



## Quiet Time (Day 3) Living by Faith not by Feelings

**Scriptures:** Ephesians 6:10-18; Hebrews 12:5-6

### Summary & Lessons:

Living by faith is where the rubber meets the road. Faith is seen in responding to difficulties in your life by being godly, rather than emotionally. Ephesians tells us of the armor of God, and its absolute necessity in battling evil faithfully. We need godliness in every aspect of our lives to live effectively by faith. In our speech, our hearts, our minds, our relationships-**EVERYTHING!** The world (with Satan's help) will throw everything it can your way. Struggles with work, family, school, wanting relationships, wanting to look good and please people; the list goes on and on. However, with our faith firmly planted in God, none of these things will move you.

Read **Psalm 119:11**. Being armed with the Word keeps us from sin. We should be memorizing scriptures and meditating on scriptures to help us in our struggles. **Romans 15:4** says that through the encouragement of the scriptures we will find hope. To live by faith, and not by feelings, we need also to pray. To react emotionally to stresses in human nature, or rather the sinful nature. In times of struggle we need to turn to God, rather than our humanistic efforts. Our attitude about trials and spiritual warfare should be one of fighting the enemy with all we have! Then we can, with all humility and brokenness before God, learn about our hearts and character and what needs to change.

### Personal Applications:

1. How have you been responding to ungodly feelings instead of by the Word of God?
2. Is your initial reaction to challenges (prayer or anger & stress)?

### Take it to God:

1. Ask God to make His Word come alive in your heart to give you strength over doubts and fears.
2. Ask God to help you respond according to the scriptures not emotionally.