


CHRISTIANITY FOR SCEPTICS, ENQUIRERS & BELIEVERS

A very warm welcome

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

Notices

- 1. New?** If you're here for the first time and would like more information about St Nick's Talks, including our weekly email, please fill in a contact card.
- 2. St Nick's Talks Partnership.** An opportunity to discuss what we've been learning and pray for gospel ministry in the City. Monday lunchtimes and Tuesday mornings at St Nick's. Email sarah@snca.co.uk for more information.
- 3. Could science point to God?** Join us for a talk and Q&A with Richard Buggs, Professor of evolutionary genomics. Drinks & canapés from 18:30, talk & question time 19:15 - 20:00. **Tuesday 19 May** at St Nicholas Cole Abbey. Scan the QR code for more information and to sign-up. 
- 4. Trinity Church Westminster.** A new church launching in Westminster in September 2026. Please email luke.cornelius@st-helens.org.uk for email updates or visit: shb.org.uk/TCW0926 to find out more.
- 5. 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: <https://www.stnickstalks.org/safeguarding>

Talk recordings & info | www.stnickstalks.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?