



The Heart of a Warrior

Princess

Women's Retreat

17 July ~ 1 August 2020

You are a Warrior Princess!

We are so excited that you chose to join us on this journey to the Heart of a Warrior Princess. As a believer in Christ, you are a child of the King. That makes you a princess! And girlfriend, whether you realize it or not, we are all in a battle! There is a spiritual battle raging on around us right now—and we have an enemy that is bent on our destruction.

This retreat will be a little different, (thanks, COVID). You and your team are challenged to complete daily core activities, along with extra activities that are weekly or completed one time. Each day, you'll access the Warrior Princess webpage to enter your points for the day. The team with the highest point total at the end of the retreat will win a super sweet prize for each team member!

Core Activities (completed daily):

Armor of God study (5 points)

Workout program (5 points)

One Minute Pause App (three times a day) (5 points)

Extra Activities

Read about the woman of the Bible in your team name. Share with your team how you relate to her or how she inspires you (to be completed one time) (10 points)

Memorize a verse and recite to someone on your team (6 pts)

Attend or tune in to one of Grace's Sunday services (4 pts)

Memorize & recite Ephesians 6:10-17 (completed 1 time) (10 pts)

Fast for 24 hours (all food) (8 pts)

Prayer-walk through your neighborhood (7 pts)

From *The Armor of God* study, take a tangible action step in-line with one of the verses (7 pts)

Write a note or text of encouragement to a friend, your spouse, a family member, coworker, etc. (10 pts)

Email the Pastors at Grace how God has worked in your life over these two weeks. (to be completed one time) (9 pts)

Attend the main session on July 25th (5 pts)

Post a video of yourself on social media using the hashtag #HeartOfAWarriorPrincess telling what you've learned over these two weeks. (to be completed one time) (15 pts)

Attend the closing ceremony on August 1st (10 pts)

PRISCILLA SHIRER

The Armor of God



Size up the Enemy

The Belt of Truth

The Breastplate of Righteousness

The Shoes of Peace

The Shield of Faith

The Helmet of Salvation

The Sword of the Spirit

Ephesians 6:10-18

¹⁰Finally, be strong in the Lord and in His mighty power. ¹¹Put on the full armor of God so that you can take your stand against the devil's schemes. ¹²For 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. ¹³Therefore 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. ¹⁴Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷Take the helmet of salvation and the sword of the Spirit, which is the Word of God. ¹⁸And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

Day 1 – July 18, 2020

SIZING UP THE ENEMY

Ephesians 6:12

Watch the Session 1 video at:

<https://discovergrace.church/princess/>

In her study, *The Armor of God*, Priscilla Shirer tells the story of how her teen age sons would often sneak up, grab her up, toss her on the couch, and wrestle-tickle her while she protested. When her larger, stronger husband would arrive to rescue her, the boys would relent and run away. She says, “All of the sudden, I’m free and back on my feet. Not because I’m particularly strong – in fact, I’m not as strong as my boys are becoming – but because I’m in relationship with someone who is.”

This is critical ladies! We need to remember – we alone are not strong enough to fend off the attacks that will come against us, but when we are in relationship with Someone who is, we can! We have an enemy, but we also have a relationship with Someone stronger and more powerful than the enemy—Jesus Christ!

An invisible battle is taking place all around us. Read 2 Kings 6 where Elisha’s servant was given the vision needed to see the powerful forces fighting in his/our favor.

We must realize who our enemy is. He is invisible, but he’s real. The weapons we use to fight him are not physical. The battle is ongoing, and unavoidable. But Satan is not God’s peer or counterpart. Read Ephesians 6:12 from page 5, and write it in the space below.

Victory starts here, today. Pray for vision, to see the enemy’s activity, and to be aware of God’s provision of the armor to defeat him in your life! Journal your prayer if you’d like.

Daily Tasks:

- ◇ Complete today’s study material
- ◇ Complete workout
- ◇ Complete 3 One Minute Pauses
- ◇ Post my points

Day 2 ~ July 19, 2020

SIZING UP THE ENEMY

There is an enemy. He is real and active, working against you, day by day, to keep you from experiencing the victory that is already yours in Jesus Christ!

Today we will work to unmask the enemy. He wants to remain hidden so he can lead us into sin and break our relationship with Jesus.

There are many names we use to describe our enemy – Satan (the adversary), the devil (slandorous), Tempter (one who tempts), Ruler of the World (cultural and social), Prince of Power of the Air/Darkness (works with other demons), Accuser (one who condemns), Father of Lies (liar, liar, pants on fire).

We are called to put on the armor **now**. Daily. Consistently. Spiritual warfare doesn't take a day off. Read 1 Peter 5:6-9. What might happen if we fail to heed the commands in these verses?

The armor is like an early warning system, that allows us to detect the enemy's strategies so we can defeat him. The devil is a master at choosing the right kind of bait to snag you. He'll hit you where you're most vulnerable, in areas of greatest fear and anxiety. He wants to stop you in your tracks before you become a threat to his kingdom.

Prayer is the mechanism that brings the power of heaven into your life. It activates your armor and makes it effective. It's the devil's kryptonite!

Read Ephesians 6:18. Underline every instance where you see a version of the word 'pray.'

“And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.”

The most important piece of armor is PRAYER. For the next two weeks, we're going to create a prayer strategy for our lives. One full of gratitude for what God has done, punctuated with promises from His Word. On the journal page left, take some time to record prayers and praises for this week.

Daily Tasks:

- ◇ Complete today's study material
- ◇ Complete workout
- ◇ Complete 3 One Minute Pauses
- ◇ Post my points

Day 3 – July 20, 2020

THE BELT OF TRUTH

Watch the video session 2 at:

<https://discovergrace.church/princess/>

Daily Tasks:

- ◇ Complete today's study material
- ◇ Complete workout
- ◇ Complete 3 One Minute Pauses
- ◇ Post my points

I loved how, in today's video, Priscilla explained the similarity of the feeding habits of sharks to the devil's attacks. The enemy relies heavily on the element of surprise, catching us unaware and unprepared for his attacks. If he knows that we are aware of him, and know his tactics, he has to work harder to get us.

Now that we recognize who our enemy is, let's begin to put on the armor! We start with the Belt of Truth. For a Roman soldier of the day, the belt was the foundation of their uniform. The scabbard for their sword hung from the belt, and it provided the base for resting the breastplate. It also included an apron-like shield to protect their belly and lower organs.

In the same way, the Belt of Truth provides the foundation of our faith and our victory over the enemy. Satan seeks to discredit God, to make us question Him and His plans for us, and tries to twist the truth constantly.

Remember, the enemy's chief weapon is deception. His packaging is so clever, that unless we know the truth — really know it — we easily fall prey to his schemes. You cannot recognize a lie if you don't know what the truth is.

Did you know that Secret Service agents that are charged with rooting out counterfeit currency don't study the various fakes? They only study, handle and familiarize themselves with real U.S. money, so that when they encounter a counterfeit bill, it's very evident to them.

My friend, Amy Sickel, told me that having a strong core allows me to move freely and complete tasks with less chance of getting injured. Your core is like a corset that encircles your spine and vital organs and protects them (much like the Roman soldiers belt). Fastening the "Belt of Truth" or dare I say, the "core-set of truth" is like bracing your core before lifting a box off the floor. Without fastening your Belt of Truth you **can** go throughout the day doing what you need to do, however your risk of being "injured" by the enemy is much greater.

Have you been participating in any of the workout exercises that Amy showed us? While each of us is at a different level of fitness (or jiggle-ness for me!!), we can all stand to do strengthening exercises to stabilize our core, improve our posture and give us more stamina in our day to day lives.

When you're standing firmly on the Truth of God as revealed in His Word, strength flows into every other area of your life. Truth stabilizes your beliefs, allows you to stand firm against attacks and cultural shifts, and allows you to have stamina to stand against the devil's schemes.

Do you have any prayers or praises to add to your list? Use the journal page. Pray that God would instill a love and hunger for His Word, and that the Holy Spirit would fill your mind with the Truth of God. As He says in John 8:32,

"And then you shall know the truth, and the truth shall set you free."

Day 4 – July 21, 2020

THE BELT OF TRUTH

“Discernment is not a matter of simply telling the difference between what is right and wrong; rather it is the difference between right and almost right.” - Charles Spurgeon

Daily Tasks:

- ◇ Complete today's study material
- ◇ Complete workout
- ◇ Complete 3 One Minute Pauses
- ◇ Post my points

The deceiver operates in the darkness. And he hopes we will, too. As long as we're stumbling around shrouded in darkness – not really sure what's true and what's not – we'll never be able to see him for who he really is and detect the underlying intentions of his plans. What we need is a spotlight that pierces the darkness and lays bare all his evil schemes, systems and illusions.

In the Gospels, Jesus uses the phrase “I tell you the truth” 68 times. He also describes Himself as truth (John 14:6) and light (John 8:12, 9:5, 12:46). Satan cloaks his deceptions in a way that piques our feelings, excites our instincts, or brings to mind a past experience – all in a sly attempt at compelling us to move forward without consulting truth, veering us off course and outside of God's will.

This is why we always need the ever-bright spotlight of God's truth – guiding, directing, regulating everything that comes our way. Our job as belt-of-truth-wearing believers is to recalibrate our feelings, instinct, conscience and experience to line up with it.

Freedom comes when we unapologetically follow the truth that we discover in Him and in His Word. Walking in it, abiding in it, ordering our steps and decisions according to it— that's what makes the difference. That's what disarms the enemy's influence and his impact in our lives.

Let's look at one more example. Read Genesis 2:16-17 and 3:1-6. Consider what the truth really was—the standard set by God. What did the enemy say to slant the truth to Eve? What do you think made the enemy's proposition so appealing?

Satan drew Eve's attention to what she couldn't have, tricking her to ignore the abundance that God had told her she could have. He tries the same strategy with you. He seeks your deepest insecurities and tries to get you to bypass God to get them.

Add to your prayer list today gratitude for what God has given you. Ask Him for contentment and peace and to remove any jealousy or envy. Discuss in your team how the enemy makes sin so appealing to us.

Day 5 – July 22, 2020

THE BREASTPLATE OF RIGHTEOUSNESS

Watch the video for session 3 at:

<https://discovergrace.church/princess/>

Daily Tasks:

- ◇ Complete today's study material
- ◇ Complete workout
- ◇ Complete 3 One Minute Pauses
- ◇ Post my points

So we put on the Belt of Truth, and now we are strapping on the Breastplate of Righteousness. But tell me – why do you think the belt of Truth is a necessary prerequisite for wearing the breastplate?

Righteousness is upright living that aligns with the expectations of God. It is right living – walking “in a manner worthy of the calling with which you have been called.” Ephesians 4:1

The breastplate covers the most vital organ in the whole body—the heart. And the enemy takes every opportunity to push his way into our lives. Unrighteousness is all the invitation he needs to send his demons on assignment. It not only leaves the door open, but rolls out a welcome mat on the doorstep of your soul! And the heart is one of his primary and lethal targets.

When you and I choose not to align our actions with God's truth – when we live in blatant rebellion against His will for us – we leave our heart exposed where Satan can take a clear shot.

We know God's perfect righteousness is an unattainable goal, so what's the solution? We often want Him to be like the school teacher who grades on the curve, lowering the requirements for a passing grade. But it doesn't work that way, does it?

We can also compare our 'righteousness' to someone else's. But that's never an accurate barometer, because even if your actions are better than someone else's, they're still not as good as God's.

Be honest—who are the people – friends, or even strangers – who you tend to compare yourself to?

How does it make you feel when you measure yourself as better than others? How does it feel when you feel you are worse than them?

Discuss these questions in your team or pray & journal the answers from God.

Day 6 – July 23, 2020

THE BREASTPLATE OF RIGHTEOUSNESS

Yesterday we discussed how we could never measure up to God's perfect righteousness, and how comparing ourselves to others is deceiving because it's a measurement against an inaccurate standard (our own instead of God's).

So what do we do? How can we strap on the Breastplate of Righteousness to protect ourselves?

It's called Imputed Righteousness. OK, I had to look that one up. Imputed means to assign a quality to someone else. The Cross of Christ took away the penalty of our sin. And if that's all it did, it would be enough to garner our unending gratitude and praise! But He didn't just take something away—He gave us something better in return. (2 Corinthians 5:17)

When you trust Jesus as your personal Savior, the penalty of sin is removed and the gift of God's own righteousness is given (imputed) to you.

Listen closely now—the enemy is constantly on the warpath to keep you from realizing and using this gift. He doesn't want you to rest in the fact that you're completely forgiven, that you are completely righteous, holy and a daughter of the King of Kings. If he can get us to forget that part, he can keep us from wearing the breastplate that blocks him from attacking our hearts. He knows your knowledge and acceptance of imputed righteousness is the key.

Today, take a few moments to add to your prayer list on your journal page. First praise Him for the sacrifice that took the penalty for your sin. Thank Him for not only forgiving you, but giving you righteousness to protect you from attack from the enemy. Then ask Him for the ongoing, renewing strength of the Holy Spirit as well as the courage to wear this breastplate every day.

Daily Tasks:

- ◇ Complete today's study material
- ◇ Complete workout
- ◇ Complete 3 One Minute Pauses
- ◇ Post my points

Day 7 – July 24, 2020

THE SHOES OF PEACE

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. (Phil 4:6-7)

Watch the video for Session 4 at:

<https://discovergrace.church/princess/>

The shoes a Roman soldier wore were specially designed to give him stability and mobility to get the job done. He had spikes on the bottom of his shoes that allowed him to dig in and gain traction to move ahead. In comparing the shoes to the peace of the Gospel, Paul was making a great point:

God's peace gives us a firm grip which we need in a world that is not firm. The truth of the Gospel gives us stability, and allows us to keep our footing when everything around us is swirling. We cannot survive the storms in life without God's peace. Satan knows that where there is no peace there is also no victory.

Of all the things the enemy seeks to steal, kill, and destroy in your life, peace is almost always at or near the top of his list. He intentionally stirs up discord, division, disruption, and disturbance, both within you and around you. He is lord of chaos and confusion and he is having a hey day right now! He wants you uneasy, unbalanced, filled with anxiety, worry and turmoil. Lacking...peace.

Shalom, the familiar Hebrew word for peace, does not refer to the absence of chaos, but rather an overall deeply entrenched sense of harmony, health and wholeness in the midst of chaos.

Think back over the past week. How did the enemy take advantage of an upsetting, unexpected, chaotic event or circumstance to gain access to your life?

Bring that event to God in prayer. Ask for His peace that passes all understanding, so that you can have harmony in the midst of chaos. Ask the ladies on your team to pray for you regarding this event.

Daily Tasks:

- ◇ Complete today's study material
- ◇ Complete workout
- ◇ Complete 3 One Minute Pauses
- ◇ Post my points

Day 8 – July 25, 2020

THE SHOES OF PEACE

Peace I leave with you; My peace I give you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful. John 14:27

Daily Tasks:

- ◇ Complete today's study material
- ◇ Complete workout
- ◇ Complete 3 One Minute Pauses
- ◇ Post my points

Tonight we'll be having a special event at the church! We hope you'll be able to join us. If not, we hope to be broadcasting the event, so look for an email with all the details.

Yesterday we discussed how the Shoes of Peace give us grip and traction to keep us grounded and moving forward. Our enemy knows how easily we become incapacitated without our shoes of peace— unfit for warfare, unable to advance against him.

Only God's peace can dig in deep enough to offer the kind of anchoring and security we need, keeping us from being knocked over and undone by a potent enemy who specifically targets us in those areas where we are weakest or most tender.

But how do we put on these shoes of peace? Take a look at Philippians 4:6-7 and Colossians 3:15-17. What did you see? Prayer and thankfulness? Now turn to Isaiah 26:3-4. Who does God keep in perfect peace? Fix your thoughts on Him and trust in Him today.

What are 3 things you can be grateful to God for today?

How can you incorporate these 3 things into your prayer strategy today?

This is how we put on the shoes of peace—we trust and express gratitude. Then we experience the peace of God that surpasses all understanding. Starting today, any time you feel worry or anxiety creeping into your heart, take it as your cue to turn your attention to God. Pray. Trust Him. Be grateful. And watch His peace—a peace you can't even begin to explain—swell in your experience.

2 Thessalonians 3:16

Day 9 – July 26, 2020

THE SHIELD OF FAITH

Watch the video for session 5 at:

<https://discovergrace.church/princess/>

Faith is one of the most overused and yet underutilized expressions in Christian circles. Which is completely backward. Because really, talking about faith is not the same as having it. Plain and simple, faith is an action. And this is the secret that separates the experience so many of us have—being willing and committed to translate beliefs into active faith, not just talking about them.

Turn to Hebrews 11:1 and copy this biblical definition of faith:

Dr. Tony Evans once said—“Faith is acting like it is so, even when it is not so, so that it might be so, simply because God said so.” Boom.

Paul spoke of the Shield of Faith “with which you will be able to extinguish all the flaming arrows of the evil one.” (Eph 6:16) Other than prayer, Paul put more of an emphasis on this piece of armor than any of the others, by including additional statements before and after mentioning the shield itself.

First, he described the benefits of using it. With the other pieces of armor, we’re left to discover the benefits for ourselves by studying the other portions of the letter of Ephesians. But with the shield, he tells us right away what the results will be when employing the shield.

With the belt, breastplate and shoes, he conveys them as a spiritual uniform that should be worn by believers at all times. But he approaches the shield differently—commanding for it to be “taken up” when required. The moment when we first sense flaming arrows infiltrating our life, we activate faith as a shield of protection over our lives.

Don’t miss the irony here — the enemy sends flaming arrows specifically when you are being called to walk in faith. The arrows are deliberately intended to disable you from doing the only thing that has the power to extinguish them: Walking in Faith! It’s a pattern he hopes you’ll never catch on to. He knows if you ever push past the insecurity or doubt or fear that’s burning in your soul, you’ll erect a shield of protection that will smother his plans!

What is God asking you to do in faith today? Journal about it.

Daily Tasks:

- ◇ Complete today’s study material
- ◇ Complete workout
- ◇ Complete 3 One Minute Pauses
- ◇ Post my points

Day 10 – July 27, 2020

THE SHIELD OF FAITH

Let us hold unwaveringly to the hope we profess, for He who promised is faithful. Hebrews 10:23

Daily Tasks:

- ◇ Complete today's study material
- ◇ Complete workout
- ◇ Complete 3 One Minute Pauses
- ◇ Post my points

When you go to buy a house, you're required to put down earnest money. These are funds that prove you are committed to buying the house. Taking up the shield of faith is like giving God earnest money. It is proof you trust Him like you say you do. Faith involves sacrifice because it likely involves some level of risk on your part. But it's a risk worth taking if the One you're depending on has proven Himself dependable.

When you go to sit down in a chair, do you stop to consider whether it will hold you? Likely, unless it has failed you in the past, you have faith it will hold you. But whether a chair can hold my weight or not has nothing to do with how much faith I have. All the faith in the world doesn't strengthen the chair. Increasing my faith isn't necessary, but becoming better acquainted with the strength of the chair is. The stronger I discover a thing to be, the more willing I am to have faith in it.

Jesus tells us in John 17 that someone with even the tiniest bit of faith has enough to live a faith-filled life. The reason is clear: a little faith is all you need when it's firmly planted in the right Person!

If you are struggling to move forward in obedience to God, you do not need bigger faith. You just need to realize how big your God is. You don't need more faith; you need a more comprehensive and accurate view of the faithfulness of your God.

Our action or inaction is an indicator of what we believe to be true about God. We may think we have little faith, but we can still be a woman of strong faith if we choose to move forward despite how we feel.

Read Luke 5:1-7. Peter went against all that he knew as a fisherman (wrong time of day, fish didn't bite all night, just cleaned my nets!), he believed and had faith in Jesus, let down his nets and was rewarded with a tremendous catch!

How can you demonstrate your faith despite what your experience (or inexperience) or the world might be telling you? Discuss this question with your teammates.

Day 11 – July 28, 2020

THE HELMET OF SALVATION

Watch the video for session 6 at:

<https://discovergrace.church/princess/>

Daily Tasks:

- ◇ Complete today's study material
- ◇ Complete workout
- ◇ Complete 3 One Minute Pauses
- ◇ Post my points

The salvation experience is often reduced to something that only affects a person's eternal destiny – heaven or hell. And to be clear, the fact that it does affect the outcome of eternity gives us incredible hope.

Receiving salvation is not the same as applying salvation. The 1st redeems us; the 2nd restores, protects, and shields us from the attacks of the enemy.

Salvation is not just a past-tense event with future-tense implications. As we live underneath its blessing, we enjoy a vibrant, living, daily reality in the present. And this is not just a one-time occurrence. Salvation doesn't stop at the foot of the cross. Jesus' death gives us justification—making us right with God, forgiving our sins. But in the day-to-day, it also provides sanctification—the process by which we are continually delivered from the wrath of God, fortified against the enemy's attacks, and molded into the image of Christ as our minds are renewed. God designed salvation to offer so much more. And this is what the devil doesn't want you to know. Because as long as you don't apply salvation to your life, you'll still be vulnerable to his attacks every day for the rest of your life, even if you've gotten saved.

We've also received a vast, boundless, lavish inheritance – one we did not earn and do not deserve. This salvation inheritance protects your mind against the enemy's attempts to cripple your thinking, to convince you that you are worth less than you really are.

Think about your physical brain—it controls every single function of your body, from moving your pinkie finger to driving a car. The signals and impulses of your brain control your body. And what the brain is to the body, your mind is to your soul. If your mind doesn't send out healthy impulses, your soul will not respond in healthy ways. This is why the enemy works so diligently to cripple you through negative thoughts and unhealthy patterns of imagination (worry and anxiety).

Where have you seen the enemy's fingerprints in your soul, and what negative thoughts have you let take root? Write a prayer on the journal page asking God to remove those unhealthy, negative thoughts from your mind and to replace them with His Truth.

Day 12 – July 29, 2020

THE HELMET OF SALVATION

For by grace you have been saved through faith; and that not of yourselves, it is the gift of God. Ephesians 2:8

Daily Tasks:

- ◇ Complete today's study material
- ◇ Complete workout
- ◇ Complete 3 One Minute Pauses
- ◇ Post my points

No soldier would ever think of going into battle without his helmet. The good news is, we never have a reason to be without it. The price for our helmet has been paid in full by our Savior.

Turn in your Bible to 2 Corinthians 10:4-5, and then read Romans 12:2. These two power-packed passages are THE battle plan for our defense against the enemy's attempts to infiltrate our mind. They tell us how to transform our thinking and put on the helmet of salvation. They can be boiled down to three key mission statements:

1. IDENTIFY the toxic thought patterns you've been nursing and recognize them for what they are—strongholds that, along with the enemy, you've constructed in your mind.
2. CONFESS those errant thought processes to God and agree with Him about your responsibility in helping to construct those strongholds in your life.
3. DISMANTLE the stronghold by taking your thoughts captive, then renewing your perspective and understanding through the concentrated, deliberate applying of God's truth.

Taking thoughts captive will be a lifestyle, not a one-time event. It means controlling those thoughts instead of allowing them to control you. It means actively replacing the enemy's thinking with God's thinking at every opportunity.

Know too, the enemy wants you to suffer from a case of mistaken identity. It makes his job a whole lot easier. And makes your defenses a lot weaker. He's working overtime to mask your identity in Christ, to keep the truth from coming out – that you are indeed alive and free and empowered by God's own Spirit to fight victoriously against him. His reign of terror is over in our lives—because we know the truth!

Putting on the helmet of salvation is knowing who you are in Christ, fortifying your thinking with it, and living in a way that is in alignment with it. When you do this, you break the enemy's stronghold and tap into God's power to deflect future attacks.

What strongholds do you need to break down with God's help today?

Day 13 – July 30, 2020

THE SWORD OF THE SPIRIT

Watch the video for session 7 Part 1 at:

<https://discovergrace.church/princess/>

Daily Tasks:

- ◇ Complete today's study material
- ◇ Complete workout
- ◇ Complete 3 One Minute Pauses
- ◇ Post my points

The Sword of the Spirit is unique because it is the only offensive weapon in the set of armor. Paul is telling us that to withstand the attacks from the enemy, we shouldn't always take a defensive posture.

Most of the time we picture a broad sword—like Excaliber, that the knights would fight with. But the sword Paul describes was a short sword, so small, it was perfect for hand-to-hand combat. Sometimes it feels like the enemy is right in our face.

Remember when Jesus was tested in the wilderness, after fasting for 40 days? The weapon He used against Satan was the Word of God. In order to use the Sword, you must know the Word, and what it means to you.

On pages 34-35 you'll find an excerpt from *The Armor of God* Bible study, *My Inheritance and Identity in Christ* that lists many of the benefits and blessings we receive as daughters of the King.

Take time today to look up and read the scriptures associated with the blessings. Select one or two that speak to you, and write them here. Then share your favorites with your teammates.

Day 14 ~ July 31, 2020

THE SWORD OF THE SPIRIT

Watch the video for session 7 Part 2 at:

<https://discovergrace.church/princess/>

- Daily Tasks:
- ◇ Complete today's study material
 - ◇ Complete workout
 - ◇ Complete 3 One Minute Pauses
 - ◇ Post my points

In *The Armor of God* bible study, Priscilla Shirer tells the story of a woman in her church who had taken to writing one verse on a 3 x 5 card and clipping it to a spot on the dashboard of her car. As a busy mom, she's in the car a great deal, and she would keep the verse there for 7 days. That way, all day long, whenever her eyes happened to land on it, she'd be reminded of its truth and encouraged to implement it in her life.

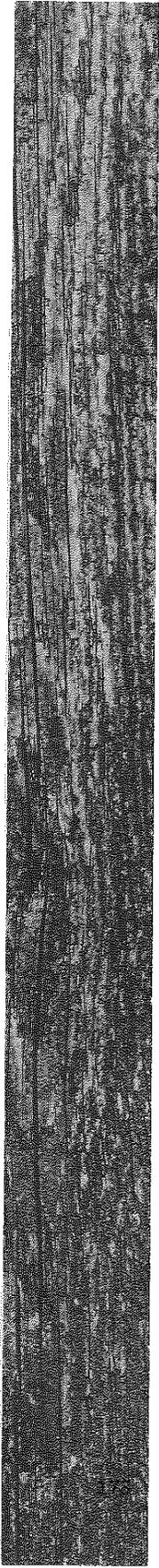
But wait, it gets better. Because by the end of that week, she was able to share how she'd not only memorized the verse, but could also relate several instances where that verse had 'come to life' for her—informing her decisions, renewing her mind, changing her perspective, redirecting her responses and actions, allowing her to hear God's guidance for specific situations that unfolded during her week.

The fact is, when you're in a war, you don't relax your resolve or disengage from active warfare. You don't take a vacation. Not from this. You do whatever you need to keep God's truth in front of you, "when you sit in your house and when you walk by the way and when you lie down and when you rise up. " (Deut 6:7)

When the enemy tells you a lie, you can refute it with the truth. Consider these common lies and attacks of Satan, and describe how it might make you feel or act. Write in the boxes below. Then read Ephesians 1:4-14 and 2:1-10 and write the truth of God's Word for each.

I Think...	I Feel	I Act	God's Truth
I am unworthy.	Worthless	Like I don't deserve it	I am chosen!
I am unloved.			
I am incapable.			
I am undesirable.			
I am unforgivable.			
I am unknown.			
My life is insignificant.			
I am a mistake.			
I can lose my salvation.			

How can you continue your prayer strategies and spend time in the Word of God? Pages 34-35 list the truths from God's word and where you can find the verses. Which truth do you need today to combat a lie from the enemy? Share this with your team or journal about it.



MY INHERITANCE AND IDENTITY IN CHRIST

The benefits and blessings bestowed upon us as redeemed children of God are more numerous than we can count. But the following list, taken directly from Scripture, is surely an impressive sampling. I don't recall where I came across this particular list or who gave it to me. It's been in my study notes for years. I just know I love it, and I share it with you, hoping it will give you great confidence and encouragement in Christ.

- I am a child of God (John 1:12).
- I have peace with God (Rom. 5:1).
- The Holy Spirit lives in me (1 Cor. 3:16).
- I have access to God's wisdom (Jas. 1:5).
- I am helped by God (Heb. 4:16).
- I am reconciled to God (Rom. 5:11).
- I am not condemned by God (Rom. 8:1).
- I am justified (Rom. 5:1).
- I have Christ's righteousness (Rom. 5:19; 2 Cor. 5:21).
- I am Christ's ambassador (2 Cor. 5:20).
- I am completely forgiven (Col. 1:14).
- I am tenderly loved by God (Jer. 31:3).
- I am the sweet fragrance of Christ to God (2 Cor. 2:15).
- I am a temple in which God dwells (1 Cor. 3:16).
- I am blameless and beyond reproach (Col. 1:22).
- I am the salt of the earth (Matt. 5:13).
- I am the light of the world (Matt. 5:14).
- I am a branch on Christ's vine (John 15:1,5).
- I am Christ's friend (John 15:15).
- I am chosen by Christ to bear fruit (John 15:16).
- I am a joint heir with Christ, sharing his inheritance with him (Rom. 8:17).
- I am united to the Lord, one spirit with him (1 Cor. 6:17).
- I am a member of Christ's body (1 Cor. 12:27).
- I am a saint (Eph. 1:1).
- I am hidden with Christ in God (Col. 3:3).
- I am chosen by God, holy and dearly loved (Col. 3:12).
- I am a child of the light (1 Thess. 5:5).
- I am holy, and I share in God's heavenly calling (Heb. 3:1).
- I am sanctified (Heb. 2:11).
- I am one of God's living stones, being built up in Christ as a spiritual house (1 Pet. 2:5).
- I am a member of a chosen race, a royal priesthood, a holy nation, a people for God's own possession and created to sing his praises (1 Pet. 2:9-10).
- I am firmly rooted and built up in Christ (Col. 2:7).

THE ARMOR OF GOD

- I am born of God, and the evil one cannot touch me (1 John 5:18).
- I have the mind of Christ (1 Cor. 2:16).
- I may approach God with boldness, freedom, and confidence (Eph. 3:12).
- I have been rescued from Satan's domain and transferred into the kingdom of Christ (Col. 1:13).
- I have been made complete in Christ (Col. 2:10).
- I have been given a spirit of power, love, and self-discipline (2 Tim. 1:7).
- I have been given great and precious promises by God (2 Pet. 1:4).
- My needs are met by God (Phil. 4:19).
- I am a prince (princess) in God's kingdom (John 1:12; 1 Tim. 6:15).
- I have been bought with a price, and I belong to God (1 Cor. 6:19,20).
- I have been adopted as God's child (Eph. 1:5).
- I have direct access to God through the Holy Spirit (Eph. 2:18).
- I am assured that all things are working together for good (Rom. 8:28).
- I am free from any condemning charges against me (Rom. 8:31).
- I cannot be separated from the love of God (Rom. 8:35).
- I have been established, anointed, and sealed by God (2 Cor. 1:21,22).
- I am confident that the good work that God has begun in me will be perfected (Phil. 1:6).
- I am a citizen of heaven (Phil. 3:20).
- I am a personal witness of Christ's (Acts 1:8).
- I am God's coworker (2 Cor. 6:1; 1 Cor. 3:9).
- I am seated with Christ in the heavenly realm (Eph. 2:6).
- I am God's workmanship (Eph. 2:10).
- I can do all things through Christ, who gives me the strength I need (Phil. 4:13).

Prayers, Praises, Promises

Prayers, Praises, Promises

Prayers, Praises, Promises

Notes