



Blessed be  
the God and Father of our  
Lord Jesus Christ, who has bound  
us in spiritual blessing in the heaven  
with Him, even as he chose us in  
Him before the world, that He should  
sanctify and cleanse us in the word  
of the water by the Spirit, that He  
might present to Himself the church  
without spot or wrinkle, or anything  
of the kind, holy and blameless,  
as He has chosen us in Himself  
before the world, that He should  
sanctify and cleanse us in the word  
of the water by the Spirit, that He  
might present to Himself the church  
without spot or wrinkle, or anything  
of the kind, holy and blameless,

# IN CHRIST



**JANUARY 8-12, 2018**

E P H E S I A N S

# IN CHRIST

Prayer, Fasting, and Consecration Week

**JANUARY 8–12, 2018**



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# A PRACTICAL GUIDE TO FASTING

## Why Fast

Fasting is a spiritual tool God uses to advance his kingdom, change the destiny of nations, spark revival, and bring victory in people's lives. Every Nation Churches & Ministries begins each new year with five days of prayer and fasting to humble ourselves before God, consecrate ourselves to him for the upcoming year, and corporately agree for breakthroughs.

### Jesus fasted.

*Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry.*

MATTHEW 4:1-2

*And Jesus returned in the power of the Spirit to Galilee, and a report about him went out through all the surrounding country.*

LUKE 4:14

Jesus knew he was going to need spiritual strength to fulfill his purposes. Fasting makes us spiritually strong and prepares us to do God's work.

## **Fasting is an act of humility and consecration.**

*Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods.*

EZRA 8:21

As we humble ourselves, through prayer and fasting, we receive God's grace and have access to His heart.

## **Fasting helps us become sensitive to the Holy Spirit.**

*While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them."*

ACTS 13:2

When we deny ourselves of natural cravings and worldly distractions, we become more sensitive to God's voice. Then we are better able to focus on God and submit to his will.

## **Fasting brings revival.**

*If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.*

2 CHRONICLES 7:14

Throughout history, God has brought revival and delivered nations from destruction in response to prayer and fasting. Fasting helps us prevail in prayer and intercession.

## **Fasting is healthy.**

Fasting cleanses your digestive system from toxins. Doctors consider fasting a cure for certain allergies and diseases. By learning to exercise discipline, fasting breaks unhealthy addictions in our lives.

# Planning Your Fast

*Then Joshua said to the people, “Consecrate yourselves, for tomorrow the Lord will do wonders among you.”*

JOSHUA 3:5

**Pray**—Spend time reading the Bible before the fast. Ask the Holy Spirit for guidance in your prayers. On pages 7–9, write down your faith goals and specific prayer requests for your family, friends, church, and nation.

**Commit**—Pray about the kind of fast you will undertake and commit to it ahead of time. Record your plan on page 5. Ask God for grace to help you follow through with your decisions.

**Act**—Start eating smaller portions a few days before the fast. Avoid food high in sugar and fat. Plan to limit physical and social activities for the week of the fast. Ask someone to be your prayer partner throughout the fast and have that person sign page 7.

**NOTE:** *Consult a physician, especially if you are pregnant, nursing, or taking medication. If your situation does not allow you to do a full fast, determine what will work best for you.*

## While Fasting

*[Jesus] answered, “It is written, ‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’”*

MATTHEW 4:4

**Focus**—Set aside time to work through the devotionals. Be ready to respond to God’s Word and the leading of the Holy Spirit.

**Pray**—Join at least one prayer meeting in your local church. Intercede for your family, church, pastors, nation, campuses, and missions throughout the week.

**Replenish**—During mealtime, read the Bible and pray instead. Drink plenty of water and rest as much as you can. Be ready for temporary bouts of physical weakness and mental annoyances like impatience and irritability.

## Breaking the Fast

*And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.*

1 JOHN 5:14–15

**Eat**—Reintroduce solid food gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices, and salad, then add more vegetables. Eat small portions throughout the day.

**Pray**—Don't stop praying! Trust God's faithfulness and timing. Carry your newfound passion for God throughout the year. Be in faith for God to answer your prayers.

# MY PLAN

## Day 1

### Fasting Options:

- ☐ Water only
- ☐ Liquid only
- ☐ One meal only
- ☐ Other \_\_\_\_\_

Prayer Meeting(s) to Attend:

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## Day 2

### Fasting Options:

- ☐ Water only
- ☐ Liquid only
- ☐ One meal only
- ☐ Other \_\_\_\_\_

Prayer Meeting(s) to Attend:

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## Day 3

### Fasting Options:

- ☐ Water only
- ☐ Liquid only
- ☐ One meal only
- ☐ Other \_\_\_\_\_

Prayer Meeting(s) to Attend:

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## Day 4

### Fasting Options:

- ☐ Water only
- ☐ Liquid only
- ☐ One meal only
- ☐ Other \_\_\_\_\_

Prayer Meeting(s) to Attend:

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## Day 5

### Fasting Options:

- ☐ Water only
- ☐ Liquid only
- ☐ One meal only
- ☐ Other \_\_\_\_\_

Prayer Meeting(s) to Attend:

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# I AM THANKFUL TO GOD FOR ...

## **Answered Prayers**

*List highlights, answered prayers, and lessons learned in 2017.*

# IN 2018, I AM BELIEVING GOD FOR ...

## Personal Faith Goals

*Spiritual Revival • Physical Healing • Prosperity and Abundance • Rich Generosity*

## My Family

*Restoration of Relationships • Household Salvation*

## My Education/Career

*Excellence • Promotion*

## My Ministry

*Small Group Growth • Salvation of Colleagues and Classmates*

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**Prayer Partner**

*If two of you agree on earth about anything they ask, it will be done for them by my Father in heaven.*

MATTHEW 18:19

# I AM COMMITTING TO PRAY FOR ...

**Name**

**Request(s)**

# I AM COMMITTING TO PRAY FOR ...

## **My Church**

*Church Leadership • Provision • Discipleship Ministry*

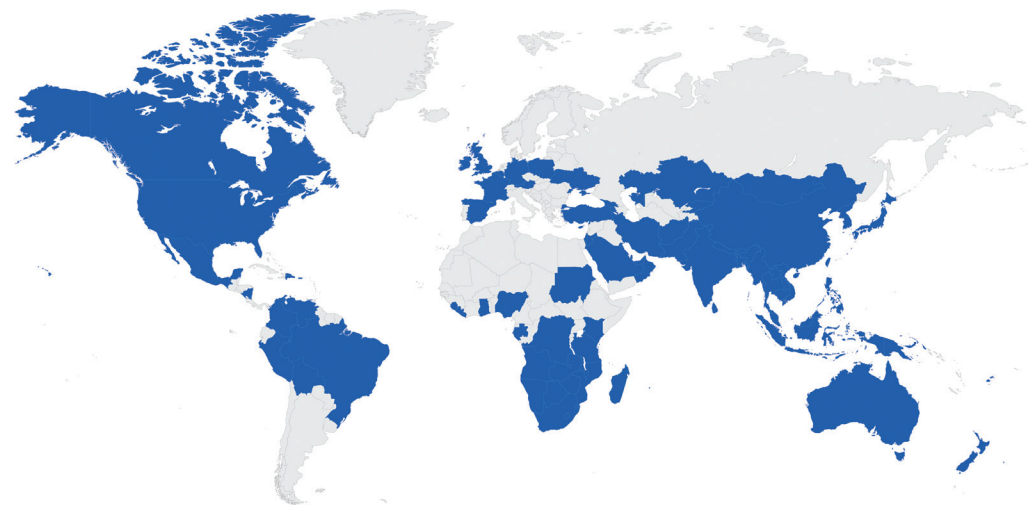
## **My Community**

*Campuses and Educational Institutions • Local Government • Outreach Opportunities*

## **My Nation**

*Government Officials • Spiritual Revival • Economic Prosperity • Peace and Order*

# I AM COMMITTING TO PRAY FOR ...



## Every Nation

In 2017 Every Nation planted churches in the Dominican Republic, Georgia, Jordan, Madagascar, Sierra Leone, and Tanzania.

We now have churches in eighty-two nations of the world, with 114 nations to go. Believe with us for:

- Open doors to bring the gospel to every nation. (Psalm 2:8)
- Workers who will go to every nation and every campus. (Matthew 9:38)
- Our pastors and campus missionaries as they boldly proclaim the gospel. (Ephesians 6:19–20)
- Our churches and campus ministries to continue to grow in influence and number. (Acts 6:7)



INTRODUCTION

# PAUL'S LETTER TO THE EPHESIANS

Paul's letter to the Ephesians has often been referred to as "The Queen of the Epistles." Commentators throughout history have regularly agreed that it is the most profound of all Paul's writings. If Romans is Paul's greatest work on the gospel, then Ephesians is Paul's most significant work on the Church and God's eternal purposes.

He wrote the letter during his first imprisonment at Rome, far from the noise and turmoil that marked his earlier life. From this vantage point, he could look at the Church, get a view of it in its wholeness, and see the part it would play in God's scheme for the restoration of humankind.

In Paul's letter, he describes the Church as God's Temple with the Father as the architect, Jesus as the builder, and the Holy Spirit as the divine presence that dwells in it. It is not constructed of stone and marble but of living people in reconciled relationships—a vital, loving family, enriched and sustained by the love of God. Its treasury is stocked with spiritual blessings in heavenly places.

The structure of the letter follows a pattern that is normal with Paul. He first lays the foundation of what God has done in Christ and then follows it with the necessary corollary of obedience and holy living. Paul was never content to discuss doctrine without leading to practical application, nor to give moral imperatives without first grounding them in what God has done in Christ. In chapters 1–3, he lays the theological foundation of what God has done for us in Christ. In chapters 4–6, he provides us with the practical implications.

During this week of prayer, fasting, and consecration, let's join our Every Nation family around the world as we survey the Apostle Paul's rich epistle. Together, we'll find a greater understanding of what it means to be a Christian and how that identity shapes our conduct and calling as his Church.



# BEFORE YOU FAST IN CHRIST

## READ: Ephesians 1

*Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places . . .*

EPHESIANS 1:3

“I am in Christ.” Stop and ponder that for a while. Say it to yourself a few times, with varying emphasis. Savor the richness of this profound truth.

“In Christ” determines our new identity. Being in Christ not only redefines who we are, but it also supersedes all other possible definitions. Gender, culture, nationality, ethnicity, political affiliation—every label is secondary and subservient to our identity in Christ.

“In Christ” describes our spiritual position. We are united in Christ, beneficiaries of a new covenant that we did not deserve and cannot ever earn. We have legal right to claim all that is Christ’s as our own. And this inheritance is available for us today.

“In Christ” defines our current reality. All blessings of the Spirit, every good and pleasant thing he wants to bestow on us are already ours in Christ. His favor is not something we have to work for to receive.

“In Christ” recognizes our benefactor. In ourselves, we are helpless, wretched, with nothing to offer. But in Christ and only through Christ do we have life and all we need. No one who has experienced his fullness will ever choose to abide in anything or anyone else.

# APPLY

List all of the spiritual blessings in Ephesians 1 that God has given to believers in Christ.

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How does our identity in Christ affect the manner and confidence with which we should pray?

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What one thing will you change today as a result of what the Holy Spirit has revealed to you through this study?

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# PRAY

## Pray to Know God Better

*I do not cease to give thanks for you, remembering you in my prayers, that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him . . .*

EPHESIANS 1:16–17

Heavenly Father, thank you for giving me the Spirit of wisdom and revelation to know you better. I am not satisfied with only knowing about you. I desire to know you intimately. As I meditate daily on your Word, help me grow in my relationship with you so I can see you as you are, in all your fullness and glory. Show me what pleases you and what breaks your heart. Enable me to reflect your character to those around me, and may the light of your grace in my life draw others closer to you. In Christ's name, I pray. Amen.

## Prayer Focus:

- ☐ **Personal Prayer** (page 7)
- ☐ **Prayer Requests** (page 8)
- ☐ **My Church** (page 9)
- ☐ **My Community** (page 9)
- ☐ **My Nation** (page 9)
- ☐ **Every Nation** (page 10)

# And Can It Be That I Should Gain

Charles Wesley (1738)

*And can it be that I should gain  
An interest in the Savior's blood  
Died He for me, who caused His pain  
For me, who Him to death pursued?  
Amazing love! How can it be  
That Thou, my God, shouldst die for me?  
Amazing love! How can it be  
That Thou, my God, shouldst die for me?*

*He left His Father's throne above  
So free, so infinite His grace  
Emptied Himself of all but love  
And bled for Adam's helpless race  
'Tis mercy all, immense and free  
For O my God, it found out me!  
Amazing love! How can it be,  
That Thou, my God, shouldst die for me?*

*Long my imprisoned spirit lay,  
Fast bound in sin and nature's night  
Thine eye diffused a quickening ray  
I woke, the dungeon flamed with light  
My chains fell off, my heart was free  
I rose, went forth, and followed Thee  
Amazing love! How can it be  
That Thou, my God shouldst die for me?*

*No condemnation now I dread  
Jesus, and all in Him, is mine  
Alive in Him, my living Head  
And clothed in righteousness divine  
Bold I approach the eternal throne  
And claim the crown, through Christ my own  
Amazing love! How can it be  
That Thou my God, shouldst die for me?*

## READ: Ephesians 2

*For by grace you have been saved through faith. And this is not your own doing; it is the gift of God . . .*

EPHESIANS 2:8

The late Canadian evangelist Ern Baxter once said, “When Jesus said, ‘It is finished,’ it was finished and you either take it finished or you don’t get it at all. We are constantly trying to improve what cannot be improved. Imagine someone unveiling a great work of art while everyone stands amazed at the beauty of the painting. But an amateur in the crowd grabs a brush and a daub of paint and approaches the painting saying, ‘I think he missed it here.’ The crowd shouts, ‘Keep your hands off that canvas.’ The masterpiece of the cross is a finished work and any attempt to add to it only destroys its power and effectiveness.”

Christ’s work on the cross is enough—a masterpiece of grace and love. It beautifully depicts both our helpless state and his unsolicited benevolence in a way that is both tragic and glorious at the same time.

Stare at his masterpiece. The more we see the gospel for what it truly is, the deeper our response of reverence, gratefulness, wonder, and joy. It is impossible to encounter his workmanship and move from the experience unchanged.

What’s equally amazing is this same Divine Craftsman is at work on another masterpiece—you. In Ephesians 2:10, Paul says that “we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.” Will you let him work in and through you to produce what he envisioned for you, even before the creation of the world?

# APPLY

According to Ephesians 2, what was our condition without Christ? What has God done for us? What motivated God to do this for us?

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Read Ephesians 2:8–10. How do good works relate to our salvation?

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What one thing will you change today as a result of what the Holy Spirit has revealed to you through this study?

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# PRAY

## Pray to Understand Your Calling

*I do not cease to give thanks for you, remembering you in my prayers that . . . having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints . . .*

EPHESIANS 1: 16, 18

Heavenly Father, thank you for opening the eyes of my heart so I may fully grasp the hope that is now mine in Christ. I understand that you have called me out of darkness into your marvelous light—you have called me to walk with you. May holiness and faithfulness mark my every step. Help me to remember that not only am I rich in you but that you see me as your prized inheritance. May your light shine through my life in a way that brings honor to your name. Be glorified in all I think, say, and do. All this I pray in Jesus' mighty name. Amen.

## Prayer Focus:

- ☐ **Personal Prayer** (page 7)
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- ☐ **Every Nation** (page 10)

# Come Thy Fount of Every Blessing

Robert Robinson (1758)

*Come, thou Fount of every blessing,  
tune my heart to sing thy grace;  
streams of mercy, never ceasing,  
call for songs of loudest praise.  
Teach me some melodious sonnet,  
sung by flaming tongues above.  
Praise the mount I'm fixed upon it  
mount of God's redeeming love.*

*Here I'll raise my Ebenezer  
hither by thy help I've come;  
and I hope, by thy good pleasure,  
safely to arrive at home.  
Jesus sought me when a stranger,  
wandering from the fold of God;  
he, to rescue me from danger,  
bought me with his precious blood.*

*Oh, to grace how great a debtor  
daily I'm constrained to be!  
Let thy goodness, like a fetter,  
bind my wandering heart to thee:  
prone to wander, Lord, I feel it,  
prone to leave the God I love;  
here's my heart, O take and seal it;  
seal it for thy courts above.*

## READ: Ephesians 3

*According to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being.*

EPHESIANS 3:16

In Ephesians 1:19–20, Paul introduced the theme of God’s mighty power, referring to “the immeasurable greatness of his power toward us who believe according to the working of his great might that he worked in Christ when he raised him from the dead.”

“According to” is a prepositional phrase that means “determined by.” Think of it as a credit limit. Credit cards normally have credit limits that determine your spending power. Once you reach your limit, you have no more spending power. Paul is stating that the credit limit on the power available to all believers is the amount of power released in the resurrection of Christ.

How much power is that? In the Victors Bible Background Commentary, Lawrence Richards said, “Paul piled up synonyms to emphasize the overwhelming nature of that divine power. The words Paul used include *dynamis* (intrinsic capability), *energeia* (effective power in action), *kratos* (power exerted to control and overcome resistance), and *ischys* (the vital power inherent in life).”

In Ephesians 3, Paul again piled on synonyms to express the immensity of this power available to us. He started with the root word, *ekperissos*, which means “superabundant in quantity, excessive, and beyond measure.” It is the same word Luke used to describe the twelve leftover baskets after Jesus multiplied the loaves and fish. It is a word that means more than enough of whatever you need. He then added the prefix, *hyper*, which means “over, beyond, and above.” And just in case we missed his point, he added an extra *hyper*! That’s the extent of the Holy Spirit’s power at work in us.

# APPLY

What habits and routines can you build into your lifestyle to help you “be filled with all the fullness of God”? (v 19)

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How did Paul describe God in Ephesians 3:20? Prayerfully consider if you’ve somehow limited what God can do in and through you.

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What one thing will you change today as a result of what the Holy Spirit has revealed to you through this study?

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# PRAY

## Pray to Experience His Power

*That you may know . . . what is the immeasurable greatness of his power toward us who believe, according to the working of his great might that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places . . .*

EPHESIANS 1:18–20

Heavenly Father, give me a greater revelation of your immeasurable power. You are a mighty God. Increase my faith and help me break through any limitation I may have set on you and on what you can do. Thank you that the same power that raised Jesus from the dead is actively at work in me right now. I choose not to rely on my own ability, but I depend on your Holy Spirit to live out your holy calling. I confess that apart from you, I can do no good thing. May your life and power overflow in me, and may I become a more effective witness to the watching world around me. In Jesus' name, we pray. Amen.

## Prayer Focus:

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# Breathe on Me, Breath of God

Edwin Hatch (1878)

*Breathe on me, Breath of God,  
Fill me with life anew,  
That I may love what Thou dost love,  
And do what Thou wouldst do.*

*Breathe on me, Breath of God,  
Until my heart is pure,  
Until with Thee I will one will,  
To do and to endure.*

*Breathe on me, Breath of God,  
Till I am wholly Thine,  
Until this earthly part of me  
Glows with Thy fire divine.*

*Breathe on me, Breath of God,  
So shall I never die,  
But live with Thee the perfect life  
Of Thine eternity.*



# WALK WORTHY

## READ: Ephesians 4

*I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called . . .*

EPHESIANS 4:1

In Ephesians 1 to 3, the Apostle Paul described the spiritual reality of every believer in Christ. Beginning in chapter 4, he shifts his focus to emphasize the practical outworking of this new identity. Paul's exhortation is clear. What we believe determines how we behave. How we see ourselves directly impacts how we will act. And because we are now in Christ we can walk in a manner worthy of his calling.

On one side, this is a challenge to daily embrace the Holy Spirit's ongoing work of sanctification. We are called to walk in the light. The more we walk in the truth of the gospel, the less we will tolerate darkness to linger in our soul.

But Paul goes beyond our inward life. He connects acting in a manner befitting Jesus' name to our calling to walk in unity with other believers. We exemplify our reconciliation with Christ most when we actively engage in behavior that builds relational bridges and promotes unity in diversity.

Jesus is our best standard and example for this, but we must always remember that He is also the way by which we can walk worthy of our calling. The list of relational virtues Paul gives—humility, gentleness, patience, and love—reflect the outward fruit of a life rooted in Christ's amazing grace. We cannot live out any aspect of our calling apart from him.

# APPLY

What does it mean for you to “walk in a manner worthy of the calling?” How can you reflect more of his grace in your life and relationships today?

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In Ephesians 4:11–16, how does Paul describe the role the local church plays in spiritual growth? What is our role in the local church? How can you be more engaged in your local church community?

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What one thing will you change today as a result of what the Holy Spirit has revealed to you through this study?

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# PRAY

## Pray to Experience His Inner Strength

*That according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being.*

EPHESIANS 3:16

Heavenly Father, I recognize my absolute dependence on you. In and of myself, I am weak. My heart and my flesh will fail me, but you are my strength and my portion. Strengthen my inner being with power through your Holy Spirit. Enable me to confront the trials before me with boldness, courage, and faith that your Spirit in me is greater than any hindrance or opposition I will face in the world. I declare that I am more than a conqueror through Christ who strengthens me. Amen!

### Prayer Focus:

- ☐ **Personal Prayer** (page 7)
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- ☐ **Every Nation** (page 10)

# One in Christ

Clara M. Brooks (1907)

*As sweet strains of heav'nly music  
Blend in one harmonious sound,  
So the members of Christ's body  
In blest unity are found—  
One in mind, and one in spirit,  
One in doctrine, faith, and love;  
One in name—oh, precious union,  
Like the angel hosts above.*

*Not like waves upon the ocean,  
Tossing wildly, rolling high;  
Or the tempest's great commotion,  
As it sweeps across the sky;  
But like twilight, gently stealing  
O'er the verdant, shady lea,  
So the holy saints in Zion  
Rest—from all their sins set free.*

*Blood-washed pilgrims on the highway  
Chant the sweet, melodious strain  
Of their freedom from confusion,  
Angels join the glad refrain;  
One with all the hosts of heaven,  
There their names are written down;  
Jesus only, Jesus ever,  
In their hearts as King they crown.*

*Love, the theme of all their praises,  
Doth in holy bond unite  
All their hearts, in Him made perfect,  
Turned from darkness unto light;  
Thus the saved in Christ together  
Dwell in sacred unity,  
In the secret of His presence—  
Hid away, dear Lord, in Thee.*

## READ: Ephesians 5

*Awake, O sleeper, and arise from the dead, and Christ will shine on you.*

EPHESIANS 5:14

Have you ever heard of the wake-up light? If you have a hard time getting up when you're supposed to and have worn out the snooze button of your alarm clock, this might interest you. A wake-up light is a lamp with alarm clock functions designed to simulate the sun rising in your darkened room. The artificial dawn created by this device triggers our brain's natural response to sunlight and wakes us up.

Anyone who has ever woken up because someone turned on the light in their room while they were sleeping knows that light can wake us up. The only way to avoid this is to find ways to keep the light out and stay in darkness. We have to intentionally choose darkness if we want to go back to sleep.

Jesus is the light of the world that shines on us. He wakes us up from our sin and rouses us to a new life—a life of pleasing the One who delivered us from darkness to light. In him, we were transported from the kingdom of darkness to the kingdom of light. The more we expose ourselves to his glorious light, the more we bear the fruit of goodness, righteousness, and truth in our lives. Who would want to hit the snooze button and miss out on all of that?

# APPLY

Read Ephesians 5:1. What does it mean to be “imitators of God, as beloved children?”

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List the “unfruitful works of darkness” that Paul mentioned in Ephesians 5:3–20. Ask the Holy Spirit to “wake you up” to sin behaviors or attitudes that he wants you to turn away from so you could walk toward more of his will.

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What one thing will you change today as a result of what the Holy Spirit has revealed to you through this study?

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# PRAY

## Pray to Be Rooted in Love

*So I ask . . . that you, [be] rooted and grounded in love.*

EPHESIANS 3:13, 17

Heavenly Father, let me be rooted in your affection for me. Remind me of my identity in Christ. Let me not be swayed by my feelings or the circumstances around me. Anchor me in your truth. Help me grasp the breadth, length, height, and depth of your love. The more I reflect on what you have done for me at the cross, the more I realize that your act of sacrifice surpasses comprehension. Let your compassion overflow and move me to love others as you have loved me. In Jesus' name, I pray. Amen.

## Prayer Focus:

- ☐ **Personal Prayer** (page 7)
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- ☐ **Every Nation** (page 10)

# Oh, the Deep, Deep Love of Jesus

**Samuel Trevor Francis (1875)**

*Oh, the deep, deep love of Jesus,  
vast, unmeasured, boundless, free!  
Rolling as a mighty ocean  
in its fullness over me!  
Underneath me, all around me,  
is the current of thy love —  
leading onward, leading homeward,  
to that glorious rest above!*

*Oh, the deep, deep love of Jesus —  
spread his praise from shore to shore!  
How he loves us, ever loves us,  
changes never, nevermore!  
How he watches o'er his loved ones,  
died to call them all his own;  
how for them he's interceding,  
watching o'er them from the throne!*

*Oh, the deep, deep love of Jesus,  
love of every love the best!  
'Tis an ocean vast of blessing,  
'tis a haven sweet of rest!  
Oh, the deep, deep love of Jesus —  
'tis heaven of heavens to me;  
and it lifts me up to glory,  
for it lifts me up to thee!*

# STAND FIRM

## READ: Ephesians 6

*Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.*

EPHESIANS 6:13

On July 20, 1969, the American astronaut Neil Armstrong stepped out of the Lunar Module onto the moon's surface. As 450 million listeners tuned in around the world, he uttered these now-famous lines, "That's one small step for a man, one giant leap for mankind."

Armstrong and his partner Buzz Aldrin walked on the moon for a little over two hours despite the extreme temperatures that get as high as 200 degrees C (392 F) during the day and as low as -200 degrees C (-328 F) during the night. However, in that hostile environment, the astronauts were shielded by their complex A7-L spacesuits which used a combination of insulation, reflective surfaces, and an ice sublimator to regulate temperature. If they stayed in their suits, they could fully explore their surroundings.

In Christ, we are protected from the hostile spiritual atmosphere around us. We can walk in his strength. We can stand firm against the enemy's schemes and face the spiritual battle head-on knowing our fight is not against flesh and blood. Our victory is assured in Christ because He has won the battle for us at the cross.

# APPLY

Read Ephesians 6:10–20. Identify all the weapons and armor God has given for spiritual warfare.

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Why does Paul's call to prayer follow his discussion of our spiritual battle and armor? How does prayer relate to this battle?

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What one thing will you change today as a result of what the Holy Spirit has revealed to you through this study?

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# PRAY

## Pray to Experience the Fullness of God

*So I ask . . . that you . . . know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.*

EPHESIANS 3: 13, 16, 19

Heavenly Father, I am overwhelmed by all that you have for me in Christ. Help me grab hold of all you have given me—your grace, your peace, your comfort, your strength. Not only do you satisfy the yearnings of my soul, you abundantly provide beyond what I currently know I need. Teach me to abide in Christ so I may be filled with all the fullness of God. Amen!

## Prayer Focus:

- ☐ **Personal Prayer** (page 7)
- ☐ **Prayer Requests** (page 8)
- ☐ **My Church** (page 9)
- ☐ **My Community** (page 9)
- ☐ **My Nation** (page 9)
- ☐ **Every Nation** (page 10)

# A Mighty Fortress Is Our God

Martin Luther (1529)

*A mighty fortress is our God,  
a bulwark never failing;  
our helper he, amid the flood  
of mortal ills prevailing.  
For still our ancient foe  
does seek to work us woe;  
his craft and power are great,  
and armed with cruel hate,  
on earth is not his equal.*

*Did we in our own strength confide,  
our striving would be losing,  
were not the right Man on our side,  
the Man of God's own choosing.  
You ask who that may be?  
Christ Jesus, it is he;  
Lord Sabaoth his name,  
from age to age the same;  
and he must win the battle.*

*And though this world, with devils filled,  
should threaten to undo us,  
we will not fear, for God has willed  
his truth to triumph through us.  
The prince of darkness grim,  
we tremble not for him;  
his rage we can endure,  
for lo! his doom is sure;  
one little word shall fell him.*

*That Word above all earthly powers  
no thanks to them abideth;  
the Spirit and the gifts are ours  
through him who with us sideth.  
Let goods and kindred go,  
this mortal life also;  
the body they may kill:  
God's truth abideth still;  
his kingdom is forever!*





## EVERY NATION

Every Nation is a global family of churches and ministries that exists to honor God by establishing Christ-centered, Spirit-empowered, socially responsible churches and campus ministries in every nation.

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