# 50 Days of UNLEASHING HOPE

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Week #7: Play Great Defense Ephesians 6:10-11 (page 555)

Pastor Greg Mansur

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### PLAY GREAT DEFENSE



# Ephesians 6:10-11 (page 555)



### 1. Sins & Weights

Hebrews 12:1 – "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us."

### 2. Worry & Anxiety

Philippians 4:6-7 – "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."

#### 3. <u>Bitterness</u>

Hebrews 12:15 – "See to it that no one misses the grace of God . . . . And that no root of bitterness springing up causes trouble, and by it many be defiled."

### 4. <u>Doubt</u>

James 1:6-7 – "Anyone who doubts is like a wave in the sea, blown up and down by the wind . . . . They should not think they will receive anything from the Lord."

### 5. <u>Selfishness</u>

### Acts 20:35 – "There is more joy in giving than receiving."

### 6. <u>Guilt</u>

Psalm 32:3-5 – "When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will confess my transgressions to the Lord' – and you forgave the guilt of my sin."

### 7. <u>Unhealthy Relationships</u>

# 1 Corinthians 15:33 – "Do not be misled: 'Bad company corrupts good character."

#### 8. Past Failures

Philippians 3:13 – "... one thing I do: Forgetting what is behind and straining toward what is ahead."

#### 9. Discouragement

Nehemiah 2:20 – "So I answered them and said to them, 'The God of heaven will give us success; therefore we His servants will arise and build, but you have no portion, right or memorial in Jerusalem."

### 10. Pride & Arrogance

1 Peter 5:5-6 – "All of you, clothe yourselves with humility toward one another, because, 'God opposes the proud but gives grace to the humble.' Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time."



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