

PUTTING ON THE FULL ARMOR OF GOD

As an obedient believer, you are to stand firm in the strength of the Lord, to be sober in spirit, and to remain alert in order to resist the schemes of the devil. However, in all areas of your walk as a believer, you are incapable in your own strength and insufficient in your own resources to overcome the wiles and temptations of Satan. Therefore, you must put on the full armor of God to be an overwhelming conqueror in your continuing spiritual battle against the forces of hell (*based on Ephesians 6:10-18; James 4:7; I Peter 5:8-10; Revelation 12:11*).

I. The purposes of the armor of God

- A. Taking up the full armor of God prepares you to resist the schemes of the devil (*Ephesians 6:11*).
- B. Putting on the full armor of God enables you stand firm in the strength of the Lord (*Ephesians 6:10-11, 13*).
- C. Being protected by all parts of the full armor of God helps you to be equipped for walking daily in confidence in the Lord (*Ephesians 6:13-17*).

II. The need for putting on the armor of God

- A. As a believer in Christ, your struggle is not merely in the physical realm. You are also in a massive spiritual battle against rulers, powers, the world forces of darkness, and spiritual forces of wickedness (*Ephesians 6:12*).
- B. Your adversary, the devil, tempts you to sin so that your effectiveness as a believer in Christ will be destroyed (*based on I Thessalonians 3:5; I Peter 5:8-10*).
- C. Satan, as the ruler and deceiver of this world (*John 12:31; Revelation 12:9*), diligently schemes to take advantage of you and all other believers in Christ (*based on II Corinthians 2:11*).
- D. Satan, through his false messengers, continually tries to mislead you as a believer in Christ (*based on Matthew 24:24; II Corinthians 11:3-4; Titus 1:10-16; I John 2:21-26*).

See also: **GOD HAS BROKEN SATAN'S POWER** (Lesson 20, Pages 9-11) under I.

III. Your confidence in the spiritual battle

- A. As a believer, you are a new creation (*II Corinthians 5:17*) and are established in your position in Christ (*Romans 8:14-17; I Corinthians 1:30; Galatians 4:4-7; Ephesians 2:5-7; Philippians 3:20; Colossians 2:9-10*).

Refer to:

YOU CAN CHANGE BIBLICALLY (PART ONE) (Lesson 1, Pages 3-7), **VII. C. and YOU CAN CHANGE BIBLICALLY (PART TWO)** (Lesson 2, Pages 3-5), **I. A.**

- B. Because of the death and resurrection of the Lord Jesus Christ, you, as a believer, can be more than a conqueror (*Romans 8:31-39, esp. verse 37; I John 4:4, 5:4-5*), since you no longer need be enslaved by sin (*Romans 6:5-14, 17-18; Hebrews 2:14-15*).

Refer to:

YOU CAN CHANGE BIBLICALLY (PART ONE) (Lesson 1, Pages 3-7), **III. and GOD HAS BROKEN SATAN'S POWER** (Lesson 20, Pages 9-11), **II. D., E., and F.**

- C. As a believer, you have free access to the mercy, grace, wisdom, and power of God in Jesus Christ through prayer (*based on Matthew 26:41; Luke 22:40; John 16:23-24; II Thessalonians 3:1-3; Hebrews 4:15-16; James 1:5; I John 5:14-15*).

Refer to: **PRAYER PROVIDES COMMUNICATION WITH GOD** (Lesson 3, Pages 9-12).

- D. Through the indwelling of the Holy Spirit (*based on John 14:16-17; Romans 8:9, 14; I Corinthians 3:16, 6:19; Galatians 4:6-7; II Timothy 1:14*), you are enabled to discern between truth and error (*I John 2:18-27, esp. verses 20 and 27*) and can receive divine guidance (*I Corinthians 2:9-13*). Additionally, the Holy Spirit can keep you from fulfilling the desires of the flesh (*Galatians 5:16-17*).

Refer to:

YOU CAN CHANGE BIBLICALLY (PART TWO) (Lesson 2, Pages 3-5), **I. B. and THE HOLY SPIRIT EMPOWERS YOU TO SOLVE YOUR PROBLEMS** (Lesson 3, Pages 6-8).

- E. God has given you His Word (the Bible) as the sole authority to guide you in every aspect of your life (*based on Psalm 19:7-11; 119:11, 105; II Timothy 3:16-17; Hebrews 4:12; II Peter 1:2-11*).

Refer to:

YOU CAN CHANGE BIBLICALLY (PART TWO) (Lesson 2, Pages 3-5), **I. B., C., D. and SCRIPTURE IS YOUR AUTHORITY** (Lesson 3, Pages 3-5).

IV. Your responsibility to put on the full armor of God

- A. Since each piece of God's armor is designed to protect you in specific ways in your spiritual battles, you remain vulnerable to defeat if you put on some parts of the armor and neglect to put on other parts. Remember, God's armor is totally sufficient for you to resist the devil and to stand firm against him, but it is your responsibility to put on the **full** armor of God (*based on Ephesians 6:10-17*).

1. "... having girded your loins with truth ..." (*Ephesians 6:14*)
 - a. Just as a belt held a Roman soldier's tunic out of the way for ease of movement in battle, so should your use of biblical truth allow you to move about freely in everyday life, unhindered and unentangled by sin, ready to do spiritual battle.
 - b. Truth that comes solely from God's Word (*Psalm 119:160; John 17:17*) emphasizes a correct understanding of the Lord Jesus Christ (*John 14:6*) and your relationship with Him (*John 8:31-32, 36*). Biblical truth also emphasizes that you are to be truthful as you confront yourself biblically (*based on Psalm 51:6; Matthew 7:1-5; Luke 6:39-45*) and your relationships with others (*John 13:35; Romans 12:9; I Corinthians 13:4-8a; Ephesians 4:15, 25*). It is especially important that you recognize the areas in which you are most vulnerable to the attacks of Satan. With determined truthfulness, develop a biblical plan to overcome these

specific areas of weakness or temptation and be alert (*based on Psalm 119:11; I Corinthians 11:31; I Thessalonians 5:6; Hebrews 12:1-2; I Peter 5:8*).

2. "... having put on the breastplate of righteousness," (*Ephesians 6:14*)
 - a. Just as a breastplate protected a Roman soldier from receiving severe wounds in hand-to-hand combat, your obedience to God's Word in all your deeds (thoughts, words, actions) will equip you to stand firm and not be overcome by any of Satan's diabolical attacks or crafty schemes in your everyday life.
 - b. Your "breastplate of righteousness," as demonstrated in your Christlike thoughts, words, and actions, cannot be separated from your faith in the Lord Jesus Christ (*Romans 1:17, 3:21-22; II Corinthians 5:7; Philippians 3:7-11, esp. verse 9*).
NOTE: Faith in Christ and subsequent demonstrations of Christlike love can also be described as a "breastplate" (I Thessalonians 5:8a).
 - c. As a believer, the righteousness of Jesus Christ was "put on" you by God as a result of your spiritual new birth (*I Corinthians 1:30; II Corinthians 5:21*). This righteousness is demonstrated by living to please the Lord in every area of your life instead of living to please yourself by following your own desires, "common sense," or the world's wisdom (*based on I Corinthians 3:18-20; II Corinthians 5:9, 14-15*). In other words, does your practice of everyday righteousness (i.e., living in obedience to God's Word in your thoughts, words, and actions) reflect the position of righteousness that is yours by being in Christ?
NOTE: God has been, is, and always will be righteous (Psalm 116:5, 145:17); however, He also is described as "putting on" a breastplate of righteousness when responding to a specific situation (Isaiah 59:9-21, esp. verse 17).
3. "and having shod your feet with the preparation of the gospel of peace;" (*Ephesians 6:15*)
 - a. Just as a Roman soldier's "sandal-boot" was made to protect his feet from injury, to enable him to take long marches over rough terrain, and to keep him from slipping, so should you be equipped spiritually by the liberating message of Jesus Christ.
 - b. Being equipped (prepared) by the gospel of peace gives you, as a believer in Jesus Christ, great encouragement and assurance because you have been reconciled to (are at peace with) God through Jesus Christ, who is our peace (*Ephesians 2:11-18, esp. verses 14-15, 17; Colossians 1:19-23*). No matter what tribulations may arise, you can be at peace in Christ Jesus since He has overcome the world (*John 16:33*). Knowing that Satan has already been defeated through Christ Jesus, you can be confidently at peace when you face any spiritual battle on the way to final victory (*Romans 16:20*).
 - c. As a believer, you are to be ready to tell others how they also can be reconciled to God (be at peace) (*II Corinthians 5:18-20; Colossians 4:5-6; I Peter 3:15*).
4. "in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming missiles of the evil one." (*Ephesians 6:16*).
 - a. Just as a Roman soldier trusted in the sufficiency of his large "body-shield," even while flaming arrows rained down on him, so should you be confident of God's protective care and sufficiency through Christ Jesus and God's Word in any situation of life.

- b. Remember that you are never adequate in your own strength to win any spiritual battle with Satan, but you are to depend totally on the Lord (*Proverbs 30:5; II Corinthians 3:5-6*).
- c. Your faith (trust) in God rests on the sure foundation of the Lord Jesus Christ (*Galatians 2:20*), and it overcomes the world (*I John 5:4-5*). However, "faith" is not simply belief in correct facts; biblical faith results in action that conforms to the Word of God and brings glory to the Lord (*based on I Thessalonians 1:2-3; II Thessalonians 1:11-12; Hebrews 11:1-12:3; James 2:14-26; I Peter 1:6-7; II Peter 1:5-8*).

NOTE: Roman soldiers protected one another as a unit by enclosing themselves behind overlapping shields when under severe attack. Since Satan's attacks on the Body of Christ never cease, it is obvious that members of the Body of Christ are to be linked with one another in their common faith in the Lord Jesus Christ, which results in faithful and loving obedience to God's Word (*based on Proverbs 24:6; Ecclesiastes 4:9-12; Ephesians 4:16; Hebrews 10:23-25*).

- 5. "And take the helmet of salvation ..." (*Ephesians 6:17*)
 - a. Just as a Roman soldier's helmet protected his head from crushing blows from the enemy, so should your reliance on the completeness and certainty of your salvation protect you from thoughts that would hinder you from becoming more like Jesus Christ.
 - b. Realizing that the penalty for your sins has been paid (*Colossians 2:13-14; Hebrews 10:10-14; I Peter 3:18*) and that God is presently working to conform you to the character of His Son, Jesus Christ (*based on Romans 8:28-29; II Corinthians 3:18; Philippians 1:6, 3:12-14*), you have no need to fear as you remain obedient to the Word of God in anticipation of seeing Jesus face to face (*based on I Thessalonians 2:13; Titus 2:11-14; I Peter 1:13; I John 3:3*).
 - c. Because of your salvation in Jesus Christ, you are able to bring your thoughts into subjection and concentrate on being obedient to Christ (*based on II Corinthians 10:5; Colossians 3:2*) as God continually renews your mind, changing you into the image of Christ (*Romans 12:1-2, esp. verse 2; II Corinthians 3:18; Ephesians 4:22-24, esp. verse 23; Colossians 3:10*).
- 6. "... and the sword of the Spirit, which is the word of God." (*Ephesians 6:17*)
 - a. Just as a Roman soldier knew how to use his sword effectively in hand-to-hand combat, so should you know how to use God's Word effectively to thwart temptations to sin and other Satanic attacks that will inevitably come your way.
 - b. Just as the Word of God gives you wisdom that leads to salvation (*II Timothy 3:15*), it also continues to accomplish spiritual results after your spiritual new birth (*Hebrews 4:12*), being very powerful (*Jeremiah 23:29*) and totally sufficient for every situation in life (*Psalms 19:7-11; II Timothy 3:16-17; II Peter 1:3-4*). You are to handle it accurately (*based on II Timothy 2:15*) by being a consistent and faithful doer of the Word, since this keeps you from spiritual delusion and enables you to discern good and evil clearly (*James 1:22-25; Hebrews 5:14*). Your constant love for (obedience to) God's Word will give you great peace, and nothing can cause you to stumble (*Psalms 119:165; II Peter 1:2-10, esp. verse 10*).
 - c. The Word of God is more than adequate to cause Satan to flee, but it must be specifically applied in order to be used effectively to combat temptations (*based on Psalm 119:11, 24, 41-42, 133; Matthew 4:1-11, esp. verses 4, 7, 10; II Timothy 2:15, 3:16-17; Hebrews 4:12*).

- B. After you have put on the full armor of God, you are to stand firm and resist the devil (*Ephesians 6:11, 13; James 4:7; 1 Peter 5:8-9*). From this victorious position in Christ (fully covered by God's armor), you are to pray at all times by means of God's Spirit, especially praying for others in the Body of Christ (*based on Romans 8:26-27; Ephesians 6:18*).

V. Practical help for putting on the full armor of God

- A. "... having girded your loins with truth ..." (*Ephesians 6:14*). In order to gird up your loins with truth:

1. Set aside time to study what Jesus Christ has done for you through His death and resurrection by placing you in Him and disarming Satan's power.

Refer to:

YOU CAN CHANGE BIBLICALLY (PART ONE) (*Lesson 1, Pages 2-7*);
YOU CAN CHANGE BIBLICALLY (PART TWO) (*Lesson 2, Pages 2-5*); and
GOD HAS BROKEN SATAN'S POWER (*Lesson 20, Pages 9-11*).

2. Make a list of Bible verses and passages that have been of special meaning in your life; also list those that will give you specific help in times of temptation. Choose Bible verses that deal with your area of temptation, listing them in order of their relevance to your particular problem. Then determine how many verses you will memorize each week and how many you will review periodically.

In addition, memorize verses that will give others hope or specific help in facing and dealing with problems in a biblical manner.

Refer to:

BIBLICAL BASIS FOR DAILY DEVOTIONS AND SCRIPTURE MEMORY
 (*Lesson 2, Pages 9-11*) and

FOUR PLANS FOR MEMORIZING SCRIPTURE (*Lesson 2, Pages 12-13*)
 with each lesson's memory verses in this course.

3. Remain faithful and consistent in your daily devotions, in order to abide in the Lord and in His Word. In planning your daily devotions, keep a list of topics that you need to study in more depth. You may discover these topics through your regular personal Bible study, sermons you hear, or questions about the Scriptures you are asked by others.

Refer to:

BIBLICAL BASIS FOR DAILY DEVOTIONS AND SCRIPTURE MEMORY
 (*Lesson 2, Pages 9-11*).

- B. "... having put on the breastplate of righteousness," (*Ephesians 6:14*). In order to put on the breastplate of righteousness:

1. Identify areas of your life in which you are weak and are still learning to overcome temptation. Make a list of circumstances (such as times of the month, locations, relationships) in which you are most tempted to allow the practices of the old nature to take over your life (in thoughts, speech, or actions). In this way, you will become alert to attacks from Satan in his attempts to defeat you.

Refer to:

EXAMPLES OF MAN'S WAY COMPARED TO GOD'S WAY (*Lesson 4, Pages 12-13*);

THE DOWNWARD SPIRAL: NEGLECTING OR REFUSING GOD'S WAY (*Lesson 5, Page 3*);

THE UPWARD PATH: WALKING GOD'S WAY (*Lesson 5, Page 5*);

BIBLICAL PERSPECTIVE ON TESTS AND TEMPTATIONS (Lesson 8, Pages 3-7);

RECOGNIZING LIFE-DOMINATING SINS (Lesson 20, Pages 3-7), under
I. *Characteristics of a life-dominating sin;*

GUIDELINES: VICTORY OVER FAILURES WORKSHEET (Supplement 7);

VICTORY OVER FAILURES WORKSHEET (Supplement 8);

GUIDELINES: THE "THINK AND DO" LIST (Supplement 9); and

"THINK AND DO" LIST (Supplement 10).

2. Learn to judge yourself in a biblical manner. Develop and faithfully maintain a biblical plan for living that will please the Lord in all things and be a blessing to others, especially in your daily responsibilities and specific areas of service and ministry. As part of your biblical plan for life, include a contingency plan that will help you overcome unexpected temptations.

Refer to:

BEGINNINGS OF BIBLICAL CHANGE (Lesson 5, Page 4);

BIBLICAL CHANGE IS A PROCESS (Lesson 7, Pages 3-4);

PRACTICAL STEPS FOR ACHIEVING BIBLICAL CHANGE (Lesson 8, Pages 8-10);

BIBLICAL PRINCIPLES OF STEWARDSHIP (Lesson 10, Pages 4-6);

DYING TO SELF BY SERVING OTHERS (Lesson 10, Pages 7-8);

GOD'S STANDARDS FOR YOU (Lesson 22, Pages 4-6);

GUIDELINES: VICTORY OVER FAILURES WORKSHEET (Supplement 7);

VICTORY OVER FAILURES WORKSHEET (Supplement 8); and

The "OVERCOMING" plans for each problem (Lessons 10, 11, 13, 18, 19, and 21).

3. Evaluate the opportunities you have to put specific steps of your plans into practice.

As you go through each instance, answer the following questions:

- a. What happened this time?
- b. What did I do?
- c. What should I have done?

If you did what was biblical and pleasing to the Lord, the second and third answers should be the same. (If the answers to the second and third questions differ, make the necessary adjustments in your plan and renew your commitment to be faithful in practicing your biblical plan for living).

Refer to:

GUIDELINES: VICTORY OVER FAILURES WORKSHEET (Supplement 7);

VICTORY OVER FAILURES WORKSHEET (Supplement 8);

MY PRESENT SCHEDULE (Supplement 14); and

MY PROPOSED BIBLICAL SCHEDULE (Supplement 15).

- C. "and having shod your feet with the preparation of the gospel of peace;" (Ephesians 6:15). In order to be equipped by the gospel of peace:

1. Remember that you are no longer under the wrath of God but instead are at peace (reconciled) with Him through Jesus Christ.

Refer to:

YOU CAN CHANGE BIBLICALLY (PART ONE) (Lesson 1, Pages 3-7);

YOU CAN CHANGE BIBLICALLY (PART TWO) (Lesson 2, Pages 3-5);

BIBLICAL BASIS FOR PEACE AND JOY (Lesson 6, Pages 8-10); and

GOD HAS BROKEN SATAN'S POWER (Lesson 20, Pages 9-11).

2. Enroll, if needed, in evangelism training that may be available in your church or in your local area. Know the biblical reason for the hope within you and continue to update your testimony of what God is doing in your life. Be ready to tell others of the grace of God in Christ Jesus as opportunities are given you by the Lord.

Refer to:

YOU CAN CHANGE BIBLICALLY (PART ONE) (Lesson 1, Pages 3-7) and **PREPARING A PERSONAL TESTIMONY** (Supplement 4).

- D. "in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming missiles of the evil one." (Ephesians 6:16). In order to take up the shield of faith:

1. Remember that the circumstances and relationships in which you have the most intense trials are the ones in which you especially need to take up the shield of faith. God uses these trials to develop Christlike character in your life, and they give you an opportunity to die to self in order to live for Jesus Christ.

Refer to:

YOU CAN CHANGE BIBLICALLY (PART TWO) (Lesson 2, Pages 3-5); **SCRIPTURE IS YOUR AUTHORITY** (Lesson 3, Pages 3-5); **THE HOLY SPIRIT EMPOWERS YOU TO SOLVE YOUR PROBLEMS** (Lesson 3, Pages 6-8);

PRAYER PROVIDES COMMUNICATION WITH GOD (Lesson 3, Pages 9-12); **BIBLICAL HOPE** (Lesson 6, Pages 6-7); and **BIBLICAL PERSPECTIVE ON TESTS AND TEMPTATIONS** (Lesson 8, Pages 3-7).

2. You are to respond to difficulties in a manner that pleases the Lord instead of focusing on your own self-interests.

Refer to:

PLEASING SELF OR PLEASING GOD (Lesson 9, Pages 10-11); **OVERCOMING A PREOCCUPATION WITH SELF** (Lesson 10, Pages 9-12); **UNBIBLICAL RESPONSES TO ANGER AND BITTERNESS** (Lesson 11, Pages 4-5);

A BIBLICAL VIEW OF ANGER (Lesson 11, Pages 6-9); **A BIBLICAL VIEW OF BITTERNESS** (Lesson 11, Pages 10-11); **OVERCOMING ANGER AND BITTERNESS** (Lesson 11, Pages 12-16); **OVERCOMING INTERPERSONAL PROBLEMS** (Lesson 13, Pages 19-23); **OVERCOMING PROBLEMS THROUGH BIBLICAL COMMUNICATION** (Lesson 15, Pages 6-9);

AN OVERALL PLAN FOR REARING CHILDREN (Lesson 17, Pages 16-21); **OVERCOMING DEPRESSION** (Lesson 18, Pages 8-13); **TEMPTATIONS TO FEAR AND WORRY** (Lesson 19, Pages 4-5); **OVERCOMING FEAR AND WORRY** (Lesson 19, Pages 8-12); and **OVERCOMING LIFE-DOMINATING SINS** (Lesson 21, Pages 13-19).

- E. "And take the helmet of salvation ..." (Ephesians 6:17). To take up the helmet of salvation:

1. Know thoroughly the completeness and certainty of your salvation in Jesus Christ.

Refer to:

YOU CAN CHANGE BIBLICALLY (PART ONE) (Lesson 1, Pages 3-7); **YOU CAN CHANGE BIBLICALLY (PART TWO)** (Lesson 2, Pages 3-5); **THE BIBLICAL MODEL OF MAN'S FAILURE** (Lesson 4, Pages 3-4); **THE BIBLICAL VIEW OF SELF** (Lesson 4, Pages 5-10); and

KNOWING THE DIFFERENCE BETWEEN MAN'S WAY AND GOD'S WAY (Lesson 4, Page 14).

2. Discipline your thoughts to concentrate on pleasing the Lord and becoming more Christlike. Remember that you will soon see Him face to face.

Refer to:

BIBLICAL BASIS FOR DAILY DEVOTIONS AND SCRIPTURE MEMORY (Lesson 2, Pages 9-11);

FOUR PLANS FOR MEMORIZING SCRIPTURE (Lesson 2, Pages 12-13);

THE EFFECTS OF UNBIBLICAL THOUGHTS, SPEECH, AND ACTIONS (Lesson 7, Page 5);

RENEWING YOUR MIND (Lesson 7, Pages 6-7);

GUIDELINES: THE "THINK AND DO" LIST (Supplement 9); and

"THINK AND DO" LIST (Supplement 10).

- F. "... and the sword of the Spirit, which is the word of God." (Ephesians 6:17). To use the Word of God effectively:

1. Be a student of Scripture.

Refer to:

BIBLICAL BASIS FOR DAILY DEVOTIONS AND SCRIPTURE MEMORY (Lesson 2, Pages 9-11) and

SCRIPTURE IS YOUR AUTHORITY (Lesson 3, Pages 3-5).

2. Be a doer of the Word.

Refer to: **THE IMPORTANCE OF DOING THE WORD** (Lesson 5, Pages 6-9).

3. Know how to combat the schemes of Satan with the Word of God.

Refer to:

BASIC APPROACHES TO SOLVING PERSONAL PROBLEMS (Lesson 4, Page 11);

EXAMPLES OF MAN'S WAY COMPARED TO GOD'S WAY (Lesson 4, Pages 12-13);

KNOWING THE DIFFERENCE BETWEEN MAN'S WAY AND GOD'S WAY (Lesson 4, Page 14);

THREE LEVELS OF PROBLEMS (Lesson 6, Pages 4-5);

BIBLICAL PERSPECTIVE ON TESTS AND TEMPTATIONS (Lesson 8, Pages 3-7); and

GOD HAS BROKEN SATAN'S POWER (Lesson 20, Pages 9-11).

- G. Having put on the full armor of God, be faithful to pray regularly and fervently. In order to do this:

1. You should have a regular pattern and plan of prayer.

Refer to:

BIBLICAL BASIS FOR DAILY DEVOTIONS AND SCRIPTURE MEMORY (Lesson 2, Pages 9-11);

PRAYER PROVIDES COMMUNICATION WITH GOD (Lesson 3, Pages 9-12);

MY PROPOSED BIBLICAL SCHEDULE (Supplement 15);

GUIDELINES: FREEDOM FROM ANXIETY (BIBLICAL ACTION AND PRAYER PLAN) (Supplement 16); and

FREEDOM FROM ANXIETY (BIBLICAL ACTION AND PRAYER PLAN) (Supplement 17).

2. In your prayer life, ask for His continued wisdom in judging yourself biblically in all situations and rely on His leading and sovereignty in your daily activities.

Refer to:

THE HOLY SPIRIT EMPOWERS YOU TO SOLVE YOUR PROBLEMS

(Lesson 3, Pages 6-8), II. B.;

PRAYER PROVIDES COMMUNICATION WITH GOD *(Lesson 3, Pages 9-12);*

BEGINNINGS OF BIBLICAL CHANGE *(Lesson 5, Page 4);*

THE UPWARD PATH: WALKING GOD'S WAY *(Lesson 5, Page 5);*

PRACTICAL STEPS FOR ACHIEVING BIBLICAL CHANGE *(Lesson 8, Pages 8-10);*

GUIDELINES: VICTORY OVER FAILURES WORKSHEET *(Supplement 7); and*

VICTORY OVER FAILURES WORKSHEET *(Supplement 8).*