

## Get Connected to the Body

- I will accept Christ for the first time or recommit my life to Christ
- Join the TBOC Family!
- Join us every Sunday @10:00 am

Join us every week for our Sunday Service at 10am.

1515 Walnut Ave  
East Saint Louis, IL 62201

**Online Live Streaming Services Available on Facebook or YouTube.**

Visit us at [www.tbocestl.com](http://www.tbocestl.com) or  
Follow us on Facebook & Instagram @tboc\_estl.  
Sunday 10:00am

### **Ways to Give:**

Tithing Envelope: 1515 Walnut Ave, East Saint, IL 62205

Cash App: \$TBOCESTL

Zelle: [tbocestl@gmail.com](mailto:tbocestl@gmail.com)

PayPal: PayPal.Me/TBOCESTL

**Have a Blessed Week!**  
**Join us for next week's sermon**  
**Pastor Gregory Witherspoon**

Visit [www.tbocestl.com](http://www.tbocestl.com) for additional information

## Relationships: Developing, Maintaining & Growing Them God's Way

### Part 5

[tbocestl@gmail.com](mailto:tbocestl@gmail.com)

10) Finally, my brethren, be strong in the Lord and in the power of His might. 11) Put on the whole armor of God, that you may be able to stand against the wiles of the devil. 12) For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.

13) Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.

14) Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, 15) and having shod your feet with the preparation of the gospel of peace; 16) above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. 17) And take the helmet of salvation, and the sword of the Spirit, which is the word of God; 18) praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and

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supplication for all the saints— 19) and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, 20) for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.

## Ephesians 6:10-20 NKJV

## TANGIBLES

1. Absent of God's power and might, \_\_\_\_\_ to withstand the wiles of this world
2. God has given us what we \_\_\_\_\_ to know our enemy and prepare for \_\_\_\_\_ with them
3. The believer is gifted to protect his/her mind with the \_\_\_\_\_ of \_\_\_\_\_ and his/her heart with the breast plate of righteousness
4. The \_\_\_\_\_ is equipped with the shield of faith to protect against the \_\_\_\_\_ of the age; with the sword of the Spirit (the word of God) to cut through the enemy's \_\_\_\_\_
5. We pray in the \_\_\_\_\_, with the full faith and trust that God alone is \_\_\_\_\_ and \_\_\_\_\_

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## Additional Notes

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