**Lessons from a Lockdown**

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**Day 59**

**Ephesians 6:10-17**

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes. For 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. Therefore 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. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.

***Questions for Personal Reflection:***

1. What does it mean to be strong in the Lord? How do I become strong in the Lord?
2. Why is it important that I put on “the full armor of God”? Which part of the armor is the weakest in my life?
3. Why is it important to know who our enemy is? How does knowing our battle is spiritual affect how I live?
4. How am I doing in my spiritual battles?

***Insight:***

We need to be strong in the Lord and in his mighty power. Our strength must be in God. We must rely on God’s strength and not our own. How do we know if we are relying on God’s strength and not our own strength? First, how reliant are we on prayer? Do we feel like we can go through a day without praying? How do we feel about going through our day without praying to God? Ordinarily, even if we are busy, we would notice if we haven’t eaten yet because we need food and our hunger will remind us. Do we also notice if for some reason we have not prayed yet? If we can go through a day without asking for God’s help in prayer, then we are relying on our own strength. Second, do we pray before making important decisions? Do we search the Word of God for guidance on how we should deal with situations in our lives? If we can live each day without consulting God then we are relying on our own wisdom and strength and not on God. Third, are we staying in our comfort zone and stretching ourselves to do more things for God? How big are our dreams? Are they based on what we can do or what God can do?

We are in a spiritual war. Our enemies are not sinful people, even though they hurt us. Our enemies are “the powers of this dark world and against the spiritual forces of evil.” Because the battles are spiritual, we need to be prepared spiritually. We need the “full armor” that God provides. We can’t have missing or even weak parts in our armor. During this pandemic we have learned that frontliners need Personal Protective Equipment (PPE) to protect themselves against the virus. In this spiritual war we are in we are all frontliners and definitely need the PPE that God provides.

Truth. We need to know the truth taught in the Word of God and live our lives according to this truth. Because the church is the pillar and foundation of the truth (1 Ti 3:15), as Christians we need to be agents of truth. We should not spread falsehoods nor approve of them. Lying is the native language of the devil (Jn 8:44). We cannot be dishonest and expect to be ready to fight our spiritual battles.

Righteousness. We have to do what is right in God’s sight. Compromising our convictions can make us more popular with people but it weakens us for the spiritual battle. Righteousness delivers us from death (Pr. 10:2) and gives us confidence.

Gospel. We need to know and share the gospel. Actively sharing our faith strengthens our convictions. Reaching out to the lost re-affirms our beliefs. The gospel brings life and immortality to light (2 Ti 1:10)

Faith. We need to be sure of what we hope for and certain of what we could not see. Having faith enables to do things we normally cannot do. We must fight the good fight of the faith (1 Ti 6:12)

Salvation. We cannot fight if we are not saved. We need to work out our salvation with fear and trembling (Php 2:12). Once we are lost, we cannot fight anymore.

Word of God. The Bible is our double-edged sword. It is with this weapon that we “demolish arguments and every pretension that sets itself up against the knowledge of God (2 Co 10:5).

The absence of any of these in our lives makes us vulnerable to attack. The enemy will attack our weakest point. How is the enemy attacking you these days? In what way have you responded? Are you standing firm? Are you taking your stand against the devil’s schemes? Have you given up fighting? Our enemy may be stronger than we are but our God is strongest of all. God is fighting for us and all we need to do is hold our ground.

Let us be strong in the Lord by putting on the full armor of God everyday this lockdown.