



LOOKING UP!

By Matt Huddleston

Suresh Joachim first attempted to set a world record by standing on one foot for longer than 34 hours. He lasted three hours, and he fainted.

In Suresh's second attempt, he stood on one foot for 47 hours. Unfortunately, as he completed his task, Suresh was notified of another man who just stood for 55 hours on one foot. Undaunted, Suresh tried again, setting a new and current world record by standing on one foot for 76 hours, 40 minutes!

Suresh used his wedding to set three more records with 79 bridesmaids, 47 groomsmen, and a wedding bouquet 197 feet long! Now he has more than 60 other Guinness World Records.

By now, you are asking, why would he do this? Growing up in a war-torn region, Suresh saw the suffering from war. He aims to use each record-breaking attempt as an opportunity to raise awareness and funds (\$1-billion) for the underprivileged devastated by war, poverty, and hunger. He had a higher purpose, not just personal recognition.

Paul writes to the believers in Ephesus, calling them to prepare for battle by putting on the armor of God. And when they have done everything to prepare, stand their ground.

Suresh aims for funds, Paul aims higher by calling believers to bring peace, inspire others to love through their faith, and serve God with an undying love. Look up and see the opportunities God has provided for you to stand for right, help the needy, and bring justice and peace to our world. Be strong in the Lord and his mighty power. Will you stand up?



SERMON NOTES

And Standing Together

August 15

Chp. 1	Chp. 2	Chp. 3	Chp. 4
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Chp. 5	Chp. 6
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The Armor of God

- ◆ Purpose:
- ◆ Misconceptions:
- ◆ Stand:

FINAL INSTRUCTIONS

- ◆
- ◆
- ◆

Next Week: AUG. 22, 2021 ACTS 6:1-4
CARE FOR THE NEEDY IN THE CHURCH
 GUSTAVO PRATO

PERSONAL STUDY

It is rewarding to invest time each day in God's Word.

Mo Ephesians 1:13b-14

What happened when you believed? Paul lists several things given to us. The result is that we praise his name or give him glory. Take time to honor him for what he has done since you believed.

Tu Ephesians 2:19-22

Listen to this uniting description: No longer stranger, but fellow citizen - Members of his household - Built together. We are to become the dwelling place in which God lives by his Spirit.

We Ephesians 2:18 & 3:12

How confident are you in your relationship with God? Do these verses invite us into a close and personal relationship? Confess your fear and draw near to him. Seek the confidence he offers.

Th Ephesians 4:3

Paul teaches we are to make EVERY effort to keep the bonds of peace. Today, ask God's Spirit to help you see where you can grow to be more peaceable. Who do you need to reconcile with today? Make an effort.

Fr Ephesians 5:1-3

Take some time to think about Jesus' life and example of love. Let the Spirit help you compare and contrast your life and example with Jesus. Identify and yield the areas of pride and sin.

Sa Ephesians 6:10-17

Do you daily prepare your spiritual mind with truth, righteousness, peace, faith, salvation, and Spirit? What have you not been wearing? Can you see Satan's attacks in those areas of your spiritual fight?

STUDY & DISCUSS

- Read Ephesians 6.
 - ◊ Why must we put on the "whole" armor of God? Discuss each piece and its value for protection.
 - ◊ Look at each part of our spiritual armor. How do you see Paul putting on each piece of armor? How do you put on each part of God's armor?
- Have you seen or experienced the blessing given to those who honor their parents? If so, how?
- Is it possible to obey your parents without honoring them? Explain.
- How does Paul contrast exasperating children with bringing "them up in the training and instruction of the Lord" (v. 4)?
- Does the teaching of masters and slaves apply to us today? If so, how?
- Reflect on each chapter from the Ephesian Letter. Share one thought from each chapter and main point:
 - ◊ Chp. 1 - When you believed
 - ◊ Chp. 2 - We are united
 - ◊ Chp. 3 - In grace
 - ◊ Chp. 4 - Bound in peace
 - ◊ Chp. 5 - Submitting to each other
 - ◊ Chp. 6 - We will stand together
- How will your life be changed as a result of this study through Ephesians?