

**STAND FIRM
& ACT LIKE
MEN**

Ephesians 6 (ESV)

12 For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. 13 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. 14 Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, 15 and, as shoes for your feet, having put on the readiness given by the gospel of peace.

Ephesians 6 (ESV)

16 In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; 17 and take the helmet of salvation, and the sword of the Spirit, which is the word of God, 18 praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, 19 and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, 20 for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

The Point

To Stand up and Act like Men we must dress ourselves for battle and go to war to DEFEND and PROTECT our loved ones.

Stand firm because our Victory is in Jesus.

Introduction

- We are in a spiritual battle, not a physical one.
- Our enemy is not people, but spiritual forces of evil.
- God calls us to stand firm & put on His armor - because He has already secured the victory through Jesus.
- We may be older, but we are still warriors in the Kingdom - praying, standing firm & defending those we love.

THE BLOG
COMMON

STAND FIRM IN THE TRUTH

BLOG

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Stand Firm in the Truth

- Truth holds everything together - Just like a soldier's belt held his armor in place, God's truth keeps our lives from falling apart.

32 “and you will know the truth, and the truth will set you free.” (John 8:32 ESV)

Stand Firm in the Truth

- Our truth comes from God's Word, not the world's opinions - The world changes daily, but God's truth never changes.

160 The sum of your word is truth, and every one of your righteous rules endures forever. (Psalm 119:160 ESV)

- We must know & teach the truth to our families - Grandparents & parents are called to pass down faith & truth.

Stand Firm in the Truth

- Truth is not an idea, it's a Person.

*6 Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me."
(John 14:6 ESV)*

- Standing for truth means loving others enough to guide them back to Jesus.

TRUTHS TO HELP YOU
stand firm in your identity



A WIFE LIKE ME

Stand Firm in Your Identity

- Our righteousness is not earned, it's received.
- Jesus' righteousness covers us completely.

*21 For our sake he made him to be sin who knew no sin,
so that in him we might become the righteousness of God.
(2 Corinthians 5:21 ESV)*

- God sees us through Jesus' perfection.
- When God looks at us, He sees the righteousness of His Son, not our past failures.

Stand Firm in Your Identity

- Guard your heart with the truth of who you are in Christ - Use faith as your shield.

23 Keep your heart with all vigilance, for from it flow the springs of life. (Proverbs 4:23 ESV)

Stand Firm in Your Identity

- Faith extinguishes the flaming darts of doubt, fear & temptation.
- Stand together in faith - When one believer grows weak, others can cover them in prayer & support.

2 Bear one another's burdens, and so fulfill the law of Christ. (Galatians 6:2 ESV)

The background image is a misty landscape. In the foreground, there are tall, thin grasses or reeds. In the background, there are silhouettes of trees. The scene is misty or foggy. Overlaid on the right side of the image is a blue geometric design consisting of several rectangular blocks of different shades of blue. The text is centered over the image.

Stand Firm in Prayer & the Word

Stand Firm in Prayer & the Word

- The helmet of salvation protects our minds.
- Knowing we belong to Jesus gives us peace & confidence.

38 For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, 39 nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. (Romans 8:38–39 ESV)

Stand Firm in Prayer & the Word

- The Word of God is our sword.
- Scripture is both defensive (truth) & offensive (victory).

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

(Hebrews 4:12 ESV)

Stand Firm in Prayer & the Word

- Prayer is our greatest weapon - When we pray, the enemy loses his grip & God's power is released.

16 Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

(James 5:16 ESV)

- Pray for others continually - We are called to fight for one another in bold prayer.

Practical Application

- Speak truth & encouragement to your children, grandchildren & fellow residents.
- When you feel fear, remind yourself that Jesus has already won the battle.
- Protect your peace — turn off voices of fear & tune in to God's Word.
- Forgive quickly — the enemy thrives in bitterness & division.
- Remember daily: You are not fighting for victory — you're fighting from victory.

Discussion Questions

- What does it mean to “stand firm” in today’s world?
- How can we fight spiritual battles without anger or fear?
- Which part of God’s armor do you need to strengthen most right now?
- How can prayer become more powerful in your daily life?
- What truth from Scripture encourages you when you feel under attack?
- How can we “cover” our families & friends with the shield of faith?

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