



# Father's Day Message

Title: Stand Firm

## Big Idea

"Therefore put on the whole armor of God, that you may be able to withstand in the evil day, and, having done all, to stand."

— Ephesians 6:13

In a world of spiritual conflict and shifting ground, God calls every believer to stand firm—building on the truth of His Word and putting on the armor of God. This calling carries a powerful weight for fathers, who carry the responsibility of spiritual leadership in their homes.

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NOTES:

# Sermon Outline

## SCRIPTURE TEXT

“Finally, be strong in the Lord, and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil.” — Ephesians 6:10–11

“Therefore put on the whole armor of God, that you may be able to withstand in the evil day, and, having done all, to stand.” — Ephesians 6:13

*(Primary supporting text: Matthew 7:24–27)*

## BIG IDEA

Build your life on God’s Word and stand in Christ, because everything else will fade—but He will hold you firm.

## INTRODUCTION

### What Lasts vs. What Fades

- Illustration: Flowers (beautiful but temporary)
- The physical world and our lives here are temporary
- God’s Word endures forever
- Application: Don’t build your life on temporary things

### Are You Standing?

- Life is full of storms (pressure, temptation, struggles)
- The issue is not if storms come—but what will stand
- Key Question: Are you standing the way God wants you to stand?

## 1. THE BATTLE IS REAL (EPHESIANS 6:10–17)

- We are in a spiritual war
- People often fight the wrong battles (circumstances, people)
- The real battle is deeper—spiritual

Application (especially for fathers):

- Pressure to provide, lead, and hold things together
- Temptation to just survive instead of truly live

### **Jesus Offers Real Life (John 10:10)**

- Not just existence—but abundant life
- Found only through full surrender to Christ

Contrast:

- Christ: life, peace, joy, rest
- Sin: steals, kills, destroys

## **2. STANDING REQUIRES A FOUNDATION (MATTHEW 7:24–27)**

- Two builders: rock vs. sand
- Same storm, different outcome
- The difference is Foundation

Key Truth:

- The armor of God is not a substitute for God's Word
- Everything flows from the Word

### **Truth Is Not Relative**

- No “my truth” or “your truth”
- Truth does not change with:
  - Culture
  - Time
  - Opinion
- Illustration - Gravity
- God's Word is an unchanging foundation

## **3. GOD HAS EQUIPPED YOU TO STAND (ARMOR OF GOD)**

- Belt of Truth – holds everything together
- Breastplate of Righteousness – right standing in Christ
- Shoes of Peace – stability and readiness
- Shield of Faith – protection from attacks
- Helmet of Salvation – guards the mind
- Sword of the Spirit (Word of God) – offensive weapon

Key Insight:

- The armor is not just gear—it points to Christ Himself
- You don't just stand on truth—you stand in Christ

### **CONCLUSION: A FATHER'S CALLING**

- You can't control everything—but you can stand
- Your family needs:
  - A man who follows Christ
  - A man anchored in God's Word
  - A man who lives what he believes

Impact:

- Your family is watching how you stand in the storm

### **CALL TO RESPONSE**

To Fathers:

- Be spiritually present
- Stand firm in Christ

To Families:

- Build your home on God's Word consistently

To Believers:

- Stop relying on your own strength
- Put on the armor—stand in Him

To the Lost:

- Everything else fades—but Christ offers eternal life
- Surrender your life to Him today

Closing Truth:

The battle is real.

The storm will come.

The question is—Are you standing?

## OPTIONAL ILLUSTRATION IDEAS

- A soldier with armor nearby but not on
- A house built on rock vs. sand
- A father standing in the doorway during a storm
- Boots/footwear illustration for readiness and stability
- Shield demonstration: what faith blocks
- Belt holding everything together as a picture of truth

NOTES:

# Sermon Manuscript

The purpose of this manuscript is not to script your message, but to serve as a springboard—helping you preach with your own voice, experiences, stories, and passion for Christ.

## **Title: Stand Firm**

### **Introduction**

Happy Father's Day! Now, on Mother's Day, we often give flowers. They're pretty, they smell good, they represent tender care—It just seems like an appropriate gift.

On Father's Day people often joke about giving a tie, but what do dads really want? There have been a few surveys about this: About 58% of fathers said that they prefer spending time with their families over receiving material gifts. About 2/3 in one survey said they would prefer an experience over a gift. And about 20% said they would like some “peace and quiet.”\*

But regardless of what the dads in the room might want, today I want to give you a message about what all dads need—In fact, it's what all families need.

So, to begin, we're going back—all the way back to Mother's Day. Remember those Mother's Day flowers. They're beautiful... but they don't last.

*Just think about it*—Are any of those flowers from Mother's Day still alive? Are they still sitting on your dining room table?

### **Illustration: Show some dead flowers from Mother's Day**

They look vibrant for a little while... and then the petals fall, the color fades, and what once was alive begins to wither. Before long the leaves are brown and brittle and all the beauty is gone.

Life is like that too.

The Bible says, “The grass withers, the flower falls...”

But then it says something powerful: “...but the Word of the Lord endures forever.”

Everything fades... except God's truth.

Just think about all the things people spend time and energy on... money, fame, success, your house, your car, your bank account... All these things are going to fade.

I know it's hard to admit but even your good looks will fade. That's right—every teenage girl needs to know that someday she is going to look like her grandma, and that's not bad... that's just life.

And men, your hair will turn gray or turn loose... some of you are proving my point—it's not going to last.

And ladies, in the end, gravity is going to win. If you like your chin now, just wait a while—someday you'll probably have two or three of them!

Everything fades... but the Word of the Lord endures forever.

Now Father's Day takes us one step deeper into what really matters.

Since God's Word is what lasts, then that's what you need to build your life on. You don't want to build your life on things that are here one day and gone the next. Build your life on eternal things.

And don't just build on it... *Stand* on it.

Life is full of storms. You're going to face temptations and difficulties. There are going to be struggles. You'll have both good times and bad times. And there will be moments where everything feels like it's pushing against you.

And in that kind of world, the question is not just *what will last*, but *what will stand*.

So the question today is simply this: Are you standing the way God wants you to stand?

## **1. The Battle Is Real**

*[Read Ephesians 6:10-17 from your Bible.]*

The apostle Paul wrote:

“Finally, be strong in the Lord, and in the strength of his might. Put on the whole armor of God, that you may be able to stand...”

And then he says:

“For our wrestling is not against flesh and blood...”

We're in a fight. And it's not against anything physical. We are in a spiritual war.

But most people spend their lives fighting the wrong battles.

They think the problem is:

- their job
- their boss
- their situation
- another person (possibly... your mother-in-law)
- pressure
- stress at home

But all of these can simply be indicators that there's something deeper going on.

There is a real spiritual battle that happens every day beyond the physical. But the effects of it are seen in the physical situations and the people around us.

But if you don't recognize what the real fight is, you'll never be ready for it.

- You'll respond in the flesh to something that is deeper.
- You'll fight people when the issue is spiritual.
- You'll focus on the external while ignoring the internal where the real wrestling is going on, both in you and in those around you.

A lot of fathers feel this in a unique way.

- There's pressure to provide.
- Pressure to lead.
- Pressure to hold everything together.
- To keep relationships balanced.
- To keep everyone happy.
- To put food on the table.
- To prepare for the future.
  
- There's temptation.
- There's tiredness.
- There's the quiet weight of knowing that people are depending on you.

And sometimes the instinct is just to survive it.

- To just get through the week.
- To just manage the stress.
- To just push forward and keep moving.

But God has never called you to just survive. He didn't create you to have an existence. Jesus didn't die and come back to life to give you a book of rules, or steeples and bells, or nice church songs. Jesus came to give you life.

Jesus said,

“The thief comes to steal, kill, and destroy, but I came that you might have life, abundant life” (John 10:10)

Jesus came to give you life—Not a cycle of existence.

Not a life where you *get all you can, can all you get, and then sit on the can.*

Not a life where you go to work to have the money to buy the beans to have the energy to go to work to have the money to buy the beans... You were made for more than this.

There is a real life that is only found in Christ. And when you surrender all to Him—everything you are, everything you want, and everything you have—and you put your entire life under His Lordship, there you will find:

- **Real peace** - peace that is beyond understanding
- **Real joy** - joy that is unshakable, unspeakable
- **Real rest** - Jesus said, “Come to Me and I will give you rest” (Matt. 11:28)
- **And real life** - 1 John 5:12 says, “He who has the Son has the life; He who does not have the Son of God, does not have life.”

### **Illustration - Take a Breath**

Everybody take a deep breath. You can breathe. Congratulations! You can feel. That's great. You can exist—but life is so much more than that.

Jesus came to give you an abundant life—*real life*.

But there is also a *real thief*—one that wants to steal your joy, kill your peace, and destroy your life. There is a real enemy.

Imagine if you were looking for a babysitter and someone turned in their application and listed that they came to “kill, steal, and destroy.”

Would you want that person in your house? In your life? And yet that is exactly who we invite into our homes when we open the door to sin.

And when you give sin a place in your life, this is exactly what you should expect. Because sin will never give you what you're looking for—it will only steal from you the life that God wants you to have.

This is what we get when we let sin invade our homes through TV, movies, the internet, social media. These aren't bad things, but if they desensitize you to the power of sin, or dilute you into justifying sinful behavior, or draw you into ungodly ways of thinking or acting, then hurt and destruction will be the result.

Some of you today know exactly what I'm talking about. Because sin always brings consequences.

In life you will be surrounded by sin and temptation.

So how do you stand?

And here's the good news: God doesn't just tell you to stand—He tells you *how* to stand.

Standing begins by recognizing the battle... Because you won't be prepared to stand in it if you first don't see where the real fight is.

Before we continue, I have a question:

Where is the fight in your life now?

- In your marriage?
- Your kids?
- At work?
- In your school?
- When you pick up your phone and feel the draw of sin late at night?

Now, look a little closer—not at the physical. Look deeper. Where is the spiritual battle that surrounds this situation? Is it in your own heart? Is there sin in your life? Is it disobedience in someone else's life? Have past sins created a stronghold or a weakness in your heart? What are the deeper circumstances? What's really going on?

Now, how can you fight? How can you overcome? How can you *stand* in the face of this?

## **2. Standing Requires a Foundation**

In Matthew 7 Jesus tells a story.

[Summarize or read it from Matthew 7:24-27]

He says:

“Everyone therefore who hears these words of mine, and does them, will be like a wise man who built his house on a rock...”

And then:

“The rain came... the floods came... the winds blew... and beat on that house...”

Notice that.

- The storm still came.
- The pressure still hit.
- The difficulty still showed up.

But the house didn't fall.

Why?

Because it was built on the rock.

Then Jesus says:

“Everyone who hears these words of mine, and doesn't do them will be like a foolish man who built his house on the sand...”

Same storm.  
Different result.

One stands.  
One collapses.

And the difference is not the storm—It's the foundation.

Both men hear the words.  
Only one does them—only one lives by them. He is the one who built his house on the rock, on the truth of God's Word.

*Now listen carefully:* The armor of God is not a substitute for the Word of God—The armor is built on it, and every piece of the armor flows from it:

- Truth is revealed in God's Word.
- Righteousness is defined by God's Word.
- Faith comes by hearing God's Word—“*faith comes by hearing, and hearing by the word of God*” (Romans 10:17).
- And the only offensive weapon you're given—the sword—is the Word itself.

The armor doesn't replace the Word—it equips us to stand on it. It begins with the Word, is sustained by the Word, and ultimately leads us back to the Word as our source of strength, clarity, and victory.

If the Word is weak in your life, the armor will be weak on your life. The armor doesn't replace your foundation—it protects and reinforces it.

So, you don't start with armor. You start with God's Word.

*Think of it this way*—You can put armor on a man... but if he's standing on sand, he's still going down.

And that's what happens in a lot of lives.

- People want stability... without foundation.
- They want strength... without obedience.
- They want truth... without conviction.
- They want victory... without surrender.

Now, let's sit on a word for a minute: Truth.

Pilate, the Roman governor who crucified Jesus asked, "What is truth?" (John 18:38).

And truth is very misunderstood today. You will see all sorts of people saying, "This is *my* truth." Or, "What's *your* truth?"

I want you to understand very clearly today—that there is no "my" truth or "your" truth.

Truth is truth.

- It doesn't change person to person.
- Culture doesn't change it.
- Time can't alter it—And it does not change with the times.

### **Illustration - Gravity**

Consider it this way—If I throw up a rock, what's going to happen?  
*[This is a great illustration to demonstrate.]*  
It's going to come back down.

There is a physical law of gravity—What goes up must come down.

A thousand years ago, if I threw a rock up, it would fall back down. A thousand years from now, if I throw a rock up, it's going to come back down.

There are physical laws that govern our world.

Similarly, there are even stronger spiritual laws that govern reality.

What is wrong will always be wrong.

For example, it's wrong to tell a lie. It was wrong to tell a lie a thousand years ago. It's wrong today. And it will be wrong a thousand years from now. It was wrong from the beginning of time and will be wrong for all the future going forward.

Right and wrong don't change. What is true will always be true.

Remember, "the flower fades and the grass withers," but what? The Word of the Lord endures forever.

That's why the truth of God's Word is a solid foundation:

- It's a rock because it will never move.
- It is sure and solid.
- Unmovable.
- Unshakeable.

But if you're building your life on anything else, you've set your foundation on shifting sand and you won't stand when the storms come.

### **God Has Given You What You Need to Stand**

Now here's some more good news.

God doesn't just tell you to stand—He equips you to stand.

He says, "Put on the whole armor of God..."

- Not part of it.
- Not pieces of it.
- The whole armor.

And then He lays it out.

*The belt of truth.*

Everything is held together by truth.

If truth is loose in your life... everything else starts to fall apart.

In Bible times, if someone wanted to move quickly, they would "gird up their loins." In other words, they would take the bottom hem of their garment and tuck it up in their belt.

Why? So they wouldn't trip.

If truth isn't firm and solid in your life, then you're guaranteed to trip and fall.

But for the soldier, who didn't wear a long robe-like garment, the belt had another purpose—It connected him to his sword. Truth and God's Word can never be separated.

*The breastplate of righteousness.*

Not your performance... but right standing in Christ—and a life that reflects it.

The breastplate guards the heart.

*The shoes of the readiness of the Good News of peace.*

You're not unstable... you're grounded.

You're ready to move, ready to stand, ready to walk in what God has called you to.

The shoes of a Roman soldier had nails driven into the bottom of the soles—kind of like football cleats. Those nails gave traction, helping the soldier dig in and stand firm.

*The shield of faith.*

When lies come... when fear rises... when doubt hits...

Faith says, "I trust God."

Roman infantry carried wooden shields, but before battle they would wrap them in wet animal skin. When fiery arrows came, the moisture would quench the flames.

In the same way, when temptations come into your life like fiery arrows, your faith is what guards you. It shields you from the enemy.

*The helmet of salvation.*

- Guarding your mind.
- Knowing who you are in Christ.
- Not letting your thoughts run unchecked.
- Taking every thought captive to the obedience of Christ.

*And the sword of the Spirit... which is the Word of God.*

That's the only offensive weapon listed.

And what is it? The Word again. God's truth.

Everything keeps coming back to it because the Word is not just what you build on...or stand on... It's what you fight with.

And did you hear the names of all of these: Truth, righteousness, peace, faith, and salvation.

- Who is Truth?
- Who is your Righteousness?
- Who is the Prince of Peace?
- Who is the Author and Finisher of our Faith?
- Who is our Savior (the source of our Salvation)?

### **It's Jesus.**

There is a reason why the Bible says,

“Let's therefore throw off the works of darkness, and let's put on the armor of light.” — Romans 13:12.

Who is the light who came into darkness?

Paul puts it simply,

“But *put on* the Lord Jesus Christ...” — Romans 13:14.

You are not just wearing armor.

You are not just standing on truth.

You are standing *in* Christ.

The armor is a description of Him, His character, and what you find only in Him.

This changes everything. Because **your armor is no longer an object —It's a Person.**

This means you are no longer depending on *you*—This isn't about *you* putting on armor, and *you* fighting your hardest... This is now about you standing *in Him*... in what only He can give—in His strength, in His ability, in His provision—in the fullness of Who He is.

### **A Father's Calling — Stand for Your Home**

Now let's bring this into the home.

Because this is where it becomes very real.

As a father, you cannot control everything.

- You cannot remove every hardship.
- You cannot guarantee every outcome.
- You cannot make every decision for your children forever.
- You cannot guard your home from every obstacle.
- You cannot protect your family from every attack.

But you can stand. You can know, follow, and live for Christ. You can surrender everything to Jesus and stand in His strength and ability.

- When the storms blow—You can stand in Him.
- When the floods come—In Him you won't be overcome.
- When the fires rage—It doesn't have to touch you (Is. 43:2).

You can stand and live in Him.

Like Paul said, "I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me" (Galatians 2:20).

- In Christ, you can stand in truth.
- In Christ, you can stand in integrity.
- In Christ, you can stand in faith.
- In Christ, you can stand when things are uncertain.

*And, fathers, let me say this clearly:*

Your family does not need the strongest man, or the smartest man, or the richest man. Your family needs a man who lives in Christ and stands on the truth of God's Word.

Your family does not need a "perfect" man. David in the Bible was not a perfect man, but he was a "man after God's own heart."

Your family needs a man who will "Seek first the kingdom of God and His righteousness..." (Matthew 6:33).

Your family needs a man who follows Jesus—a man who stands for Him and in Him.

Not a man who never struggles... but a man whose faith and trust is in the Lord.

Not a man who has every answer... but a man who stays anchored in God's Word.

Not a man who controls everything... but a man who lives under the Lordship of Jesus Christ and follows Him no matter what.

Why? Because this is where *you* find real life.

Because this is where you lead your family into a home where life thrives.

Because your wife was created to be loved by a man like this.

Because your children are watching.

- They're watching how you respond under pressure.
- They're watching what you do when things are hard.
- They're watching what you actually believe... not just what you say.

What you say is not what you believe—What you believe is what you do. Everything else is just a bunch of religious talk.

They're watching how you stand when the storms of life come.

And in the middle of the storm... They don't need a father who pretends everything is fine.

They need a father who loves and follows God, who knows where to stand and how to stand.

### **Call to Response**

*Bow your heads and close your eyes.*

The battle is real.

The storm will come.

The pressure will rise.

But that's not the question.

The question is: Are you standing?

*To fathers:*

Don't settle for being physically present but spiritually absent.

Stand up. Stand firm. Stand in Christ.

*To families:*

Build your home on the Word of God.

Not occasionally.

Not when it's convenient.

But consistently.

*To every believer:*

Put on the armor of God.

Stop trying to stand in your own strength.

Stand in His.

*And if you've never come to Christ...*

He's waiting—everything else will eventually fade and pass away. But the life you find in Christ will never pass away. God is offering you eternal life—and eternal life doesn't begin when you die. It begins the moment you surrender your life to Him.

He's waiting for you. And He loves you.

Will you come?

## **Prayer**

Lord,

Thank You that You have not left us alone in this battle. Thank You for Your strength, Your truth, and the armor You provide. Help us to stop living casually in a real fight. Help us to build on Your Word and stand in Your strength.

Strengthen the men and fathers here. Give them courage, consistency, and faith. Strengthen every family. And let us be a people who stand firm... no matter what comes.

And, finally, Lord, I pray that those in the room today who are struggling, living in sin, going the wrong way, not sure they're going to heaven, or fighting other battles, wouldn't just walk away. I pray that today would be the day that they bow before you and lay their lives and difficulties at Your feet.

In Jesus' name, Amen.

## **Invitation**

Has the Lord spoken to your heart today?

Do you feel Him calling?

When you look in the mirror, do you feel like something is missing or out of place?

Then don't wait. Come. We'd love to talk with you and help you any way we can.

Are you sure you're going to Heaven when you die? You can know. You can know before you walk through the exit doors today.

We would love nothing more than to show you the Good News of how Jesus can save you—straight from the truth of His Word.

If you're willing... Come.

\*Father's Day survey information gathered from a variety of sources including: YouGov; National Retail Federation; and Create Gift Love surveys.

NOTES:

## Promotional Ideas & Options

The following text can be used as promotional statements in email, text, on your website, on social media, etc.

### EMAIL OPTION 1

#### Subject Line Options:

- A Father's Day Message Every Man Needs to Hear
- When the Pressure Comes... Will You Stand?
- This Father's Day: Stand Firm

#### Email Body:

Father's Day is a time to honor men, fathers, and leaders.

But it's also a time to ask a deeper question:

What does it mean to stand strong?

Because life is not just busy—it's a battle.

There is pressure.

There is temptation.

There are moments that test what you're really built on.

This Father's Day, we invite you to join us for a powerful message:

“Stand Firm”

“Put on the whole armor of God... that you may be able to stand.”

We'll look at:

- The reality of spiritual battle
- Why foundation matters more than strength
- How to stand firm using the armor God provides

This is a message for men—but it's one every family needs to hear.

Join us this Sunday

**[Service Time / Location]**

Bring your family. Invite someone with you.

## EMAIL OPTION 2

### Subject Line Options:

- What Are You Standing On?
- Don't Miss This Father's Day
- Strength That Actually Lasts

### Email Body:

Most people think strength is about control.

Holding everything together.  
Managing the pressure.  
Pushing through no matter what.

But the Bible paints a different picture.

Real strength is not about control—it's about standing.

“Having done all, to stand.”

This Father's Day, we're looking at what it means to stand firm in a world that is constantly pushing back.

“Stand Firm”

A message about:

- The battle we often don't see
- The foundation that determines whether we stand or fall
- The armor God has already given us

If you've ever felt pressure, responsibility, or spiritual weight—this message is for you.

Join us this Sunday  
**[Service Time / Location]**

## **SOCIAL MEDIA POSTS**

### **POST 1**

Life is not just busy—it's a battle.

The question is not if pressure will come.

The question is: Will you stand?

This Father's Day, join us for: "Stand Firm"

A message about building your life on what lasts and standing strong in it.

**[Service Time / Location]**

### **POST 2**

When the storm comes... what will still be standing?

Join us this Father's Day: "Stand Firm"

Based on Ephesians 6 and Matthew 7.

**[Service Time / Location]**

### **POST 3**

Pressure reveals what you're standing on.

When life gets difficult, what you've built on becomes clear.

This Father's Day, we're looking at what it means to stand firm—not in your own strength, but in God's.

"Stand Firm"

Join us this Sunday.

**[Service Time / Location]**

#### POST 4

Let's be honest.

Most men feel pressure they don't always talk about.

Responsibility.  
Expectations.  
Spiritual weight.

This Sunday, we're talking about how to stand in the middle of it.

"Stand Firm"

**[Service Time / Location]**

#### POST 5

The storms will come.

The pressure will rise.

The question is not *if*.

The question is what you're standing on.

Join us this Father's Day:

"Stand Firm"

**[Service Time / Location]**

NOTES:

## Promotional Countdown

Below is a sample of how to post in a 3-day countdown using social media, written to build anticipation and drive attendance:

### 3 DAYS OUT (FRIDAY)

*Post:*

Father's Day is coming.

It's a day to celebrate men and fathers.

But it's also a reminder of something deeper.

Life carries weight.

Responsibility. Pressure. Decisions that matter.

This Sunday, we're talking about what it means to stand firm in the middle of it.

“Put on the whole armor of God... that you may be able to stand.”

Join us for: “Stand Firm”

**[Service Time / Location]**

## 2 DAYS OUT (SATURDAY)

*Post:*

Every man faces pressure.

Not always visible. Not always talked about.

But it's there.

The Bible doesn't ignore that—it prepares you for it.

This Father's Day message:

“Stand Firm”

We'll look at:

- The battle we often don't see
- The foundation that determines everything
- How to stand strong in God's strength

Make plans to join us.

**[Service Time / Location]**

## 1 DAY OUT (SATURDAY NIGHT or SUNDAY MORNING)

*Post:*

Tomorrow is Father's Day.

We'll celebrate and honor fathers.

But we'll also talk about something every man—and every family—needs:

How to stand when life pushes back.

“Having done all, to stand.”

Join us for: “Stand Firm”

Bring your family. Bring a friend.

**[Service Time / Location]**

# Promotional Images

Find Graphics for this Sermon Series at:

[330resources.org/fathers-day](http://330resources.org/fathers-day)

Use passcode: FD330

