



## 014.Armed for the After BiTHIA: Stepping out of feelings

**Challenge** from the podcast:

Complete your target  
by adding God's Truths and  
use the 7-day devotional on p2

### Let's update our target...

If you have your target from episode 012 of the podcast, today we are going to realize how God's truths combat the lies we are tempted to believe about ourselves.

*sample lie:*  
I am alone in  
my anxiety

**ENEMY LIES**

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*sample truth:*  
God gives me  
peace and is  
ever present  
with me



**GOD'S TRUTH**

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### TAKE UP the FULL ARMOR of GOD

*When we used our target last, we wrote three lies that the enemy whispers to our soul hoping we will become discouraged and give up.*

*However, as daughters of God, we now have two known pieces of armor to take up.*

*Look at your lies and for each one, write a truth from God in the orange section.*

*For help with this, choose from the armor of God verses below or any of the verses listed on page 2.*

*I have given an example to get you started.*

#### SHOES of PEACE:

Not in strappy sandals, but rather the sturdy boots of a soldier, I will stand my ground, knowing who I am in Christ and step forward, taking hold of what Christ has set before me as purposed and planned works for His glory to advance His Kingdom.



#### HELMET of SALVATION:

This salvation is not limited to my destiny after death, but is essential to protect my daily thought life, knowing who I am, Who I belong to, and where I am going. This gives me significance and purpose and keeps me captive to higher thinking.



### Armor of God

*Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, **as shoes for your feet, having put on the readiness given by the gospel of peace.** In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; **and take the helmet of salvation,** and the sword of the Spirit, which is the word of God  
Ephesians 6:14-17*

### BiTHIA: Stepping out of feelings



Rather than stepping into our feelings each day, let us step into our armor.

*“Daughter,” He said to her, “your faith has made you well. Go in peace and be free from your affliction.”* Mark 5:34 HCSB

Here is a 7-day devotional guide to encourage you this week. Look up the verse of the day, write it out on an index card to carry with you. Then step into your day armored and protected by the Word of God.

#### Sunday

##### **Nehemiah 8:10** tells us how to be strengthened

The JOY of the Lord is a verb. It means to rejoice and be glad; to actively praise God. And the STRENGTH we can claim from Him is a noun. It refers to a refuge and safe place where God protects us. CHOOSE something you are thankful for and praise God out loud throughout the day for it. Realize that you are being protected by Him each time you speak it.

#### Monday

##### **Psalm 46:1** tells us God is our help in trouble

God gives us hope to know that He is our REFUGE, a place of safety and shelter from trouble. He is our STRENGTH, which is stored power ready to be activated when we humbly ask. And He is EVER-PRESENT, never changing and always available if we find ourselves in TROUBLE... adversity, affliction, anguish or distress.

#### Tuesday

##### **Psalm 27:7-9** tells us to seek God's face

The Lord hears us when we call and desires that we seek His FACE (the presence of God) rather than only the gifts of His hand. This is a true longing for more of Him as we call upon Him more. He promises not to abandon us and to be our SALVATION (deliverance from trouble, rescue, safety and and freedom from sin and selfishness)

#### Wednesday

##### **Romans 8:1** tells us we are not condemned

When we place our faith in Jesus as our Savior, He forgives our past and removes all shame from us. He does not CONDEMN us, but rather sees us as clean and new. The judgement for our sin which brings the penalty of death has been removed. Let us rejoice today knowing that we can now walk through our day with His Spirit in us, rather than following our old ways.

#### Thursday

##### **Colossians 3:2** tells us to set our minds above

When we SET OUR MIND on what is above, it means we seek God's perspective on life rather than using earthly logic. This desire to have understanding develops wisdom within and actually begins to change our feelings and behavior. It is a humble idea of self and a sense of wonder for all that God is doing in our lives.

#### Friday

##### **Psalm 28:7** tells God is our strength and shield

When we trust our hearts to God, He provides STRENGTH, which is both divine power and a place of hiding and refuge from trouble. As our SHIELD, He protects us and stands before and behind us, keeping us from further harm. He covers us, guards us and defends us when we are weak.

#### Saturday

##### **John 16:33** tells us Jesus has overcome

Jesus offers us PEACE, a wholeness that completes us because He knows from experience that this life comes with SUFFERING. But we are to put our trust in Him for the courage to trust Him. He wants us to TAKE HEART (to radiate confidence from within) because He already conquered sin and death)strengthen

**Deny the Lies!**

*So humble yourselves before God. Resist the devil, and he will flee from you.*

James 4:7