

# VICTORIA TALKS

## CHRISTIANITY FOR SCEPTICS, ENQUIRERS & BELIEVERS

A very warm welcome

Tom Wright will be speaking on Ephesians 6:13-17

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### Notices

**1. New?** If you're here for the first time and would like more information about the Victoria Talks, including our weekly email, please fill in a contact card.

**2. Trinity Church Westminster.** A new church launching in Westminster in September 2026. Please email [luke.cornelius@st-helens.org.uk](mailto:luke.cornelius@st-helens.org.uk) for email updates or visit: [shb.org.uk/TCW0926](http://shb.org.uk/TCW0926) to find out more.

**3. City Summer School.** A week of Bible teaching, relaxation and fun at Ashburnham Place for members and families of those who attend a lunchtime talk. Week 1: 17-24 July, week 2: 24-31 July. Scan the QR code to find out more.



**4. Coming up.** *A Great Salvation.* Join us next week as we come back to our series in Hebrews. Matt Bridges will be speaking.

For our **safeguarding** information please visit our website: [www.victoriatalks.org/safeguarding](http://www.victoriatalks.org/safeguarding)

Talk recordings & info | [www.victoriatalks.org](http://www.victoriatalks.org)

Be strong in the Lord

**Introduction** - Where we find the Lord's strength - the bible!

1. **Strengthened by bible truth - belt of truth** cf. 4: 11-13
  
2. **Renewed by bible truth - breastplate of righteousness** cf. 4: 19-24
  
3. **Motivated by bible truth - shoes of readiness** cf. 2:13-18
  
4. **Humbled by bible truth – shield of faith (not works)** cf. 2:8-9
  
5. **Assured by bible truth – helmet of salvation** cf. 1:13-14
  
6. ***Yield bible truth! - sword of the spirit***

**Application**

Questions:

1. In what ways do we look to ourselves rather than the bible for strength?
2. How can we train ourselves to instinctively look to the bible for strength? How can we encourage each other in this?
3. Which aspects of biblical living (part of the armour) might be neglected in our lives?