



~ Thought For The Day ~

~gathering from the 4 winds~

“come just as you are”

Refresh, Restore, Rebuild = Healing



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Prayer

God Father; in Jesus' name I ask it, Lord guide us this day, give us a day of ease and stress free. Your yoke is easy and Your burden is light, help us to keep It easy and light. Give us peace. I ask that all our needs are met, and I ask that we are blessed with our daily bread. Help us to be light to this world as we are all Your stewards. I ask it in Jesus' name. Amen.

Worship Music

[Something Beautiful-Newsboys](#)

[Amazing Love-Newsboys](#)

[Million Pieces-Newsboys](#)

[Stay Strong –Newsboys](#)

Scripture

Ephesians 6 (KJV; 2005)

Ephesians 6:1-24 (KJV)

- ¹ Children, obey your parents in the Lord: for this is right.
- ² Ho honour thy father and mother; (which is the first commandment with promise;)
- ³ That it may be well with thee, and thou mayest live long on the earth.
- ⁴ And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.
- ⁵ Servants, be obedient to them that are *your* masters according to the flesh, with fear and trembling, in singleness of your heart, as unto Christ;
- ⁶ Not with eyeservice, as menpleasers; but as the servants of Christ, doing the will of God from the heart;
- ⁷ With good will doing service, as to the Lord, and not to men:
- ⁸ Knowing that whatsoever good thing any man doeth, the same shall he receive of the Lord, whether *he be* bond or free.
- ⁹ And, ye masters, do the same things unto them, forbearing threatening: knowing that your Master also is in heaven; neither is there respect of persons with him.
- ¹⁰ Finally, my brethren, be strong in the Lord, and in the power of his might.
- ¹¹ Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.
- ¹² For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high *places*.
- ¹³ Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.
- ¹⁴ Stand therefore, having your loins girt about with truth, and having on the breast-plate of righteousness;
- ¹⁵ And your feet shod with the preparation of the gospel of peace;
- ¹⁶ Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.
- ¹⁷ And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

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¹⁸ Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

¹⁹ And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel,

²⁰ For which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak.

²¹ But that ye also may know my affairs, *and* how I do, Tychicus, a beloved brother and faithful minister in the Lord, shall make known to you all things:

²² Whom I have sent unto you for the same purpose, that ye might know our affairs, and *that* he might comfort your hearts.

²³ Peace *be* to the brethren, and love with faith, from God the Father and the Lord Jesus Christ.

²⁴ Grace *be* with all them that love our Lord Jesus Christ in sincerity. Amen.



Parents and children (6:1-4). One of the Ten Commandments (Exodus 20) states that we must honor those who gave us life. Doing so would prolong that life. This was the promise of God and is a fact of nature. Fathers are cautioned against being too severe with their children, both here and in Colossians 3:21. Parental authority was generally too austere then, as it is now generally too lax. Fathers are named because mothers tend to be more lenient. We suspect that back then, when change was slower and there were far fewer continuous external influences on the children, it was easier for parents to raise children as they themselves had been raised. Servants and masters (6:5-9). Half the population of Rome, and a large percentage of the population of the empire, were slaves. They are told here that faithful service to their master is what Christ expects of them. It is a remarkable teaching in the performance of our earthly tasks, however menial, we are always under the watchful eye of Christ, for His approval or disapproval, as we may deserve. But the same applies to masters in their treatment of slaves. Today we would apply this primarily to the attitude of employees, toward their employers and of employers toward employees. The Christians' armor (6:10-20). This passage certainly means that the Christians' warfare is against more than the natural temptations of the sinful nature. There are powers in the unseen world against which we alone are powerless, powers we can resist only with the aid of Christ. Truth, righteousness, peace, faith, salvation, the Word, prayer; these are the weapons that will "extinguish all the flaming arrows" of the unseen enemy and allow us to stand against the deception of Satan. (Halley's Bible Handbook; 2000; history, notes, commentaries; page 810)

Standing With Christ

(v. 1) In Paul's time, children were often considered an annoyance and had no rights. Babies were often abandoned or sold into slavery. (vv. 2-3) This is the first commandment with a promise given in the Old Testament (Exodus 20:12). (v. 4) We shouldn't tease or provoke our children in an unkind way, nor should our expectations be so high that our children become frustrated by unrealistic demands. (vv. 5-8) We should seek to be outstanding employees, cheerfully doing even the lowliest task and thinking of our work as a service to the Lord. (v. 10) Our strength is in the Lord. (v. 14) Our first weapon in spiritual warfare is truth which is always stronger than a lie. Faith is a powerful weapon, protecting us from the fiery darts Satan sends our way. The sword of the Spirit, God's Word is a strong offensive weapon against the enemy.

(New Testament Study Guide; 2005; Chuck Smith; notes & commentaries; pages 112-113)

Would you ever leave your house half-dressed? Of course not! However, many of us often forget to put on our spiritual clothing. Every day the forces of Satan wage war against you, and it is important to be protected! With this spiritual protection and authority stand against evil forces. Learn about your spiritual armor (see [Ephesians 6:10-18](#)), and as you put your clothes on each day, put on your armor and pick up your sword! For example, walking in peace is equivalent to putting on your shoes of peace, or walking in righteousness, is equivalent to putting on your breastplate of righteousness which protects your heart from condemnation. God supplies the armor you need to defeat all the attacks of the devil, but you must put it on!

[Ephesians 6:12](#) gives us insight into the spiritual war that all believers are in. Our enemies are not natural, but spiritual. We can never win our battles if we fight against the wrong source in a wrong way. We tend to think that people or circumstances are our problem, but the source of many of our troubles is Satan and his demons. We cannot fight him with carnal (natural) weapons, but only with supernatural ones that God gives us for the destruction of Satan's strongholds (see [2 Corinthians 10:4](#)). Many of us fight battles in the realm of our emotions, but as [Ephesians 6:11-18](#) teaches, our battle is not just with our emotions, but with the spiritual forces that play on our emotions. In the King James Version of [Ephesians 6:12](#) we are told that we do not war with flesh and blood, but against principalities and powers, "rulers of the darkness of this world, against spiritual wickedness in high places."

This means we war against strong spiritual entities. It is important for us to see that we cannot fight darkness with darkness. I believe the best way to resist and overcome our powerful spiritual enemy is not by venting our anger and frustration in some fleshly manner. Rather, we need to put on our spiritual armor as described in Ephesians 6:13-17 and yield ourselves to the power and presence of the Holy Spirit within us as we pray (see Ephesians 6:18). (Amplified Bible; The Everyday Life Bible; Scripture, notes, commentaries; 2005; Joyce Meyers Ministry; pages 1944-1946)

Study Questions For Ephesians:

1. God has blessed us with all spiritual blessing in heavenly places in Christ. What blessings do you see in Ephesians 1:4-11?

2. Salvation is a wonderful gift of God, it is not something we can earn. Why do you think God designed it this way? (see Ephesians 2:8-9).

3. How does God answer our prayers according to Ephesians 3:20?

4. Ephesians 5:11 states that we are to have nothing to do with the unfruitful deeds of darkness. Write out v. 12. How can you apply this scripture in your life today?

5. The Bible says that our warfare is not in the physical world. How are we to fight this battle as testified in Ephesians 6:13-18?

Psa 119:105

Thy word [is] a lamp unto my feet, and a light unto my path.



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