached to the apron to provide the greatest possible protection.





# BREAST PLATE

*of Righteousness*

The second piece of the Armor of God that Paul mentions in Ephesians 6 is the Breastplate of Righteousness. As an interesting type and shadow, also noting that there are no coincidences when it comes to God, the Jewish High Priest also wore a breastplate. It was called a Hoshen. It was comprised of twelve stones, each engraved with a name of the twelve tribes of Israel. It also held the Urim and the Thummim, stones used in communicating with God. Another name for it was "Breastplate of Judgement(or Decision)". In other words, Aaron's breastplate enabled him to represent the people in the presence of the Lord and to learn the Lord's will for them. We are not able to stand before God, or bring our questions to him, wearing our own righteousness. It is only through the blood of Jesus, our High Priest, that we can even be in God's presence. - Foreword by Minister Theresa McGinity



BY FAITH OAKLAND - YOUTH LEADER, SIDNEY

Being an active player on any football team requires one to wear the selected uniform and safety equipment. The players are expensive investments, and the owners will do anything to protect their investment. Protective measures in the form of apparel and instructions are provided to athletes before engaging in battle (As a mother and grandmother of football players, I appreciate this safety measure).

Among the protective garb is the shoulder pads, which cover the player's chest to minimize potential damage to internal organs, such as the heart, during battle. In much the same way, soldiers and police officers wear protective jackets to guard against life-threatening enemy attacks. As Christians, we also are required to wear protective gear; however, our shoulder pads are called the breastplate of righteousness. What exactly is the breastplate of righteousness? I would rather share some profound epiphany here, but the answer is quite simple. A breastplate is a piece of armor that covers the front of the torso. Righteousness is the act of being upright, moral, or virtuous--having integrity. In I Corinthians 15:34, the Apostle Paul implores the Christians to "awake to righteousness, and do not sin, for some do not have the knowledge of God."

Righteousness, or integrity, is designed to protect our heart, but on whose virtue should we depend? According to Isaiah 64:6, "our righteousness is like filthy rags," so, depending on our human ability to achieve righteousness would not get us very far! Jeremiah 23:6 states, "now this is his name, by which He will be called: THE LORD OUR RIGHTEOUSNESS." So if we understand this correctly, we are to put on our protector, JESUS CHRIST, every day so that our hearts remain free from the death blows of sin.

How do we accomplish this? To be righteous means to obey God's commandments and live in a way that is honorable to Him. Psalm 106:3 says, "How blessed are those who keep justice, who practice righteousness at all times!" We are called to do what is right, even when no one is watching. However, putting on the protective

breastplate of righteousness (God) is only the preparatory step in what we are called to do. God plans to protect us in the battle against sin and the work of Satan and his army. Ephesians 6:13 instructs us to put on "the whole armor of God, so that when the day of evil comes, [we] may be able to stand [our] ground, and after [we] have done everything, to stand." We are called to be prepared to face our enemy in full battle gear daily. The breastplate of righteousness gets put on every day--not just when times are tough.

How silly would it be for Javon Hargrave or Stephon Tuitt (two of Pittsburgh's defensive linemen) to approach the line of scrimmage without their shoulder pads? The risk of injury is too high, and these professionals know that injuries end careers.

**The same concept applies to Christians. God is our protector, and we are to apply His principles daily to:**

1. Guard our hearts from following those who do not share our same integrity (God's righteousness)
2. Shield our hearts from the pain of wrongdoing, which can lead to spiritually hardened arteries, heart attack, or stroke and, ultimately, spiritual death.

God is our righteousness and we are to keep Him close to our hearts in order to guard us from iniquity. When we take our breastplate of righteousness off (removing God's protection) the enemy and his band of thieves and liars will use that opportunity to destroy our hearts. God wants His children to live full and happy lives. God's principles are not designed to keep us from fun, but to ensure an experience with less pain and regret. It can be challenging to understand the long-term effects of battle wounds, but the significance of our actions will be with us forever--much like a scar.

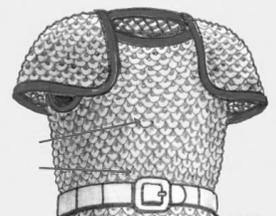
Before heading into battle, remember to put on your helmet (salvation), shoulder pads (integrity), cleats (peace in the storm), and an athletic supporter (the belt of truth), and most importantly, read the playbook (sword of the spirit--Bible).

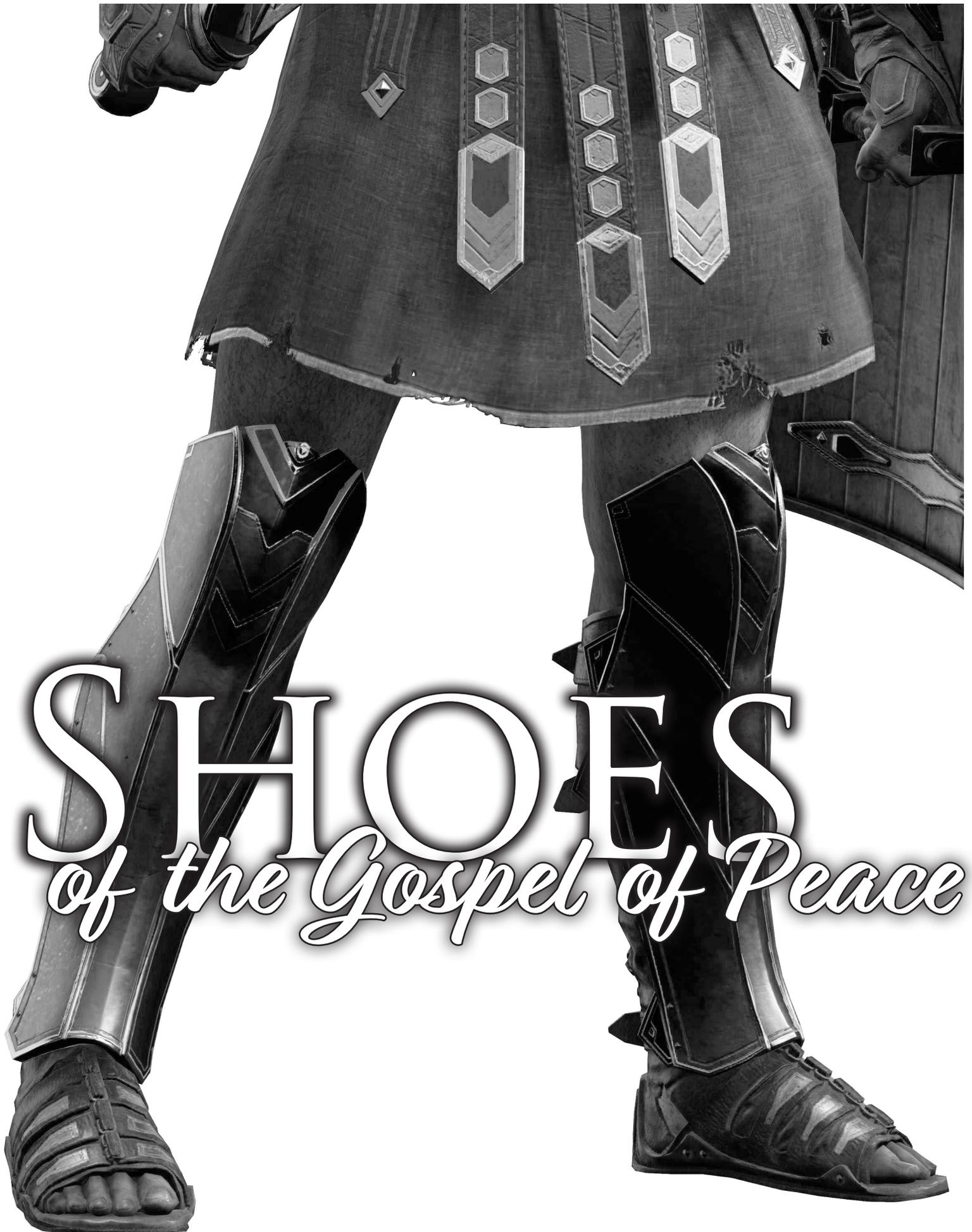
Walking in God's truth and righteousness will provide peace in the heat of battle. Never leave the locker room without applying all of your protective equipment! ✠

### The Breastplate of Righteousness

#### Description of Armor

† The second type of breastplate was a type of chain mail, constructed by linking small metal rings together until they formed a vest.





# SHOES

*of the Gospel of Peace*



# These Boots Weren't Made for Just **WALKING**

In the days of the Paul, the Roman soldier wore what was called "caligae" (kal-ee-guy). These were Roman military sandals. They were made of leather and laced up the center of the foot onto the ankle. They are most closely associated with gladiator shoes. The openness of the sandal allowed the soldier to wear these all day while fighting, marching, and standing for long periods of time without getting blisters. Another characteristic of these shoes was that they were fitted with iron hob-nails as treads, similar to athletic cleats, which provided good traction and came in handy while trampling the enemy.

So, the shoes, like the belt, initially seem like an extra fluff piece of armor when you're talking spiritually. But, shoes protect our feet against harm and allow us to step freely without fear of getting hurt. They provide stability on uneven terrain. They give us traction on less stable terrain, enhance performance of a standard walk, and they provide comfort. All of these things are needed spiritually.

Back in the days of Paul, terrain was rocky, and required sturdy protective footwear. When on the battlefield, the enemy might scatter barbed spikes or stones to slow the opposing army down. In the same way the enemy scatters traps for us as we're trying to spread the gospel. Just like the physical sandal that can also crush the enemy with its nails and spikes on the sole, our spiritual shoes can do the same. This is shown in Luke 10:19.

## LUKE 10:19

*I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.*

The scripture about the armor

also talks about a preparation. This preparation that's being talked about was translated from the Greek word hetoimasia (het-oy-mas-ee'-ah). Strong's defines this as foundation, firm footing; preparation, readiness. This kind of preparation refers to a prepared base or foundation which has already been laid. The firm foundation of the gospel of peace allows the believer to stand firm and not slip or fall on rocky terrain. The Gospel is our firm foundation.

God wants us to be prepared for all things at all times. It is only through the constant study of His word and His precepts that we might become prepared. If we were to walk out into the battlefield with bare feet what would happen to us? We'd get cuts and blisters on our feet, which cause pain and would cause us to lose the battle. It's extremely important that we prepare our hearts with the blood of Jesus and recognize the grace we've been given. It is because of this grace that we can stand firm on Jesus and He is our foot protection.

Our feet are not shod with the Gospel of peace. They are shod with the preparedness of the gospel. The word "shod" is derived from the word hupodeo (hu-po-de-o) — a compound of the words hupo and deo. The word hupo means under, and deo means to bind. Taken together as one word, it conveys the idea of binding something very tightly under oneself. Or on one's feet. Therefore, this is not the picture of a loosely fitting shoe but of a shoe that has been tied onto the bottom of the foot extremely tightly. Paul uses this illustration of shoes to tell us that we must firmly tie God's peace onto our lives. If we only give peace a loosely fitting position in our lives, it won't be long before the affairs of life knock our peace

out of place. Hence, we must bind peace onto our minds and emotions in the same way Roman soldiers made sure to bind their shoes very tightly onto their feet. It is imperative that we arm ourselves with the spiritual armor of God and that we prepare ourselves with the peace that comes from the Gospel. Like the natural, we run into battle unprepared we will fail. It is not wise to trample on treacherous ground in bare feet, so it is unwise to step into battle with the enemy with spiritual bare feet. The shoes are compared to the Roman soldier sandals for a reason.

We sing a song about going to the enemies' camp and taking back what he stole from us. One line is clear, "he's under my feet, he's under my feet....Satan is under my feet." Bare feet will do nothing, but feet shod with the preparation of the Gospel of peace will crush and trample him and what he is trying to do in our lives. What we wear on our feet determines our stability and mobility. What shoes we wear can affect how far we run. Soldiers would not go into battle with worn out shoes. They needed shoes that would last for long journeys. They didn't have cars or planes to take them to the battlefield, they walked hundreds of miles to get to where they were fighting so their shoes needed to have longevity. What better item to have than the Gospel as our shoes. The Gospel lasts forever. It will never wear out.

## Feet Prepared with the Gospel of Peace

### Historical Background

- ✦ The studded soles enabled the soldier to stand firm. They kept the soldier's feet from slipping in battle.
- ✦ Without his shoes, a Roman soldier could not maintain his position against his enemies.





# FACING YOUR GOLIATH

## SPIRITUAL WARFARE: READY TO RUMBLE

BY MINISTER THERESA MCGINITY - EDITOR, THE NORTHERN LIGHTS

**W**ar. The Bible depicts countless battles. From the beginning to the end, from Genesis to Revelation, the Bible reveals that there are both physical wars that are fought and that we are also in a spiritual war. The physical wars fought have dominated history since Cain killed Abel and continue to this day. Why is this so? Because the enemy, the author of chaos, wants us to remain in battle, to wear us down, so when he rages war against us, we have no strength to fight him. This spiritual war is the ongoing conflict between God and Satan. The outcome of which is depicted in the book of Revelation, and in this showdown between the two, truth and the light are under constant attack from deception and darkness. And we're caught in the middle.

The battleground for this conflict isn't some remote wasteland, a city, or even anywhere on earth. It's our hearts. Both Jesus and the devil are interested in winning possession of our hearts and minds. While we want Jesus to dominate our thinking and our way of life, unfortunately, we are in constant struggle with the enemy every moment we deny our flesh. The world can have a staggering amount of control over us, if we do not have enough of God in our hearts to combat it.

God has designed all the physical battles recorded in the Bible to teach us how we can experience victory in combat. Even though these are physical battles, these lessons serve to help us combat the spiritual battles that come our way.

Ephesians 6:12 clearly indicates that the conflict with Satan is spiritual, and therefore no tangible weapons can be effectively employed against him and his minions. We are not given a list of specific tactics Satan will use. However, the passage is quite clear that when we follow all the instructions faithfully, we will be able to stand, and we will have victory regardless of Satan's strategy. It is easy to find armor to put on against physical battles but how do we wear armor for a spiritual battle? Where do we find it? Putting on the full armor of God is a daily process done in prayer, in worship, and in ongoing relationship with God.

Even though the enemy desires to separate us from God, God himself has provided us an armor to wear into this battle. With this armor, we can be assured of our victory against the powers of this world. It provides us with hope, peace, confidence, and strength that we need to win this daily and ongoing battle against the enemy.

So why spiritual armor? Our struggle is not against the flesh and blood of the world. It's against everything unseen – the rulers, the authorities, and the power of darkness in the world. In order to combat something spiritual, we need spiritual armor. Romans 8:31 tells us that if God is for us, who can be against us? This statement is often quoted to encourage believers to hang on and stand up against the hardships in this life. Just as soldiers are prepared in battle with physical armor, it is important that we are prepared in our spiritual battle with spiritual armor. We are in battle with an enemy who hates us because we are God's most precious creation. He's jealous of us! He wants to kill, steal, and destroy the life we have been given and separate us from God. But the spiritual armor that God supplies us can protect us from every scheme, attack, or plan that the enemy brings against us. Therefore, we must put on the spiritual armor of God. Otherwise we will not triumph over the enemy and the powers of darkness.

Everyone knows the story of David and Goliath. Even those who aren't believers have heard of the story. Most people associate the story with children because it's often used as an example of how a young man fought someone even grown, seasoned men were terrified of. But when you look deeper into the account, you see that it isn't just young children who are affected by this. From the start, the story is of the underdog, someone who by all accounts should not prosper. But does.

Let's put this into perspective. Goliath was 9 feet tall. Most men grow to an average of 6 feet tall. Goliath's armor was made of bronze and weighted five thousand shekels. That's 126 pounds! It's heavy enough for people to carry their purses let alone a coat of armor weighing that much!

Ultimately Saul's armor did not fit David and that Goliath's armor was useless against David's stone. David only needed the spiritual armor that God had given him. Through God, he was able to win this battle – and the giant, whose trust was not in God, lost his life.

In our everyday walk, we face trials that can seem so insurmountable that we don't know where to turn. But as each piece of the armor has shown us, God has got our backs and with His strength, we fight every day against the attacks that come our way. It's often said that God doesn't give you more than you can handle. There's nothing scriptural about that statement, and here's what it should say. God provides the strength to get through anything that comes our way....should we choose to utilize the tools he's given us. David was given tools and armor by the king, and he knew instantly that they would be insufficient for the coming battle.

The story of David and Goliath is an allegory of our ongoing spiritual battle. Oftentimes, our battles are so seemingly insurmountable that all we see is the obstacle or opponent in front of us. We fail to see that our God is bigger than any obstacle we face. He's greater than anything else. The strength in Him alone can fight any battle but when we are in the midst of trouble, it's like we're in a forest and all we see are the trees in front of us. They loom tall and we feel lost. We don't recognize that God has made a path through that for us to follow if we let him lead us. Our focus must remain on God, we must trust in Him to see us through.

There are different types of spiritual conflict. The first is the conflict involving an inward battle.

### ROMANS 7:23

*But I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me.*

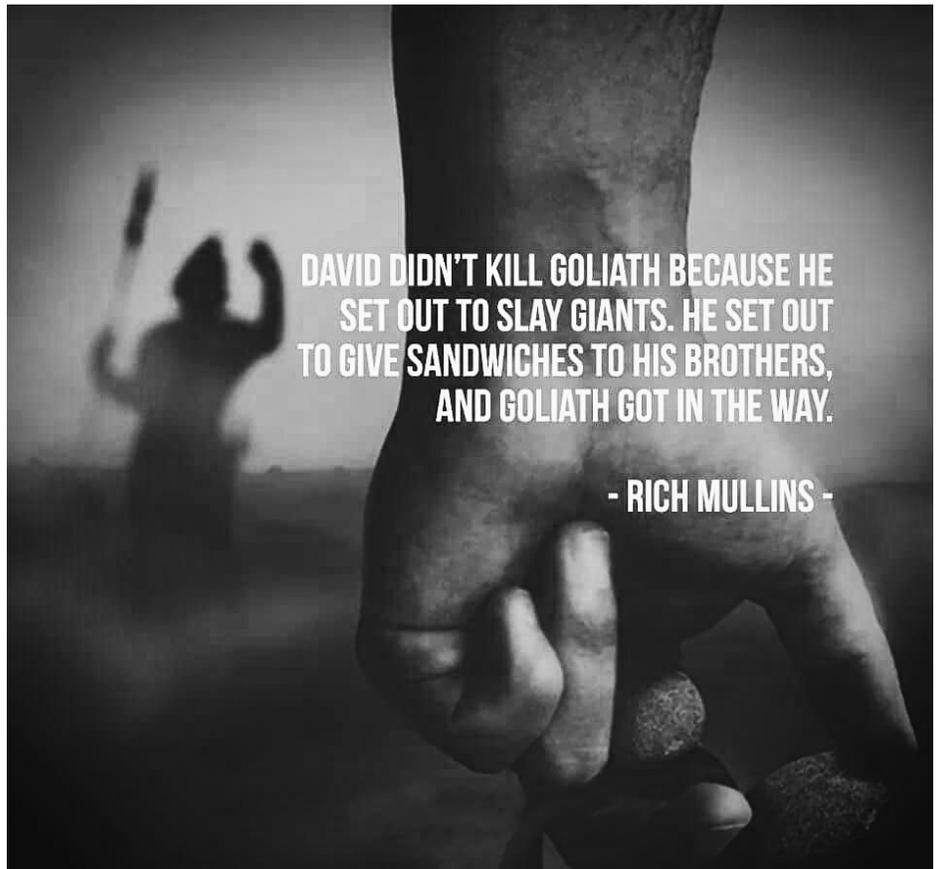
Sometimes our battle is within us. Our flesh is very strong willed. Our flesh desires more of this world than we ought to have. The world is very enticing. The enemy has made sure that the things of the world are more pleasing to us than following God. Look at the television or movies. The world of escapism. You can get sucked into another world just by getting into a good movie or TV show. Now, there's nothing wrong with watching TV or movies, but what are we filling our lives with? Books, magazines, internet, advertisements, all sorts of things are thrown at us or put at our feet for our enjoyment. And where does it get us? Further away from God's word, and ultimately God. They can be a time suck. Just that alone can hinder our walk and give the enemy an avenue to stroll right in.

The second type of conflict is against invisible foes and the powers of the enemy.

### EPHESIANS 6:12

*For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.*

This scripture depicts that our struggle is spiritual. Our battle is against the spiritual forces of evil in the heavenly realms. We are not given a clear list of what tactics the enemy will use but if we follow all God's instructions faithfully, we will be able to



stand firm, and have victory regardless of the strategy that Satan uses. We have to remember not to give Satan any more power than he already wields. His power does not compare to God's power. But he is a great deceiver, and if we do not fill our lives with the Word, we can easily be deceived. He wants to beat us down. But our hope and victory can be found in Jesus. Jesus is our foundation and rock, and nothing can shake us if our foundation is firm on the solid rock of Jesus.

The third type is against the influences of mankind and the world.

**PSALMS 44:5**

*Through you we push back our enemies; through your name we trample our foes.*

The influence of the world and those around us can be a stronger voice than God if we let it. It's all about what we're surrounding ourselves with. Are our friends uplifting? Are the things we read and watch spiritually edifying or are we gratifying our flesh? Whatever we have in our lives that takes precedence, then that is what will be our driving force. When we surround ourselves with worldly things, the voice of God becomes softer and softer because it is drowned out by the things that are distracting us from Him. But if we allow ourselves to be surrounded by things of God then that is where we will draw our strength from. Only through his strength will we be able to overcome our enemies.

The fourth type is against afflictions.

**ROMANS 8:35-37**

*Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written "For your sake we face death all day long; we are considered as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us.*

There is no power on earth, no sickness, trouble or hardship that can keep us down. God has conquered it all; Jesus did when he triumphed over death. When we are sick, or someone we care for is sick, we know that God is bigger than any illness and no matter what that, person will be healed. How they are healed is not up to us. It is totally up to God. It is our faith in that that drives us.

There are many times when we are in the midst of battle that we get discouraged, it's normal. Sometimes that mountain before us is greater than we ever imagined, but even Jesus said faith as small as a mustard seed can move mountains. A mustard seed is one of the smallest of all seeds, and yet that's just the amount of faith that is needed to move that mountain. Could you imagine if we had a whole truckload of faith what we could do? Look at the disciples. Before the Holy Spirit came on them, they had the faith of mustard seeds, maybe less. They saw Jesus every day, yet they still wavered in their faith. But when the Holy Spirit came upon them, and imbued them with spiritual power, they moved whole chains of mountains! God gives us his Holy Spirit to both comfort us and anoint us with power to do His will. He promises us power to tread upon evil forces and to be overcomers.

It is in mankind's nature to fight. Since Cain killed Abel, man has fought for many reasons be it food, love, religion, perceived grievances, etc. But the war we are fighting now is for our very souls. ✠



**The Helmet of Salvation**  
Put on the Helmet of Salvation by believing that Jesus Christ died for your sins and rose again.

**The Breastplate of Righteousness**  
Righteousness is being honest, good, humble, and fair to others. It means standing up for weaker people.

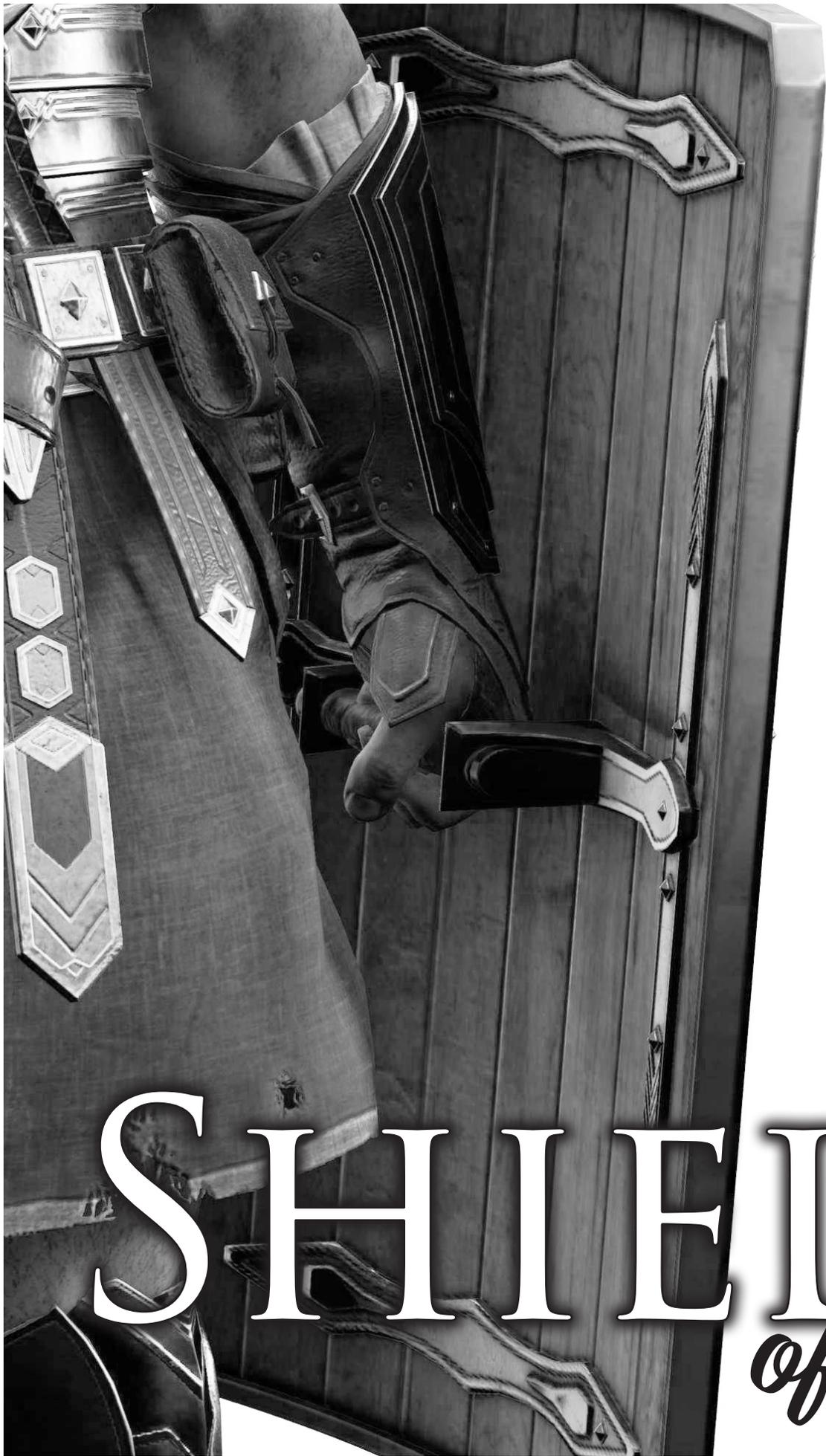
**Feet Prepared with the Gospel of Peace**  
The Gospel of Peace is being right with God and being contented in troubled times. Jesus said, peacemakers were blessed.

**ARMOR OF GOD**  
EPHESIANS 6:10-18

**The Shield of Faith**  
Faith is being sure that God will keep His promises. Faith in God protects you when you are tempted to doubt.

**The Belt of Truth**  
Truth keeps us from giving in to world's beliefs. Compare your beliefs and action to the truth of the Word of God.

**The Sword of the Spirit**  
which is the Word of God. God's Word is our offensive weapon. When we tell others about the Bible says, the Holy Spirit helps people see their bad thoughts and actions, and makes them want to be forgiven.



# SHIELD

# LD

*of Faith*

# FAITH YOU GOTTA HAVE

BY RHONDA WILKINS - YOUTH LEADER, GREENSBURG

## EPHESIANS 6:16

*To take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.*

If we are going to extinguish flaming arrows we then have to be knowledgeable about the shield that we are to be holding and how to use it. To try and understand why Paul talks about faith being a shield, we can look at the shield that the Roman soldiers used.

The Shield was a very large, slightly curved rectangular shape with a large knob in the center for the soldier to grasp onto. The size was approximately three and a half feet tall and almost three feet wide. It was made of sheets of wood covered with leather and was soaked with water before battle to put out the fiery arrows. The curve helped deflect attacks so that the man holding it didn't get the full force of it.

Another way the Romans used their shields was when the enemy started to fire their arrows or other objects at the army, the soldiers would come together and make what was called the testudo, or tortoise formation which was the men on the outside would use their shields to create a wall around the perimeter then the men in the middle would raise their shields over their heads to protect from airborne missiles. When the army joined together it became very hard to stop them. So a Roman shield guards and protects physically.

In comparing the Roman shield and the shield of faith they both act as a protective barrier but one protects the



body physically and the other protects our spiritual lives. Satan is always throwing fiery darts of fear, doubt and worry to us but the only time they can hit us is when we let our shield of faith down.

There are many scriptures that reference faith and the people who had faith. Hebrews 11:1 tells us that faith is the substance in what we hope for and the evidence of things not seen. If you look at the word substance in this scripture it comes from the Greek hypostasis, which means a placing or setting under, a substructure or foundation. Faith is our foundation. The next part of the scripture talks about what we hope for, my hope is to be eternally with the Lord. The last part of the verse is the evidence of things not seen which is explained in verse 3 that tells us that the universe was formed at God's command, so that what is seen was not made out of what was visible. Faith goes beyond what we can perceive with our physical senses.

Why do we need faith? Hebrews 11:6 tells us that without faith it is impossible to please God, because anyone who comes to him must

believe that he exists and that he rewards those who earnestly seek him. To earnestly seek God you must have a continuous prayer life, study God's word, repent of any and every area of your life that has not been consistent with God's will. Obey all the Lord's commands, be focused and diligent in your seeking after God, and gathering together with other believers.

As we go through our life there will be times as the bible tells us that we will go through trials and temptations.

## 1 PETER 5:8,9

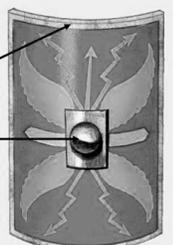
*Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.*

Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. But we can look forward to what it says in verse 10 that the God of all grace, who called you to his eternal glory in Christ, after you have suffered a while, will himself restore you and make you strong, firm and steadfast. ✠

## Shield of Faith

### Description of Armor

- ✦ Iron rims were then fitted along the top and bottom edges, and an iron circle was attached to the center of the shield.
- ✦ The colors of the soldier's military unit were sometimes painted on the leather covering.





# HELMET

*of Salvation*

# BATTLEGROUND OF THE MIND

BY DELLA MURPHY - YOUTH LEADER, YOUNGSTOWN

If a person was to fight a battle in Bible times, they would not have considered leaving their homes without first putting on their full suit of armor. Then why in modern times do we give little thought to wearing our armor? If you didn't wear all your armor in Bible times, you would be dead. Wake up people! Today, the battle is greater than before and you need the Helmet of Salvation today more than ever!

In Bible days if you didn't wear your helmet you could lose your head! The same is true today, the devil is aiming at your head because if he enters the head, he will be able to enter your mind, if he enters your mind, he could totally stop you from functioning.

So exactly what is a helmet? A helmet is a piece of armor or equipment that is worn on the head. Usually it is made of heavy metal or, in our days, a heavy plastic. The helmet serves the purpose of protecting the skull from blows to the head, neck, face or cheeks. This is very important because if you get hit in the skull you could lose all motivational skills and be unable to fully function in life. This piece of armor should not be underestimated of what it does.

What is Salvation? Salvation means being saved-receiving deliverance from sin. In the New Testament, it is generally used to refer to deliverance from the eternal death penalty of sin and deliverance into God's kingdom.

## ROMANS 6:23

*For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.*

A helmet protects a soldier against damaging and deadly blows to the head. Spiritually speaking, the Helmet of Salvation provides hope and protects the mind against anything that would disorient or destroy the Christian, such as discouragement or deceit. The helmet

**“A PERSON WITHOUT HOPE IS VULNERABLE TO THE ENEMY’S LIE THAT LIFE IS NOT WORTH LIVING.”**

also protected the eyes of the soldier, enabling him to maintain physical vision. Spiritual vision allows the Christian to fix his eyes on the goal, pressing forward without distraction or detours.

A person without hope is vulnerable to the enemy's lie that life is not worth living. Satan will bombard our minds with discouragement, doubt, and defeat. He will point out our failures, try to get us to focus on the negative, and attack our hope in God. It is then that we need the Helmet of Salvation.

Our hope is in the salvation of the Lord—not only in his initial salvation from the penalty of sin, but also in continuing salvation from the power of sin and the attacks of the devil.

## ROMANS 15:13

*May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*

It is critical that we continue in hope for the salvation of the Lord, for ultimately, we have “hope of eternal life, which God, that cannot lie, promised before the world began.” (Titus 1:2)

Facing the adversary without your “helmet of salvation” is foolish! You

must have this helmet if you are going to be useful and successful in the Kingdom of God!

The fact that Paul likens our salvation to a helmet means that we must know all that our salvation includes inside and out. We must spend time studying what the Bible has to say about healing, and our deliverance from evil powers, about God's desire to bless and prosper us, and about the benefits of our redemption in our everyday lives. When our minds are convinced of these realities – in otherwords, when our minds are trained and taught to think correctly in terms of our salvation—that solid knowledge becomes a helmet in our lives!

As we wear the helmet of salvation every day, our minds become more insulated against the suggestions, desires and traps the enemy lays for us. We choose to guard our minds from excessive worldly influence and instead think of things that honor Christ (Philippians 4:8.) In doing so, we wear our salvation as a protective helmet that will “guard our hearts and minds in Christ Jesus.” (Philippians 4:7)

The armor to get us there is indispensable. Remember to put your armor and your helmet of salvation on before you begin each day! It is your way to defeat the devil and his lies. We can't let him win! ✠

## Helmet of Salvation

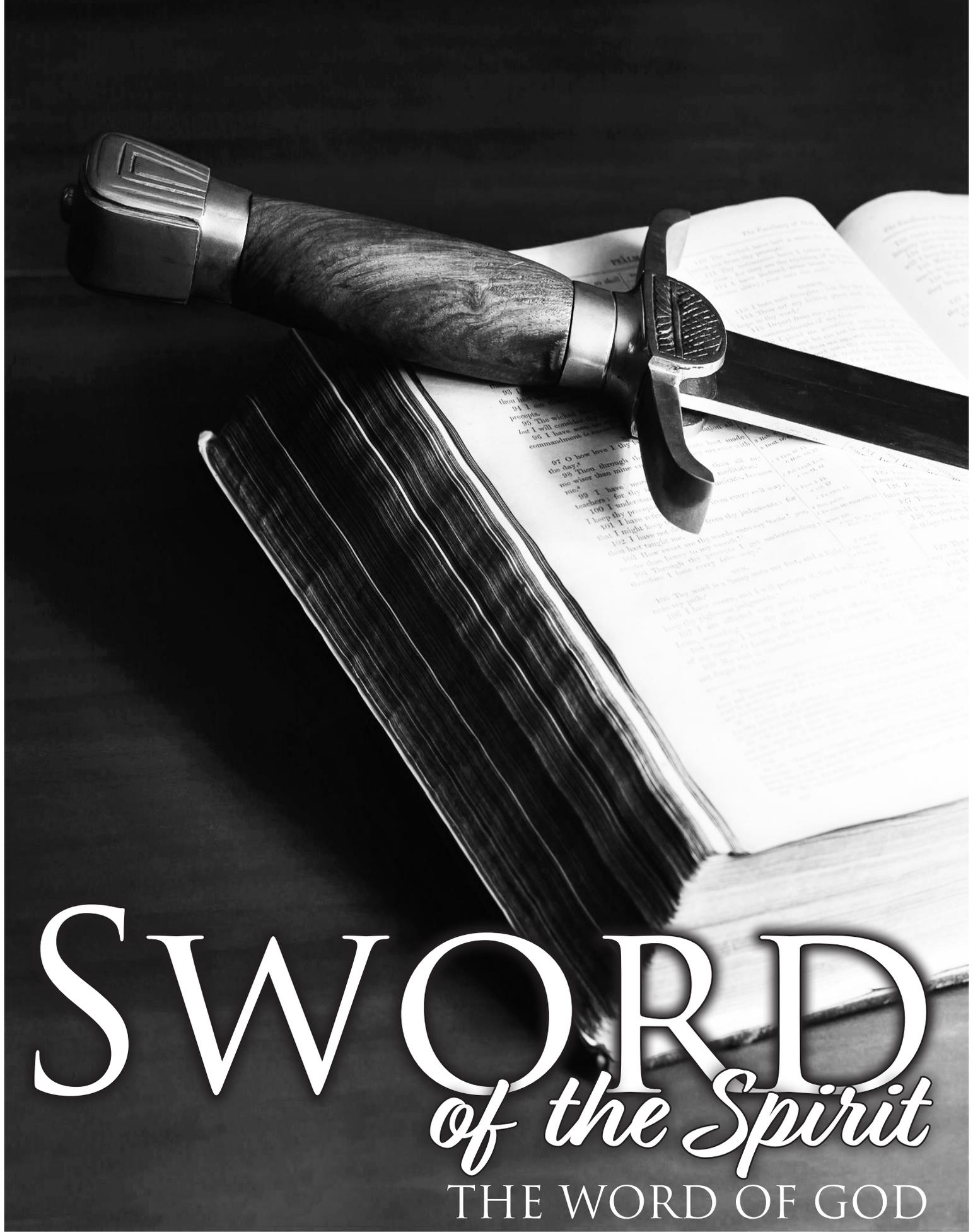
### Application

✦ To put on “the helmet of salvation” is to—

✦ Have assurance that Jesus has saved you, not because of good deeds, but because of his mercy (2 Timothy 1:9).

✦ Know that every believer is a “new creation,” no longer living for selfish purposes but living for the Lord (2 Corinthians 5:17).



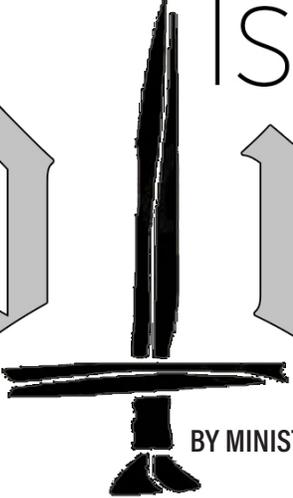


# SWORD

*of the Spirit*

THE WORD OF GOD

# HEY! Is your sword real?



BY MINISTER CATHY BRINKO - YOUTH LEADER, PITTSBURGH

A swordsmith was transporting a sword he had made to his car. A child approached him and asked, "Hey, Mister, is that sword real?" What makes a sword real? The real question here is, "Is your sword genuine?"

#### HEBREWS 4:12

*For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and spirit, of joints and marrow, and discerning the thoughts and intentions of the heart.*

#### EPHESIANS 6:17

*Sword of the Spirit, which is the word of God.*

The word of God is perfect. His sword is genuine. We can never change the word of God, but we can choose how we apply it to our lives.

There are five characteristics of a good sword. A good sword is needed for every battle. A sword is used in offensive moves. It is also used in defensive moves. If a sword is not quality made, in the day of battle, it will be neither defensive nor offensive.

A quality sword is made of quality steel. It is made to withstand many battles. When a sword is made, it is put into the heat to make it uniform. The heat helps to distribute all the minerals that are in the steel evenly. As Christians, our swords go through the heat with us in battle when we apply God's word to the situations we face. This heat creates a sword that will withstand the test of time in our lives.

The blade of the sword is sharp.

**The word of God is perfect.  
His sword is genuine.**

It is made thin in just the right places to be able to cut to the finest of separation. As we take the sword into the heat of the battle time and time again, it takes on a sharpness that the scripture tells us can separate bone from marrow. In applying the sword of the Spirit in our lives, we can dissect the things that are not pleasing to the Lord. The scripture talks of "washing by the water of the word," but there is a time that things need sharply dissected from our lives.

In constructing a sword, the handle takes on importance. The handle must be well constructed. Qualities of a strong handle include being able to be grasped securely, and to protect the hand from the strike. Spiritually, the handle is what we make it. The handle must be secure. We need to make sure we have a firm grasp on the word of God so it can protect us in battle. As we wield our swords, let us be sure to handle it suitably so that the sword can do the job it is created for, and so we are not being hurt by it. How we use the word of God can hurt not only ourselves if used inaptly, but also can harm others when we try to apply the word in a way that is not approved by God. The word of God is secure; we need to make sure our grip is secure.

A sword must be balanced when it is made if it is to function efficiently. If it is too heavy, it cannot be used effectively.

When we brandish the word of God as a weapon of condemnation, we are hurting the very people God sends us to minister to. The love of Christ must be the balance to our sword. This love must balance the sword when we are using it to make corrections in our own lives. The enemy of our souls would love nothing more than for us to feel condemned. We have to remember that Christ showed us a better way, a way of love.

When used correctly, the sword makes us capable of defending ourselves against the schemes of the devil.

#### EPHESIANS 6:11

*Put on the whole armor of God, that ye may be able to stand against the wiles of the devil.*

When we find ourselves headed into a battle, we can use the word of God offensively when we proclaim, "get thee behind me."

In closing, two questions come to mind. "Hey, is your sword real?" and "How are you handling your sword?" ✠

## The Sword of the Spirit

### Application

† Key verses to memorize when temptations come:

- † God will help you: [Isaiah 41:10](#)
- † God will always be with you: [Joshua 1:9](#)
- † Serve God only: [Matt. 4:10](#)
- † God helps us when we are tempted: [1 Cor. 10:13](#)



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Finally,  
be strong  
in the Lord  
and in  
the Strength  
of His might.  
put on  
armor  
the whole  
of God.

Ephesians 6:10-11