

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 the London Bridge Talks, including our weekly email, please fill in a contact card.

2. End of year survey. As we approach the end of the academic year, we'd love to hear your thoughts on the London Bridge Talks. We'd be grateful if you could take a few minutes to complete our survey by scanning the QR code.



3. Why bother with lunchtime talks? Join us for interviews and a short thought from the Bible as we kick off the talks for the new academic year. **Tuesday 1 September**, 13:10 - 13:40 at The Mudlark. Scan the QR code for a flyer.



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. Summer Break. We're taking a break over the summer. Please join us again on Tuesday 1 September.

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. Wield 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?