



# The Soldier and His Weapons

## Volume 2, Week 7, Lesson 7

**Equipping your mind for battle:** In Ephesians 6, every piece of armament on a Roman soldier, offensive and defensive, deals with the way you think – how you use your brain in battle.

*It is not just a clinical problem, it is deeply a spiritual problem. It's a battle for the lives and the souls of men, throughout eternity. –Dr. Ted Roberts*

**The Belt of Truth:** The Belt of Truth, which is the Word of God, holds the rest of the armor together. Without having a daily devotional life, you won't be able to deal with the enemy as he comes against you.

Creating godly neurological pathways: Simply trying harder – focusing your brain's energy on not thinking about acting out – will set you up for failure. You can replace those negative thoughts with the thoughts of Christ by “downloading” God's Word into your limbic system. By doing so, you're taking away the old, dysfunctional pathways and replacing them with thoughts that will bring health, wholeness, and freedom.

### Tools to Conquer: Getting God's Word into your soul.

It is not enough to just memorize Scripture. You need to get the Word of God into your soul. The left side of your brain only thinks in words and images that are linear. You've got to get God's truth into the right side of your brain and access your limbic system where the battle takes place. It's important to know how to access our right brain when you read Scripture. Here are two powerful suggestions:

- Begin to pray Scripture. For example, take a Psalm and make it your own. Make the verses your prayer. Put your name in it and, literally, the images will become a part of your thought process.
- The right side of your brain uses images, not words. Find a picture that best depicts your Scripture; place it where you will see it every day.

**NOTES:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### SUMMARY POINTS

- Belt of Truth = Logos, the written Word of God.
- The Belt of Truth is the only visible and physical spiritual armor.
- The Belt of Truth is the least noticeable, yet vitally important because it holds the entire armor together.

### The four things you need to understand to win this battle:

1. The weapons of the enemy.
2. The strategy of the enemy.
3. The weapons of God.
4. God's battle plan for purity.

**Word of our testimony:** Satan's primary weapon is accusation. Because you're under the Blood of Jesus Christ, Satan can't accuse you before God, but he can accuse God before you. Will you stand for truth and follow the Truth, when you could risk losing everything? Living a life that's founded on truth, regardless of the cost, is what separates conquerors from cowards.

NOTES: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SUMMARY POINTS

- The Belt of Truth is a mind that is free from deceit and falsehood.
- Truth is the foundation we must build on.
- Repentance starts in the mind, followed by actions.
- Truth may come at a cost, but you must man-up and face it.

Tools to Conquer: The Shield of Faith – becoming a man of worship.

Truth has to be personally experienced. The breastplate of righteousness is experiencing truth as a lifestyle of truthfulness over a period of time. Your vulnerability to hell decreases as your truthfulness increases. The most vulnerable part of all is believing that God loves you and that you are made righteous by the Blood of the Lamb. God loves you so deeply, He wants to help you walk in the truth as you confront deception; addiction at its core is about same, so you’re battling the shame cycle in your soul. Therefore, once you understand who you are in Christ, the breastplate of righteousness will be your primary defense against shame.

NOTES: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SUMMARY POINTS

Breastplate of Righteousness:

- Truth must be developed as a lifestyle.
- You can never love beyond the view you have of yourself.
- Understanding who you are in Christ, which is your breastplate of righteousness, is your primary defense against shame.

*When you believe you’re bad, you’ll push love and help away. You won’t feel worthy of the blessings of God, then you’ll act like You’re worthless; and worthless people make different decisions than people who believe their worth, because of what Christ did.*

**--Dr. Doug Weiss**

NOTES: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SUMMARY POINTS

Breastplate of Righteousness:

- Your fantasies are limbic lies that set you up for bondage.
- The breastplate of righteousness is the righteousness of God.
- Righteousness is the identity of every Christian because of Christ’s shed blood on the cross.
- When you know your identity in Christ, you can believe the dreams God has for you.
- God’s dreams for you will give you a direction in your life.

**The Shoes of Peace** give the believer the ability to “stand”, regardless of how fierce the battle may be. Satan can’t play games with your emotions or your mind when peace rules your heart.

### Tools to Conquer: Becoming a man of worship.

Our faith needs to be anointed with the Holy Spirit to be vital, to avoid becoming rigid and brittle. The Roman Soldier would soak his shield in water, anticipating the fiery darts of his enemy. That points to the challenge of you becoming a man of worship. When you’re alone, sing out loud to Jesus. In that moment of adoration and praise to Him, the water of Holy Spirit will pour over you. No matter what fiery darts the enemy may throw at you, you can stand against his onslaught. You can stand as a man anointed by the presence of God Almighty.

**NOTES:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### SUMMARY POINTS

Shield of Faith:

- Faith and the Word of God are inseparable.
- Chrio (Greek) = Anoint. A medical term that refers to someone smearing or rubbing oil on a patient.
- Our faith needs to be anointed with the Holy Spirit to be vital, to avoid becoming rigid and brittle.

**NOTES:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### DISCUSSION

**Watch DVD 2 of the Conquer Series Volume 2 before answering the following questions:**

1. Describe the Belt of Truth and how it functions as armor, both for the Roman soldier and for us today as God’s warriors.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. The believers during the First Century Church overcame by the Blood of the Lamb (Jesus) and by the word of their testimony (Revelation 12:10 -11). What is the word of your testimony? How can your testimony be instrumental in overcoming sexual bondage or other addictions?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. How can your testimony be instrumental in the lives of others? How do you already see God using your testimony to bring Him glory?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## ACCOUNTABILITY

**Note:** If there are any new members in the group, have them read and sign the Memo of Understanding and Covenant to Contend before proceeding with this part.

### Last week's 7-Day Mission

1. Last week, you were asked to look at the ten worst moments in your life and explore the limbic lie attached to each moment. How was that experience? Did you identify any common themes among your limbic lies?  

---

---

---
2. Completing the Whacks and Lacks table may have been challenging. As you identified the intensity and frequency of your past trauma, did you discover anything new? Anything you would like to share with the group?  

---

---

---
3. Did you get your survival kit ready? What is one thing in your survival kit that is unique to you and your life experience?  

---

---

---

### 7-Day Mission Checklist – Week 7

**Note:** The 7-Day Mission provides a concise weekly battle plan built on the key concepts in the DVD lesson for you to work out in your Conquer Series Study Guide and Journal. Additional exercises mentioned in the Conquer Series are suggestions for you to add on your own.

- ☐ Wrote out my prophetic promises in my Conquer Series Journal and practiced saying them out loud.
- ☐ Wrote down the lies I believe about myself; I discovered what God and the Bible say about those lies.
- ☐ Identified areas in my life where I need to trust God.
- ☐ Focused on worshipping God when I felt anxious or stressed.