

Fighting from Truth

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.... Now when the tempter came to Him, he said, "If You are the Son of God, command that these stones become bread." But He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'" (Matthew 4:1-4).

Three times the devil tried to tempt the Lord, and each time, the Lord answered him with a quotation from the Word. This is an effective way for us to deal with evil as well. The Heavenly Doctrine teaches that "The power of Divine truth is directed especially against falsities and evils, thus against the hells. The fight against these must be waged by means of truths from the sense of the letter of the Word" (*Doctrine of the Sacred Scripture* 49).

Reflect on problems that you are dealing with in your life. These may be recurring challenges such as controlling your temper, maintaining patience with your children, or interacting in a loving way with your marriage partner, *etc.* or they may be new challenges that you are currently facing. Read the Lord's Word to find teachings that can give you the strength to deal with them.

As the Rev. Kurt Asplundh writes in his sermon on "Getting Strength from the Word":
"The Word is like a heavenly shield. Use it to protect yourself from the attacks of hell. Find refuge in the shelter of its wings....In His many books, the Lord is ready to teach us.... He is patient. He is wise. Above all else, He is loving. He invites us to come, take the water of life freely...and to follow Him."

*It is by means of the truths in a person that the Lord has the power to save him.
(Doctrine of the Sacred Scripture 49)*