**DOWN FOR THE COUNT**

*Notes – Lesson 4*

What should I wear?!!

Ephesians 6:10 –

**Be strong!**

Strong = endunamoo = an empowering or inner strengthening

II Corinthians 12:9 & 10

Endunamoo & Hercules –

**In the Lord!**

Ephesians 1:3,4,6,7,11 & 13

**And in the power!**

Power = kratos

**Of His might!**

Might = ischuos = extremely strong person, one who is able

1 - Is there anyone more powerful than God?

2 - Is there anyone more able than God?

3 - Is there any force in the universe equal to the muscular ability of God?

Ephesians 6:11 – Whole armor = panoplia = full uniform

Put on = enduo = the act of putting on a new set of clothes

Luke 24:49

Ephesians 4:24

Colossians 3:10

“That you may be able …” = word derived from dunamis

“… to stand …” – Stenai! Attention!

“ … that you may be able to stand against …” = pros

**BASIC TRAINING**

**DAY 1 –** Read Ephesians 6:10-17. Memorize verse 10. You can do it! What are the issues/battles that you need strength for today? Make a list and ask God to give you his strength.

**DAY 2 –** Read II Corinthians 12: 9 & 10. What are your weaknesses in life? Remind yourself that your weakness is a perfect match for God’s strength. Memorize Ephesians 6:10 & 11.

**DAY 3 –** Read Ephesians Chapter 1 and underline every phrase that says “in Christ” or “in Him”. Why is it important to know your location? What else is located in Christ? Continue to memorize Ephesians 6:10 & 11.

**DAY 4 –** Read Ephesians 6:10 & 11 and Luke 24:49, Ephesians 4:24 and Colossians 3:10. According to these verses, what are you supposed to “put on”?

**DAY 5 –** Read II Chronicles 20:1-30. What are some of the principles found in this story that you can utilize in your battles today? Make a list of some of the choices that Judah and King Jehosophat made while they were being attacked.

**DAY 6 –** Read I Samuel 17:20-51. What are some of the principles found in the story of David and Goliath? Make a list of some of the powerful words spoken by David.

**DAY 7 –** Read Romans 8:26 – 39. What do these Scriptures have to do with fighting or spiritual warfare? Underline the 3 verses that speak to you from this passage and meditate on them.