



“Strong in the Lord”

The ARMOR of GOD

AIM

**“And we urge you, brothers, admonish the idle, encourage the fainthearted, help the weak, be patient with them all”
(1 Thess. 5:14).**

MEANS

Ephesians 6:10–18

“Finally, be strong in the Lord and in the strength of his might” (Eph. 6:10).

(1) The Need for Strength

A close-up photograph of two hands clasped together in a firm grip. The hand on the left is a lighter skin tone, while the hand on the right is a darker skin tone. They are wearing dark-colored short-sleeved shirts. The background is a bright, overcast sky with soft, white clouds. The lighting is natural, highlighting the texture of the skin and the fabric of the shirts.

**We need a strong
hand to keep us
steady in life.**

Danger



The *flesh* seeks to *defeat* us.

The *world* seeks to *deceive* us.

The *devil* seeks to *destroy* us.

**In our own strength, we are
helpless against these foes.**

Despair

We live in a fallen world.

Suffering robs us of *patience*,
thereby undermining our *submission*
to God's will.

Suffering robs us of *comfort*,
thereby undermining our *confidence*
in God's power.

**We will abandon the truth or
compromise our conscience.**

(2) The Source of Strength

Client-central therapy rests
on a basic assumption:

We possess in ourselves *all* the resources
we need to resolve our problems.

We don't!

**“Apart from me you can do nothing”
(John 15:5).**

**“The strength of every saint lies
in the Lord of hosts.”**

William Gurnall

**“God is our refuge and strength, a very
present help in trouble” (Ps. 46:1).**

Being “strong in the Lord” is to fix our eyes on God who is “our refuge and strength.”

It implies two *acts* of faith.

The First Act of Faith:

**A Settled Persuasion that God is
Almighty In Power**

**“I remember your name in the night,
O LORD” (Ps. 119:55).**

*How we
remember*



*Why we
remember*



*What we
remember*



**“I AM THAT I AM ... this is my name
for ever” (Ex. 3:14–15).**

-1-
Infinity

“Great is the LORD, and greatly to be
praised, and his greatness is
unsearchable” (Ps. 145:3).

God is free from all limitations.

(1) In relation to “being”: Aseity

“For as the Father has life in himself, so he has granted the Son also to have life in himself” (John 5:26).

(2) In relation to “time”: Eternality

**“Your throne is established from of old;
You are from everlasting” (Ps. 93:2).**

(3) In relation to “space”: Ubiquity

**“Where shall I go from your Spirit?
Or where shall I flee from your
presence?” (Ps. 139:7).**

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Immutability

“I the LORD do not change; therefore you, O children of Jacob, are not consumed” (Mal. 3:6).

(1) God's Name

Because God is above time, He doesn't experience successive states of being.

God doesn't change because change requires a cause that makes something to be. But there's no cause prior to God.

(2) God's Nature

He's "the Father of lights, with whom there is no variation or shadow due to change" (James 1:17).

God's life doesn't change.

God's nature doesn't change.

God's word doesn't change.

God's will doesn't change.

-3-

Incomprehensibility

“Oh, the depth of the riches and wisdom and knowledge of God! How unsearchable are his judgments and how inscrutable his ways!” (Rom. 11:33).

*(1) Unfathomable Wisdom and
Knowledge*

By one pure, simple, eternal act of His infinite understanding, God knows all things immediately, perfectly, and distinctly.

(2) Unsearchable Judgments

God disposes all things according to His rule of justice. “The LORD is righteous in all his ways” (Ps. 145:17).

(3) Inscrutable Ways

It's impossible for any part of creation to exist for a moment apart from God. He rules over His creation fully and completely.

**“Who has known *[measured]* the mind of
the LORD, or who has been his
counselor?” (Isa. 40:13).**

**“Who has given a gift to him that he
might be repaid?” (Job 41:11).**

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Sovereignty

“For from him and through him and to him are all things. To him be glory forever. Amen” (Rom. 11:36).

**Because God is infinite, He's
independent.**

This is the essence of divine sovereignty.

God is independent in *will*.

“He does according to his will among the host of heaven and among the inhabitants of the earth” (Dan. 4:35).

God is independent in *power*.

“Our God is in the heavens; he does all that he pleases” (Ps. 115:3).

**“If it is a contest of strength, behold
he is strong” (Job 9:19).**

**“Have you an arm like God?”
(Job 40:9).**

“You come to me with a sword and with a spear and with a javelin, but I come to you in the name of the LORD of hosts, the God of the armies of Israel, whom you have defied” (1 Sam. 17:45).

The Second Act of Faith:

**A Settled Persuasion that God's Power
is Engaged on Our Behalf**

God is “on our side” (Ps. 124:1).

“God is on your side and has all your enemies in His hand, and He can rebuke them or destroy them in a moment. Oh, what is the breath and fury of dust or devils against the Lord Almighty!”

Richard Baxter

**“If God is for us, who can be against us?”
(Rom. 8:31).**

**The Father chose us before the
foundation of the world.**

The Son redeemed us by His blood.

**The Spirit applied redemption to us by
calling us into God's family.**

The entire plan of redemption is a
display of God's determination to save
His people by His power.

“As a father gives his child his arm to steady him, so God reaches out His almighty power for His saints.”

William Gurnall

“Fear not, Abram, I am your shield; your reward shall be very great” (Gen. 15:1).

God's blessedness is ours to make us eternally happy, His grace is ours to forgive us all our sins, His faithfulness is ours to fulfill all His promises to us, His joy is ours to satisfy our deepest longings, His power is ours to protect us from our enemies, and His majesty is ours to make us glorious forever.

Application

“There are no sins God’s people are more subject to than unbelief and impatience.”

Thomas Watson

(1) Present Circumstances

**“And we know that for those who love
God all things work together for good,
for those who are called according to his
purpose” (Rom. 8:28).**

(2) Final Salvation

**“By God’s power [we] are being guarded
through faith for a salvation ready to be
revealed in the last time”
(1 Peter 1:5).**

“The Lord is *faithful*. He will establish
you and guard you against the evil one”
(2 Thess. 3:3).

Daunting Circumstances?

When other helpers fail
and comforts flee,

Help of the helpless,
oh, abide with me.

Change and decay
in all around I see;

O Thou who changest not
abide with me.

Troubling Sins?

My love is oft-times low.
My joy still ebbs and flows.

Peace with Him remains the same;
No change Jehovah knows.

I change, He changes not;
the Christ can never die;

His love, not mine, the resting place,
His truth, not mine, the tie.

Mounting Obstacles?

The work which His goodness began,
the arm of His strength will complete;

His promise is yea and amen,
and never was forfeited yet.

Things future, nor things that are now,
nor all things below or above,

Can make Him His purpose forgo
or sever my soul from His love.

Nagging Doubts?

**Mine by covenant, mine forever;
Mine by oath, and mine by blood;**

**Mine — nor time the bond shall sever;
Mine as an unchanging God.**

My Redeemer! O how sweet to call You mine!

**“You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the LORD forever, for the LORD God is an everlasting rock”
(Isa. 26:3–4).**

“Finally, be strong in the Lord and in the strength of his might” (Eph. 6:10).