

EXERCISE - THE JOURNEY FROM LOGOS TO RHEMA¹

Armor Scripture: **Ephesians 6:13-17**, "¹³Therefore, take up the whole armor of God, that you may be able to withstand in the evil day, and having done all to stand. ¹⁴Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness ¹⁵and having shod your feet with the preparation of the gospel of peace, ¹⁶above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. ¹⁷And take the helmet of salvation, and the sword of the Spirit, which is the word of God; ¹⁸praying always with all prayer and supplication in the Spirit…" (NKJV).

Preface: This document reflects changes made since the original exercise was completed during our February 5 and February 19, 2014 Meetings. The Meeting Notes from those meetings can be found on the Meeting Notes page of our website: http://www2women.com/meeting-notes.html.

Purpose: The purpose for this exercise is to learn how to apply God's Word. For our purposes, application means, "being able to take the Word and know what we want it to do in our heart, rather than what we want it to do in our circumstances." This approach allows us to be able to assess the condition of our heart based on the Parable of the Sower and the Seed (**Matthew 13**, **Mark 4**, and **Luke 8**).²

Approach. Studying the armor is a building block process: understanding each armor piece \rightarrow ways to know whether or not we have on our armor \rightarrow ways to know what to do to put our armor back on if it's off.

Preparing for the exercise: In *Facing the Giants* (2006, Alex Kendrick, Chapter 14, "Narrow Way"), the new backup kicker is having problems kicking the football between the uprights. The assistant coach uses **Matthew 7:13-14** to inspire the young man saying, "...the ball has gotta go through the middle," representing the narrow path to life. If you get a chance, watch this clip, because we used it to introduce our exercise by providing a visual representation of the narrow path Jesus described. You can access the clip by copying and pasting the following link into your web browser: http://www.youtube.com/watch?v=HCvvC2O3soU.

Participating in the exercise. The specific details for how we completed this exercise and the images we used to create the cutouts are included. Take time to cut out each armor piece along with the Bible and the goal post, and also get a glue stick. When you're finished preparing, use the example provided as a guide while following the directions to complete the exercise in your journal (the preferred method for those who

¹ Some teachings in this exercise rely heavily upon *Dressed to Kill: A Biblical Approach to Spiritual Warfare and Armor*, by Rick Renner (1991).

² An in-depth study of this parable can be found in the document entitled, *The Four Way Stop & The Soils* (December 9, 2000). This document can be retrieved from http://wow2women.com/documents.html.

meet with us) or on a piece of paper. Completing the exercise yourself will help solidify the principles in your mind. May the Holy Spirit guide each person completing this exercise into all truth to bring glory, honor, and praise to the Father!

Intro to the exercise: Imagine the cut out pieces are equivalent to the finished work of Jesus on the cross. Some say when Jesus said, "It is finished," (**John 19:30** NKJV), that meant God has already provided all we need, which I believe He has. Yet, according to **Ephesians 6:11**, we **still** have to put on the whole armor of God! In other words, just because God makes the armor available doesn't mean we're wearing it!

Foundational Scriptures for the Journey:

- Our choices. Life OR Death (Deuteronomy 30:19)
- The path we choose to follow. Jesus describes our two choices this way— "Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it. ¹⁴Because narrow is the gate and difficult is the way which leads to life, and there are few who find it" (Matthew 7:13-14 NKJV) (underline added). Representation: Glue your goal post near the bottom of the page, which symbolizes picking up your cross and following Jesus. Just below the goal post write, "Matthew 10:38." Inside the bottom vertical post write, "Matthew 7:13-14; narrow gate → life), meaning everything contained within the uprights will represent the narrow way that leads to life. Beneath the uprights and to the left of the foundation of the goal post write, "Broad way that leads to destruction," meaning any choice we make that is not reflective of what is contained within the uprights represents the broad way that leads to destruction.
- The result of our choices. Scripture tells us "But we are not like those who turn away from God to their own destruction. We are the faithful ones, whose souls will be saved (Hebrews 10:39 NLT). Short version, through our choices, we can turn away from God or we can be faithful to God. Representation: On the opposite side of the goal post where you wrote "broad way...," write, "My choice: Turn from God OR be faithful to God.
- Making the choice for the narrow path. Romans 10:9-10 tells us, "9that if we confess with our mouth the Lord Jesus and believe in our heart that God has raised Him from the dead, you will be saved. ¹⁰For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation" (NKJV). Representation: Inside the horizontal portion of the goal post write, "Romans 10:9-10." This represents how the Lordship of Jesus defines the boundaries of our lives. It's important to note how Romans links together what we believe in our heart with what we confess with our mouth!

Walking the Narrow Path:

• The role of God's written Word (logos). God's Word is intended to be used in

our daily living AND when engaging in spiritual warfare! Our choices regarding His Word reflect whether we are choosing to be faithful to or turn from God.

- In daily living: Every moment of every day we are faced with choices. We can allow our thoughts, feelings, and emotions to dictate our actions or we can respond according to God's Word. After all, we are told, "16All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, ¹⁷that the man of God may be complete, thoroughly equipped for every good work" (2 Timothy 3:16-17 **NKJV**) (bold added). Or, as the New Living Translation (NLT) states, "16All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. ¹⁷God uses it to prepare and equip his people to do every good work." The short version of the NLT interpretation is God's Word teaches us how to be and live in a way that is pleasing to Him! Representation: Glue your bible above, but between the uprights, in the upper right portion of the page. Make sure to leave enough room for the rest of your armor pieces. Above the bible write, "2 Timothy 3:16-17," and below the Bible, write, "Logos – Seed" on one line and then "(Written word of God)" just below. Next using bullet points write down what the Word is profitable for from the version you read, i.e. my version says. "doctrine," "reproof," "correction," and "instruction in righteousness," so that's what I wrote. Enclose those bullets in a curly bracket and write, "daily living." This indicates how, when the seeds are properly cared for in our daily living. God's Word will equip us for "every good work."
- o In warfare: In a previous meeting, we God's Word prepares and equips us for battle. Internally, the Word pulls down strongholds, casts down imaginations and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ (2 Corinthians 10:3-5), so we might renew our minds. Externally, the Word allows us to stand against the wiles of the devil and to withstand in the evil day, with each piece of the armor serving a specific purpose.

 Representation: Draw a line under the first set of bullets and, in bullet format, write, "prepares," "equips." Enclose those bullets in a curly bracket and write, "warfare." This indicates, when the daily aspect of caring for the seed is accomplished, we are prepared and equipped for warfare. In other words, effective armor results from our daily living aligning with God's Word.
- Takeaway: Whether in our daily living or when we are engaged in spiritual warfare (which is a part of our daily lives), God sends His word to heal us and to deliver us from our destruction" (Psalm 107:20 NKJV).

 Consequently, choosing God's Word is the ONLY way we can be healed in our spirit, soul, and body and defeat the attempts of the devil to kill, steal,

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³ See the Meeting Notes entitled, "Sword of the Spirit" (January 22, 2014). They can be found on the Meeting Notes page of the website: http://wow2women.com/meeting-notes.html.

and destroy in our lives.

- How the logos Word becomes rhema.
 - Belt of Truth: Our belt is established when we spend time in or are otherwise exposed to God's Word, "having girded [our] waist with truth" (Ephesians 6:14). However, we do not put on truth simply by being exposed to the Word. We put on truth by accepting it! Moreover, Psalms 33:4 tells us, "For the word of the Lord is right and all His work is done in truth." Therefore, if we want God working in our lives, we must accept His truth, because God operates in truth. Without truth, we end up walking in deception and the lies of the devil. Representation. Glue the belt of truth and the truth "loincloth" down and to the left of your Bible, then draw a line from the Bible to the belt, indicating how the written Word (logos) initially becomes a part of us. The belt represents what we accept as truth and the "loincloth" represents the fruit we will produce on that truth.
 - Applicable soil(s). Wayside ... we hear the Word THEN the devil immediately comes and takes away the Word out of our hearts, BECAUSE we didn't understand the word (Matthew 13:18) OR we chose to reject the Word. The way forward. Accept God's Word as truth (or as James 1:21 says, receive with meekness the implanted word which is able to save our souls (NKJV)).
 - Takeaway. Reading and/or hearing the Word is not enough. We have to accept God's Word is THE TRUTH that will guide our actions and our lives! For as surely as the sun rises each morning and sets each evening, when God's Word goes forth, the devil WILL come to steal it! Thus, the belt represents logos we choose to accept as truth, and the loincloth represents the fruit we will reproduce from that truth!
 - Breastplate of Righteousness: Romans 10:10 points out it is within our heart we believe unto righteousness! Therefore, just as the Roman soldier needed his breastplate to protect his heart, we need our breastplate to protect our heart and the seeds of God's Word planted therein. The seeds we have planted determine whether self-righteousness or God's righteousness is in our heart (Romans 10:3). Self-righteousness produces a wrong sense of self and others, which leads to conflict. However, God's righteousness changes our perception of self and others, which ultimately leads to peace. However, in order to believe unto His righteousness, we must first understand His truth we have accepted into our heart. For example, let's look at 2 Corinthians 5:21, "For He made [Jesus] who knew no sin to be sin for us, that we might become the righteousness of God in Him" (NKJV) (bold added). We can read this (or any) verse and accept it as truth, but that doesn't mean we automatically understand how that truth applies to our daily lives. Simply put, righteousness means right standing

with God. Therefore, this Scripture teaches, because of what Jesus did for us, we can be in right standing with God, BUT the fulfillment of our right standing comes when we believe God's Word in our heart! A simple test to determine what we believe in our heart is to check what we feel about something. Self-righteousness produces angst; God's righteousness produces heart change. For instance, knowing we are in right standing with God is the difference in self-examining that brings guilt, shame, and condemnation and being able to self-examine to receive correction from God and/or others. Or, as **Ephesians 4:22-24** puts it, God's righteousness helps us choose to put off the old self and "put on the new man which was created according to God, in true righteousness and holiness" (NKJV). When we put on the new man, we see others through God's eyes rather than through our past hurts, which produces a totally different response in us! Representation. Glue the breastplate of righteousness above, but touching, the belt of truth. Then, draw an arrow from the belt to the breastplate, indicating how logos travels from our belt (what we accept as truth) to our heart (what we believe and understand as truth) to produce righteousness (right standing with God) in our lives. While not depicted in the example, we also drew a heart within our breastplate to show how logos protects our heart!

- Applicable Soil(s). Wayside ... The devil can use past wounds to create offense; offense creates hurt; hurt creates the fear of being hurt again. Fear causes us to have no faith! Without faith in God, we cannot truly believe or understand what He says. The way forward. Believe and understand God's Word so it can heal our wounds, allowing us to wear our breastplate and stand boldly in who we are in Christ, thereby changing our perception of self and others!
- Takeaway. Righteousness affects how we see ourselves and how we see others, which affects our ability to understand how to apply God's Word to our daily lives. Thus, the breastplate protects the logos we believe that allows us to see others and ourselves through God's eyes.
- Shoes of the Preparation of the Gospel of Peace: So far, it's easy to see how each piece of the armor is connected. The logos from our belt is what we plant in our heart. However, how does that same logos get from our heart all the way down to our feet? Wisdom! But, how? As the old saying goes, the shoes are where the rubber meets the road, or in this case the spikes! In other words, it's time to put action to what we say we believe. Are we or are not going to obey God's Word? James 3:13-18 tells us our

actions can align with the world's wisdom or with God's wisdom.⁴ Therefore. when logos becomes wisdom in our heart, it guides the action of our feet towards God or away from Him! We learn from Psalm 51:6 the truth in our heart is what God uses to guide us in His wisdom; however, the lies of the devil are what guide us in worldly wisdom. Walking in God's wisdom produces peace; walking in worldly wisdom does not! Moreover, if our breastplate is protecting the Word internally, we know we are forgiven (peace with God), so we can extend that forgiveness externally (peace with others). When we have peace with God, we can stand in the midst of the storm, because we know He is at work in the situation (Romans 8:28). When we have peace with others, we can stand on His truth and His righteousness. With Him as our shield (Psalm 18:2), we feel no need to defend ourselves. Likewise, knowing He is the one Who executes vengeance (Hebrews 10:30), we feel no need to attack others! **Representation**: Glue the shoes of the preparation of the gospel of peace below the truth "loincloth" and within the boundaries of the uprights. This represents our walk with God and the choices we make along that walk. Then draw an arrow from the breastplate to the shoes, representing how having our breastplate securely on allows us to walk in peace with God and peace with others.

- Applicable soil(s): Rocky. We hear the word and immediately receive it with joy YET we have not allowed the Word to take root in our heart, so we only endure for a while, and when tribulation or persecution comes, we immediately stumble! (Matthew 13:20) In other words, we have enough faith to believe God's Word UNTIL that Word is tested in our lives. Because we focus on our circumstances more than on what God is doing in and through our lives, we allow unbelief to cloud our faith. Or, as James 2:26 says, faith without works is dead (NKJV). The way forward. Choose to obey God's Word, especially when we don't agree with what it says and/or fear it will hurt to do so!
- **Takeaway**. Peace with God leads to peace with others, and when we walk in God's wisdom we walk in both righteousness and peace! Thus, when our shoes are on, *logos* promotes peace between us and God and us and others, so we can overcome internal and external strife in our lives! Therefore, the shoes of the preparation of the gospel of peace represent the *logos* we obey.
- Shield of Faith: Since the purpose of the shield is to "quench all the fiery darts of the wicked one," (Ephesians 6:16), we have to conclude the devil will send darts our way! Those darts are intended to inflame our emotions,

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⁴ For a breakdown in the difference in God's Wisdom and the world's wisdom, see the T-Time entitled "Godly Wisdom." (Jan 13, 2013) on the Documents page of our website: http://www.wow2women.com/documents.html.

thereby preventing us from producing fruit on the seeds of God's Word we have planted in our heart! Two scenarios immediately come to mind. First, imagine, if you will, logos has not completed it's work in your heart, and the devil sends a fiery dart your way. Without the breastplate of righteousness, you will get pierced through the heart—the result: the pain of hurt feelings. offense, anger, bitterness, etc! The depth of the pain will depend upon the fiery dart launched! Now, imagine if you will, you are standing with all your armor pieces on, but you have yet to pick up your shield. As fiery dart upon fiery dart hits your breastplate, they can, and most likely will, eventually cause damage. The way we know our breastplate has been damaged is when our emotions run rampant. It is EXTREMELY important to note hurt, offense, anger, bitterness, etc. are all indications something is amiss with our breastplate. Therefore in order to protect ourselves from the devil's darts (better known as his lies), we have to put our shield of faith in front of us! This means, we decide our choices will be based on our faith in God's Word and what He is doing in and through our lives rather than based on the condition of our circumstances, for faith truly is the substance of things hoped for and the evidence of things not seen (Hebrews 11:1). Representation. Glue your shield of faith on the right side (as if the person is facing you), but touching, the belt of truth. This represents how we walk by faith and not by sight (2 Corinthians 5:7); because faith provides the vision we need while also helping us plow through our circumstances. Then draw a line from the shoes of peace to the shield of faith. This represents how faith and peace are connected. When our shoes of peace are on, we can have faith in God, because we trust He has our best interest at heart, and we truly do stop fighting against flesh and blood, and start fighting against the spiritual forces at work in the situation (Ephesians 4:12).

- Applicable soil(s): Thorny. Just like in the wayside, the devil has ways to trip us up even when we choose to walk in truth, righteousness and peace. Unmet expectations are one way! For example, if I am placing my faith in God doing a specific thing in my circumstances, but things don't happen the way I think they should, the cares, riches, or pleasures of life WILL overwhelm me and choke out God's Word from my heart (Luke 8:14)! The way forward. Psalm 51:10 and Psalm 139:22-24 make excellent prayers for asking the Holy Spirit to reveal which specific cares, riches, or pleasures of life are choking out God's Word, so we can place our faith in God and not in our circumstances.
- Takeaway. Our faith needs to be in what God is doing in our heart (what we can control), not what He is doing in our circumstances (what we can't control). Thus, the shield is how logos guides us along the path we have chosen to walk and protects us from what the devil throws at us.
- Helmet of Salvation: The helmet of salvation bridges the gap between the

internal and external journey of *logos* in our lives. **Ultimately, what** happens in our mind is where the battle is won or lost! Internally, logos exposes and guides what we think. Externally, it guides our sword of the Spirit, which we'll discuss next. For now, just like the breastplate protects our heart (i.e. our feelings and emotions), the helmet protects our mind (our thoughts). Unfortunately, just like past experiences create certain emotions in us, past experiences also create thought patterns in us known as strongholds. As we progress through each piece of the armor, logos reveals where those thought patterns do and do not line up with God's Word. Any thought pattern that doesn't line up with God's Word creates a chink in our helmet AND a chink in other parts of our armor. For example, if the devil launches a fiery dart that my thoughts allow to penetrate my breastplate, my feelings will be hurt. Those hurt feelings will create conflict. Conflict destroys peace and can cause me to doubt God and His love for me. Doubting God affects my faith and exposes my mind to the devil's lie. And. The cycle of hurt. Continues! When we're in this place of doubt, we are literally double-minded and unstable in all our ways (James 1:8)! However, *logos* helps us pull down those strongholds, cast out arguments and every high thing (idol) in our life that exalts itself against the knowledge of God, allowing us to bring every thought into captivity to the obedience of Christ (2 Corinthians 10:3-5). Representation. Glue your helmet of salvation above the breastplate representing the final internal stage of logos in our lives! Notice the helmet sits above the breastplate, so draw a twoway arrow between the breastplate and the helmet. This represents the process of renewing our mind by examining our thoughts against the logos we have planted in our heart. The result of our examination is what we will walk out (the arrow between the breastplate and the shoes). Once our mind is renewed. logos has fulfilled its internal purpose—renewing our mind so we are prepared for every good work, which includes spiritual warfare!

Applicable soil(s).

• Thorny. What we see with our eyes, hear with our ears, and speak from our mouth exposes our mind and our heart to the cares, riches, and pleasures of life, which creates the doubt that chokes out the Word. As with the shield, our doubt diminishes our faith, leaving us with little faith! The good news is, if we've been seeking to obey God's Word, logos has been transforming our behavior, thereby removing it as a distraction. Once we get to the helmet of salvation, logos cuts to the very heart of the matter (Hebrews 4:12) to discern the very thoughts and intents of our heart. Until logos completes its work and renews our mind, we remain double-minded and unstable in all our ways. As a result, we

⁵ The Reflections Newsletter entitled *Bringing Thoughts to Christ* (Dec 19. 2013) outlines this process. It can be located on the Reflections page of our website: http://wow2women.com/reflections.html.

will easily tire in the process, and our circumstances will continue to overwhelm us! The way forward. Trust God's Word will not return to Him void, but it will do what He sent it forth to do (Isaiah 55:11), in this case, to heal us and save us from our destruction (Psalm 107:20).

- **Good ground**. Once *logos* completes its work within us, our renewed mind settles the issue of whether or not we're going to trust God. Once our trust issue is settled, our heart and mind are now on one accord, unleashing the power of the Holy Spirit in our lives. Through our commitment to diligently seek God (Hebrews 11:6) and His Word, we can grow the mustard seed faith He has placed in all of us until that mustard seed faith becomes great faith! The result. Through faith and patience, we are able to produce fruit on the seeds of God's Word (Luke 8:15). Logos has completed its internal work, and we are now prepared for battle.
- **Takeaway**. The helmet of salvation is the first of two armor pieces split between soils. **Internally**, the helmet of salvation completes the transformation God's Word brings to our lives (renewing our mind to prepare us for every good work, including spiritual warfare). For logos to become rhema (revelation knowledge from the Holy Spirit), the internal purpose must be complete! If the internal work is not complete, we remain in thorny ground. If the internal work is complete, we have a renewed mind, and the external journey of logos begins! Thus, the helmet of salvation is where *logos* ends its internal journey and begins its external journey—internally it produces the fruit of the Spirit; externally, it completes the sword of the Spirit!
- o **Sword of the Spirit**. This is an abridged teaching of what we learned when we studied the Sword. 6

Types of swords:

One-edged. Once we put on our belt of truth and plant the seeds of God's Word in our heart, logos began to operate in our lives. At that point, we have a sword of the Spirit with at least one edge. However, as we learned when studying the sword, this one-edged *gladius* sword was heavy and hard to use, and if you didn't use the sharp edge, you would only wound your enemy, not defeat him. Our goal, however, is to walk in the victory Jesus has already won rather than live as

⁶ The notes from this meeting, Sword of the Spirit (January 22, 2014), can be obtained from the Meeting Notes page of our website: http://wow2women.com/meeting-notes.html.

though we are defeated. **Representation**. Glue your sword of the Spirit to the left side (as though the person were facing you), but touching the belt. Now draw a line from the belt of truth to the inner edge of the sword. This represents the gladius sword used by Roman soldiers.

Two-edged. When studying the sword of the Spirit, we discussed the second edge of the sword is formed when we receive revelation knowledge (rhema) from the Holy Spirit, or what's commonly known as an "aha moment." Additionally, we learned, the word translated "two-edged" is the word machaira, which literally means "two mouths." Drawing our line from the belt to the inner edge of the sword represented logos being spoken from God's mouth! However, we now need to confess that word from our mouth to form the second edge. BUT, our confession only holds power when we understand which *logos* applies to our situation. Thus, we need to ask the Holy Spirit to be our Teacher so He can give us the right Word (*rhema*) for the right moment—think about Jesus in the wilderness to understand this principle (Luke 4)! Thus, God's confession provided the first edge. our confession provides the second edge, and the understanding we get from the Holy Spirit bridges the gap between the edges! Representation. Draw a line from the helmet of salvation to the outer edge of the sword. This represents how our renewed mind can receive rhema from the Holy Spirit to guide our sword of the Spirit!

Applicable soil(s).

- One-edged. Thorny. If logos hasn't completed its work in our mind and heart, we will easily tire in the process, and our circumstances will continue to overwhelm us! The way forward. Keep our eyes focused on the battle within, allowing the Holy Spirit to fight the battle without!
- Two-edged. Good ground. Once logos completes its work, our mind is renewed and our heart is good ground for the seeds of God's Word, and through faith and patience, we are able to produce fruit on those seeds (Luke 8:15). As we ask the Holy Spirit to give us understanding, He can use the logos in our heart to produce rhema that forms the second edge of our deadly sword! Since our battle is no longer against flesh and blood, He can trust us with a two-edged sword! No more "Christian-on-Christian" or, even worse, "Christian-on-Non-Christian" crime! The result. We have great faith and a two-edged sword that wrecks havoc in the

kingdom of darkness and brings glory to God the Father!

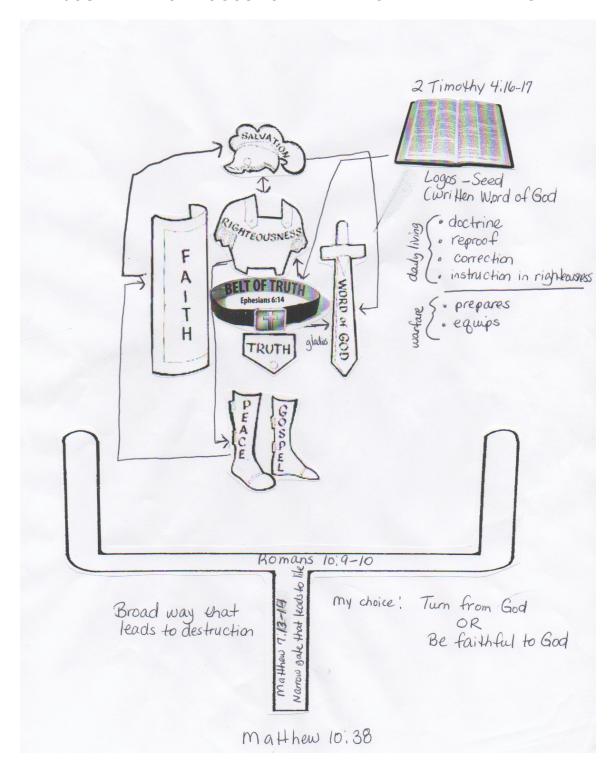
Takeaway. The sword of the spirit is one of two armor pieces split between soils: thorny and good! With the *gladius* sword, we are still in the thorny, trying to do things our way, but with the *machaira* sword, we are now in good ground, being led by the Holy Spirit. Thus, *logos* becomes *rhema* when we invite the Holy Spirit into our lives to become our Teacher and guide us into all truth (John 14:26; John 16:13).

Summing up the entire journey:

- The belt represents the logos we accept as truth.
- o The breastplate protects the *logos* we accept, **believe**, and **understand**.
- o The shoes represent the *logos* we **obey**.
- The shield represents how logos guides and protects us.
- The helmet represents how logos renews our mind.
- The sword represents how logos becomes rhema!



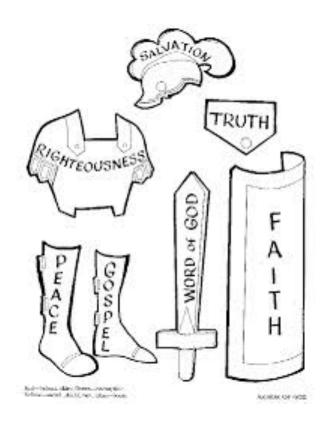
JOURNEY FROM LOGOS TO RHEMA - COMPLETED EXERCISE⁷



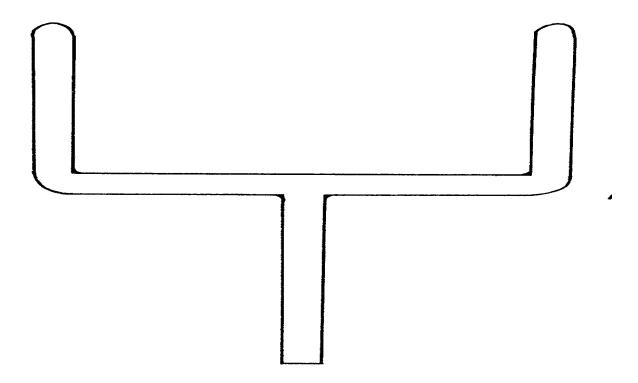
⁷ **CORRECTION**: The Scripture reference for the Bible should be 2 Timothy 3:16.

LOGOS TO RHEMA EXERCISE - CUTOUTS









The goal post – Represents **Matthew 10:38** – "And he who does not take his cross and follow after Me is not worthy of Me."

The uprights – Represent **Matthew 7:13-14**: ¹³"Enter by the narrow gate; for wide *is* the gate and broad *is* the way that leads to destruction, and there are many who go in by it. ¹⁴Because narrow *is* the gate and difficult *is* the way which leads to life, and there are few who find it.

i Minor changes were made to this document to correct typographical and content errors on January 15, 2015.