

1. Intro: (Quotes: Orion Lee, 5 Tips for more effective fighting stance)

- a. "...the fighting stance is the most fundamental position"
- b. "...the goal of combat is not just to hit your opponent at all costs. It's to do so in a way that weakens their position while at the same time strengthening your own."

2. Preparation (What do we can do)

- a. Includes:
 - i. Sit
 - 1. What do we do? Jesus is our example...listen and ask questions. Lk 2:46 Then, after three days they found Him in the temple, sitting in the midst of the teachers, both listening to them and asking them questions.
 - 2. Sit at Jesus' feet Lk 10:39, Mk 3:34
 - ii. Train 1 Cor 9: 24-27
- b. Explanation:
 - i. Each part affects the sum total ability to stand (head, feet, gaze, hands, core/trunk, knees, etc)
 - ii. Definition
 - 1. Strong's stand firm: Gk. I cause or make to stand, place, set up, establish, appoint, I place myself...I set in balance, weigh...stand still, I stand ready, stand firm, am steadfast
 - 2. Strong's Eph specifically: to stand ready or prepared v14. Of one who vanquishes his adversaries and holds the ground (v.13). Also of one who in the midst of the fight holds his position against the foe (v. 11)
 - iii. "a proper stance allows for strong, effortless movement and an easy transference of force from body to extremity."
 - iv. "having a good stance allows you freedom of movement"

3. Application (How do we do it - Faith)

- a. We each have it (given by God Rom 12:3 For through the grace given to me I say to everyone among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each a measure of faith
 - i. Choose to use it to stand
 - 1. 1 Pet 5:9 NLT Stand firm against him, and be strong in your faith. Remember that your family of believers all over the world is going through the same kind of suffering you are.
 - 2. 2 Pet 1:12 NLT Therefore, I will always remind you about these things—even though you already know them and are standing firm in the truth you have been taught.
 - ii. Choose to develop it
 - 1. 2 Tim 4:7 I have fought the good fight, I have finished the course, I have kept the faith
- b. Great faith – Dead faith
 - i. Mt 8:10 Centurion with sick servant
 - ii. Mt 15:28 woman with sick daughter
 - iii. Mt 14:31 Peter's little faith example

- iv. Mt 16:8 Jesus called them men of little faith because of the bread discussion
- v. Mt 6:30 Jesus speaks of God clothing grass of the field, will clothe them.
- vi. James 2:20 But are you willing to recognize, you foolish fellow, that faith without works is useless?
- vii. James 2:26 For just as the body without the spirit is dead, so also faith without works is dead
- c. Requires love
 - i. Gal 5:6 For in Christ Jesus neither circumcision nor uncircumcision means anything, but faith working through love.
 - ii. 1 Cor 13:1-3 AMP Do a lot...but have not love, I gain nothing.

4. Motivation (Why do we want to - Love)

- a. He is love
- b. He loves us
- c. We love Him
- d. Made in His image - operate like He does
- e. Reach the goal: Run and finish the race
 - i. Hab 2:2 get the vision and run
 - ii. Gal 5:7 ...were running a good race...
 - iii. Heb 12:1 get rid of every obstacle
 - iv. Is 40:31 ...run and not grow weary
 - v. James 1:12 having stood...results in a crown
 - vi. Joel 2:7 charge like warriors, scale walls like soldiers, march in line, unswerving
 - vii. Mt 24: 13 but the one who stands firm to the end will be saved

5. Conclusion: Make choices, stand well, stand against the enemy, so we can run our race well to the end and stand before God.

Eph 6:10-20

Finally, be strong in the Lord and in the strength of His might. Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual *forces* of wickedness in the heavenly *places*. Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. Stand firm therefore, HAVING GIRDLED YOUR LOINS WITH TRUTH, and HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS, and having shod YOUR FEET WITH THE PREPARATION OF THE GOSPEL OF PEACE; in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one. And take THE HELMET OF SALVATION, and the sword of the Spirit, which is the word of God.

With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints, and pray on my behalf, that utterance may be given to me in the opening of my mouth, to make known with boldness the mystery of the gospel, for which I am an ambassador in chains; that in *proclaiming* it I may speak boldly, as I ought to speak.