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# Daily Devotional - Thursday, May 15, 2025 - Be Alert

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MAY 15TH 2025 BY DEE LOFLIN

Daily Devotional - Thursday, May 15, 2025 - Be Alert

As a believer, you are in a spiritual battle, and your enemy is in stealth mode! Someone operating in stealth mode acts in a disguised or secretive way. They might appear innocent on the outside, but beneath the surface, they are deceptive and dangerous. That is why the Apostle Paul warns believers to be aware and alert!

Our enemy, the devil, is invisible and full of schemes. While we cannot fight him in the physical sense, we do battle with him daily in the heavenly realm. The heavenly realm is where spiritual activity occurs, and the spiritual impacts the physical. The good news is that God gave us weapons to battle against the “powers of this dark world” (v. 12). Even better, through Him, we have victory!

Paul teaches us how to fight from this position of victory. While under house arrest for proclaiming the gospel, Paul was obviously in close proximity to

Roman soldiers who were assigned to watch him around the clock. Perhaps these circumstances were on his mind as he commanded believers to “be strong in the Lord” (v. 10). We find strength in God’s mighty power as we “put on the full armor of God” (v. 11).

In verses 14–17, Paul names this spiritual armor piece by piece (see also 2 Cor. 10:4–5). We put on “the belt of truth” and the body armor of God’s righteousness (v. 14). He continues with the sandals of good news, the shield of faith, the helmet of salvation, and the sword of the Spirit, which is the Word of God (vv. 15–17). Paul tells us to stand firm three times (vv. 11, 13–14). Finally, he exhorts us to pray always in the Spirit for ourselves (v. 18) and for others. These tools will help us resist the tactics of an invisible enemy as we walk by faith and not by sight.

## **Go Deeper**

In what ways have you encountered spiritual warfare in your walk with God? How have you experienced God’s strength amid your battles?

## **Pray with Us**

King Jesus, what a consolation to know that You already won the victory “against the powers of this dark world” (Eph. 6:12)! Thank You that You gave us Your victory, as well as armor to withstand the enemy!

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## Daily Devotional - Tuesday, May 13, 2025 - Walk in the Spirit

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MAY 13TH 2025 BY DEE LOFLIN

Daily Devotional - Tuesday, May 13, 2025 - Walk in the Spirit

Did you know that the Holy Spirit plays an intricate part not only in our salvation but also in our walk with the Lord? Paul mentions the Holy Spirit in all six chapters of his letter to the Ephesians. We are sealed by the Spirit unto the day of redemption (1:13). We have access to the Father by the Spirit (2:18). The Spirit reveals to us the mystery of the gospel (3:5). We have been unified by the Spirit (4:3). We can be filled by the Spirit (5:18), and we can pray in the Spirit (6:18). These are just some of the verses in this epistle that speak of the Holy Spirit.

There is no way we can walk with the Lord without the Holy Spirit working in our lives. That is why Paul challenged the Ephesians to be “filled with the Spirit” (5:18). The Greek word for *filled* speaks of an ongoing filling and not a once-and-for-all experience.

When we walk with the Lord, the Holy Spirit is continually working in our lives. In the same way, as we continually submit ourselves to the Spirit, He empowers us to do His will. The Holy Spirit is so involved in our walk with the Lord that when we are not being filled by Him, we are grieving Him. Paul cautions: “And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption” (4:30).

When we walk (or live) by the Spirit, we will not gratify the desires of the flesh (Gal. 5:16). In verses 19 and 20, Paul describes the outpouring of this “filling”—we will worship and sing, “giving thanks to God the Father for everything.” As Spirit-filled people, we will live in a way that glorifies God, in worship and fellowship with like-minded people.

## **Go Deeper**

Is there any area of your life that could possibly be causing the Holy Spirit grief? What does a Spirit-filled life look like?

## **Pray with Us**

Holy Spirit, our Advocate and Comforter, thank You for Your presence in our lives. Draw us closer to Christ, fill every moment of our walk with God, and help us better understand the truths of God’s Word. Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.

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## Daily Devotional - Friday, May 9, 2025 - Walk in Newness

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MAY 09TH 2025 BY DEE LOFLIN

Daily Devotional - Friday, May 9, 2025 - Walk in Newness

Do you remember the excitement of getting new school clothes for a new academic year? I will never forget shopping for new clothes and school supplies. Putting on those new clothes for the first time was a very proud moment. I had grown out of the old clothes; I was ready for something new!

In Ephesians 4:24, the Apostle Paul says we are to “put on the new self, created to be like God in true righteousness and holiness.” Obviously, Paul is not speaking of literal clothing. He is referring to the new lifestyle of the believer. The word *created* is also mentioned in Ephesians 2:10. We are “created in Christ Jesus to do good works.” When we are saved, we become a new creation. Through salvation, God has given us new life (Eph. 2:5). That means we now “put on” a new way of living that reflects His character.

Paul challenges believers to cease doing things that do not honor God and do not reflect who they are created to be in Him. This includes what we do and how we speak. We are to avoid lying (v. 25) and “unwholesome talk” (v. 29). We are to control our anger: “In your anger do not sin” (v. 26). We are to put off unwholesome past behaviors (v. 31) and put on new ones: “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you” (v. 32).

The use of clothing to describe our transformation is an excellent comparison because clothing is usually an outward reflection of who we are and what we do. In the same way, our lifestyle as believers in Christ is a reflection who we are because of what Christ did for us. We ought to be excited to be able to experience a new way of living because of our new life in Christ.

## **Go Deeper**

How does your life reflect who you are as a new creation in Christ? What former ways do you need to “put off”?

## **Pray with Us**

Where can true righteousness be found? Heavenly Father, teach us to live as new creations, to follow You in a way that reflects Your character, and to put on Christ every day. You are our righteousness!

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## Daily Devotional - Tuesday, May 6, 2025 - All for One

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MAY 06TH 2025 BY DEE LOFLIN

Daily Devotional - Tuesday, May 6, 2025 - All for One

In the French novel *The Three Musketeers* by Alexandre Dumas, the fictional heroes have a memorable motto: “All for one and one for all.” The group pledged to stand together in their common fight for a common goal. As I thought about Paul’s letter to the Ephesians, I realized he was trying to get the Ephesian church to adopt a similar motto of unity.

As believers we are united by our joint calling as Christ’s followers. Paul urges the Ephesians to “live a life worthy of the calling you have received” (v. 1). In the first three chapters of Ephesians, Paul had laid a foundation of biblical doctrine. Now, in chapter 4, he challenges them that how they are living should be an outpouring of what they believe.

Our calling changes our behavior. Notice the words Paul uses to describe this desired behavior in verses 2 and 3: humble, gentle, patient, unity, peace. We are united as believers through Christ's death and resurrection and the indwelling of the Holy Spirit. When Paul says to "make every effort" in verse 3, he means that we should put energy into preserving this unity. In other words, the Spirit is the source of unity among believers, but it is our responsibility to "guard" or protect this unity (v. 3).

Paul goes into detail to illustrate the common beliefs we share. The word "one" appears over and over again: "There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all" (vv. 4–6). All for One, Lord Jesus.

## **Go Deeper**

What did it cost our Lord to be unified with us? Are you living up to the expectations of your call to live in unity with your brothers and sisters in Christ?

## **Pray with Us**

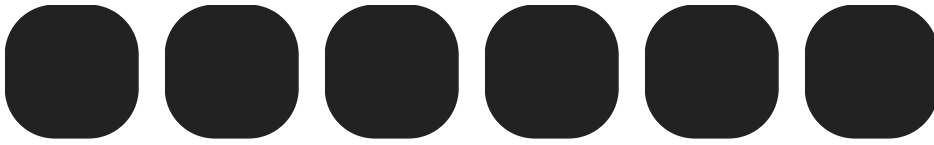
Dear God, thank You for the gift of Your Spirit, the source of unity among believers. Grant us the humility to protect and guard this unity. Righteous God, teach us to live worthy of your calling as a community of faith.

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## Daily Devotional - Monday, May 5, 2025 - Blockage Removed

MAY 05TH 2025 BY DEE LOFLIN

Daily Devotional - Monday, May 5, 2025 - Blockage Removed

If you have coronary artery disease, it means that the arteries in your heart are narrowed or blocked by a sticky material called plaque. A doctor may recommend a procedure called an angioplasty, where a tube with a tiny balloon on the end is inserted into an artery leading to the heart. The procedure opens the blockage and restores normal blood flow to your heart muscle.

In Ephesians 3, Paul is probing the heart of the church in Ephesus with the goal of dislodging any blockage that might be hindering the work of Christ in the lives of God's people. The blockage referred to here and in chapter 2 is

division within the church. In Ephesians 2, Paul reminded the church of the past divisions that had existed between the Jewish people and the Gentiles. He gave them good news, that “now in Christ Jesus you who once were far away have been brought near by the blood of Christ” (v. 13).

Paul prays for all of God’s people to be strengthened (v. 16) and “for God to dwell in their hearts” (v. 17). He prays that through God’s love they will be rooted (like a plant) and established (like a building). The participles “being rooted and established” are in the perfect tense, indicating a past action with continuing results. You could translate this as “having been and continuing to be rooted and established.”

The result is that through faith Christ may “dwell” (*katoik?saí*) in believers’ hearts. This does not refer to the beginning of Christ’s indwelling at salvation. Instead, it is the desire that Christ may, literally, “be at home in” or at the very center of our life. We can ask ourselves: Can Christ make Himself at home in a heart full of blockages?

## **Go Deeper**

What blockage needs to be rooted out of your heart today? Ephesians 4:31 gives us a few examples: “Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.”

## **Pray with Us**

Lord Jesus, may we learn from the Ephesian church and strive to overcome division in our churches and ministries. Lord, our desire is that You would dwell in our midst. Help us to be Your peacemakers.

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