



The Notes

AN ADVENTURE OF A LIFETIME

Part 3: “The Best Defense”

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*“Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, **equip you with everything good for doing his will**, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.”*

Hebrews 13:20-21 (NIV)

*“Every Scripture passage is inspired by God. All of them are useful for teaching, pointing out errors, correcting people, and training them for a life that has God’s approval. **They equip God’s servants so that they are completely prepared to do good things.**”*

2 Timothy 3:16-17 (GWT)

I AM MOST EQUIPPED TO DEFEND MYSELF WHEN I HAVE...

1. ...SHELTER TO RETREAT FROM MY SURROUNDINGS

“The Lord is my light, and he saves me. Why should I fear anyone? The Lord is my place of safety. Why should I be afraid? My enemies are evil. They will trip and fall when they attack me and try to swallow me up. Even if an army attacks me, my heart will not be afraid. Even if war breaks out against me, I will still trust in God. I’m asking the Lord for only one thing. Here is what I want. I want to live in the house of the Lord all the days of my life. I want to look at the beauty of the Lord. I want to worship him in his temple. When I’m in trouble, he will keep me safe in his house. He will hide me in the safety of his holy tent. He will put me on a rock that is very high. Then I will win the battle over my enemies who are all around me. At his holy tent I will offer my sacrifice with shouts of joy. I will sing and make music to the Lord.”

Psalm 127:1-6 (NIRV)

2. ...SOMEONE I TRUST TO WATCH MY BACK

“Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.”

Ecclesiastes 4:9-10 (NLT)

“So be alert to your brother’s condition, and if you see him going the wrong direction, cry out and correct him. If there is true repentance on his part, forgive him.”

Luke 17:3 (TPT)

“It takes a grinding wheel to sharpen a blade, and so a friendly argument can sharpen a man.”

Proverbs 27:17 (TPT)

3. ...THE RIGHT WEAPONS FOR THE JOB

“So then, surrender to God. Stand up to the devil and resist him and he will turn and run away from you.”

James 4:7 (TPT)

“We fight with weapons that are different from those the world uses. Our weapons have power from God that can destroy the enemy’s strong places. We destroy people’s arguments and every proud thing that raises itself against the knowledge of God. We capture every thought and make it give up and obey Christ.”

2 Corinthians 10:4-5 (NCV)

“A final word: Be strong in the Lord and in his mighty power. Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but

against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God's righteousness. For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God."

Ephesians 6:10-17 (NLT)