

Video 3, Lesson one

Welcome to TFW's Mountain Moments with Judith Garton – today we are beginning the first official lesson on the Whole Armor of God. Yet it is the second in our series!

Let's begin by reading *Eph 6:10 Finally, my brethren, be strong in the Lord, and in the power of his might.*

What is meant by being “strong in the Lord?”

To start, let's take a look at “strong” in this scripture. (<https://www.biblehub.com/greek/1743.htm>)

The word used here means to be empowered, not simply to be “strong” as in strength. Strong tends to leave an impression of brute power, muscle, being tough, like a body builder. While empowered means that we are given the moral power or authority to do something. We are authorized by Yahweh to go forward and represent him with confidence. He also enables us to do so. So, to be “strong” in the Lord means that with the power and authority we are authorized and enabled to serve Him rightly and morally – to go forth and represent Him in this battle against spiritual forces and issues.

To me that is an awesome, yet humbling responsibility. This might actually be one way we may stand in His way of helping us put on our armor. How? In being humble, we might begin to question our worthiness. We need to learn not to – He has chosen us, to be here, now in this time in our lives. He has led us to find him and discover His teachings. Therefore, we have a basic worth in this journey that we need to accept and understand. This does NOT mean that we become haughty or prideful in our calling. THAT is where humbleness will keep us straight.

What is meant by “be....in the power of his might?”

We now know that we are to be EMPOWERED. So, let's try to understand this part as well - To be in the power of his might means to be filled with strength and force, a dominion style force. Remember when Adam was told that he was given dominion over (the earth, animals, etc Insert scripture). We are to be a leader in this battle – a leader standing in place of Yahweh – as Adam cared for the animals and earth on behalf of Yahweh, or more accurately, as a general stands in the place of battle for the emperor or president of the nation they defend. We are defending the nation of Yahweh here on earth.

Not just to be strong, but MIGHTY, formidable. This does not mean we are violent or aggressive. No instead, we embody/exemplify Yahweh and show that we are able, valiant, bold, having great command (ability to rule, authority). We are to become a spiritual force to be reckoned with. Formidable!

What does Yahweh expect us to do with this might, power and strength?

Now, remembering that we are to be bold, valiant, authoritative, and a spiritual force to be reckoned with, we MUST remember that this verse cannot be taken out of context and used to mean that we are to be a dictator or commandant in our callings in life. Because this is the beginning of Paul talking about the WHOLE armor of God, we need to recognize this is only a piece of the puzzle. Just a small part of the whole.

We are to be ready to face any spiritual battle that comes our way. How do we gain these traits? We must pray to Yahweh, while we also learn to listen for the promptings of the Holy Spirit in our lives.

When we are prompted by Him, we must take what we believe we have heard and weigh it against the word of Yahweh. Scripture will help us to see if these impressions are truly from the Holy Spirit, or as my husband

sometimes says, Just agita! (That's Italian indigestion!) If the messages we receive are truly from Yahweh they will line up with scripture. This is very important.

What is it that we do to get in His way?

When it comes to this one, when it comes to this one, people often fault find themselves. We convince ourselves and others we are not ready for such a challenge. We aren't strong enough, or not worthy enough to fulfill what Yahweh asks of us. We will speak out loud about how we have failed in the past or how someone else would be a better choice. Often we will even make sure we offer up to Abba a LONG LIST of reasons why he needs to change His mind!

Have you ever listened to yourself in prayer and how you sometimes try to convince Yahweh how you aren't the right person for the job? Or how this isn't the right time in your life? I have – I am the first one to point out to Abba which characteristics I have that make me the weakest link!

The interesting thing is that when I do this, often, Yahweh is right there to tell me through inspiration and words of wisdom or knowledge, exactly why I am wrong. He will remind me of what I HAVE accomplished at 'the worst times' in my life, and He will share with me exactly what I can do to improve on that trait I see as weak. Often, he will even inform me directly, very directly, how I can use that thing I see as weak as a strength – whether on my own or combined with someone else's traits or characteristics.

How do we overcome what we are doing to be in His way? And HOW do we GET OUT of His and our own way??

We overcome getting in Yahweh's way by learning to stop fault-finding ourselves. LISTEN to Yahweh – listen to what he tells you about your strengths and weaknesses, how you can use them to help you armor up! This is not an experiment in how puffed up or haughty you can get, but you CAN explore how to be that strength and mighty power.

Then as we explore and practice through what Yahweh tells us to do, we will learn to stop telling Him what our shortcomings are. We will be able to go to Him in prayer and present a situation of spiritual challenge, then ask him how we can use our list of gifts and talents to work through this situation.

We will learn to rely on his guidance and direction.

Weekly Prayer Journal Challenge

For this week, the challenge is, taking regular prayer time to talk to Yahweh, focus on what you see as your weaknesses, and on what He sees as your strengths. Are any of these the same? In your journal, write down what these strengths and weaknesses are, then which will help you in spiritual battle. Ask Yahweh to help guide you in working on one, two or a few of these at a time. Which ones does He feel are most important for you and what you are going through.

If you feel comfortable, you can also write in your journal a few lines about what You ARE going through at this time – positive or negative. This way, as we walk through the next few weeks, you may find ways to use your armor to defend against the things which may come against you in these areas.

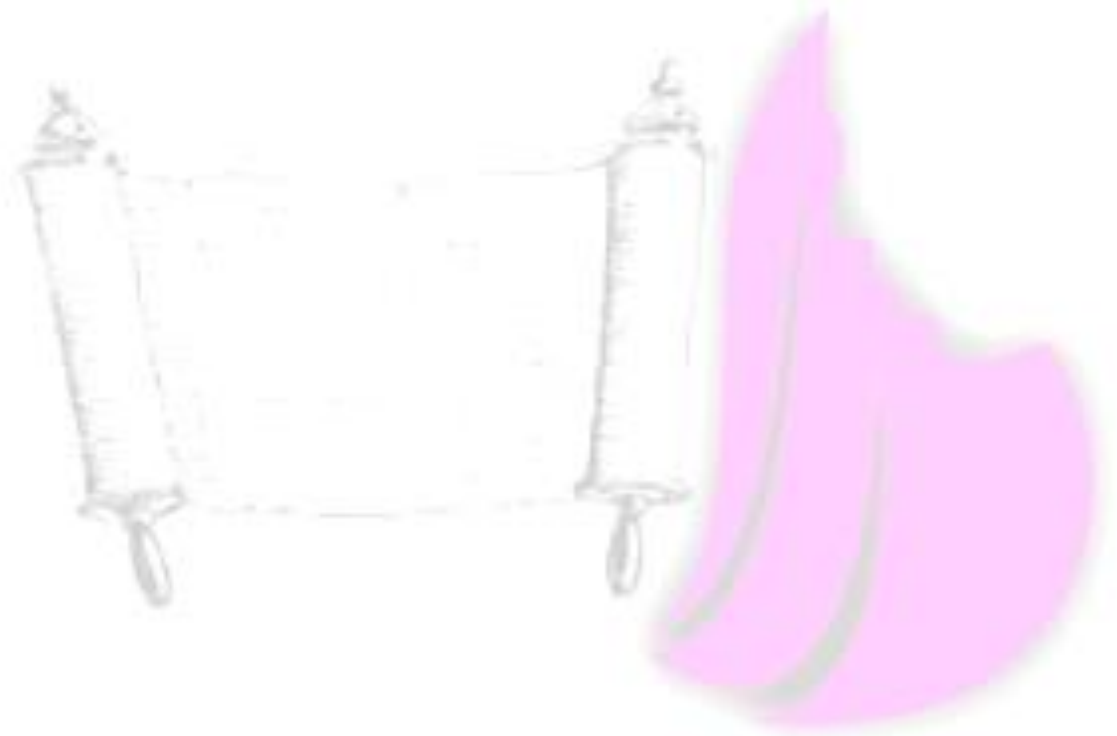
A note I shared in the last video I share again: We will not be perfect all the time in this journaling journey together please remember that always. I would not expect anyone to be – we may get minor wounds as we go through battle in these upcoming months and years. But my prayer is that each of us will be better equipped

to heal more quickly, stand more firmly, and battle more fiercely for those things Yahweh impresses upon each of us to accomplish in our life. My battles may be different than yours, and yours different from your siblings' or children's'. Yet the basic mechanics learned through this process will be easily applied as we go forth as warriors for God.

May you be blessed and shalom.

(See individual printable Weekly Challenge List on the next page)

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THIS WEEK'S PERSONAL CHALLENGE - You may print only this page, if you would prefer. Fold it and place it in your journal to refer back to as needed.

- 1) Take the time to record that today, this day, you recognize that Yahweh picked you at this time for this purpose. Just as Mordecai said to Esther, for such a time as this. Take a few minutes in prayer this week and explore with Yahweh WHY. What are the personal reasons for YOU to be here in this time in history?
- 2) What do you see as your weaknesses? What do you see as your strengths?
- 3) What does Yahweh see as your weaknesses and strengths? Are any of these the same as what you wrote down for your own opinion (in Q-2)?
- 4) Which of these will help you in your spiritual battles?
- 5) Pray and ask Abba to help you make all your weaknesses into tools and strengths to use in this changing world. Ask Him also which traits and characteristics He sees as most important for you and what you may be going through at this time.
- 6) Ask Yahweh to guide you and give you wisdom on how to work on one or a few at a time – to turn them all into strengths which can help yourself and others.
- 7) if you may need a reminder in the future about this time in your life, and if you feel comfortable, write a few lines in your journal about what spiritual battles or what things are happening in your life right now. Whether negative or positive, they can each be a help and guide in the future.

Please know all of these things are private to you, and you do not need to share any of what you write down. I will not be asking you to do so. Remember, too, if you have not set up a specific colour key yet for your own journal, try to accomplish that this week as well. And try to mark any of your entries or responses as desired.

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