



# Standing Our Ground

By

Sensei Mark McGee



# Standing Our Ground

Martial artists understand the concept of "standing our ground." Our purpose in yielding to oncoming force is to redirect the strength of the attacker and move them to a place where they can consider their bad behavior and where we are safe from their attack. When we yield ground to an attacker, we are really evading his attack to move to a superior position and are truly "standing our ground." Our response to an attack is up to us. We determine how and when we move. Our movement has purpose as we take control from the attacker and counter his attack effectively and efficiently. We learn to use whole-body power to dispatch the enemy quickly and decisively. There is no question at the end of the encounter that we are in control and have stood our ground. It is the attacker who has lost ground and face in his cowardly attempt to harm us.

Christian martial artists understand an even higher concept of "standing our ground." God calls on every believer to be grounded in His Word and in His Love. It is as we stand our spiritual ground that we grow in knowledge and understanding of what God can and will do for and through His children. God wants us to know the Love of Christ and to be

filled with all the fullness of God. We do not gain that knowledge and filling by giving ground to the enemy. It is as we are strengthened in the inner man that we learn how to be grounded in Him. The results of that grounding, as with the physical attacker, lead to great and mighty things.

The following verses are some of the most powerful in the New Testament about the importance of standing on God's Word. Memorize them. Meditate upon them. Make them as natural part of your actions as waking in the morning and closing your eyes at night. May this lifestyle of standing for what's eternal give us the strength to put aside that which is temporal.

"For this cause I bow my knees unto the Father of our Lord Jesus Christ, Of whom the whole family in heaven and earth is named, That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man; That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love, May be able to comprehend with all saints what is the breadth, and length, and depth, and height; And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God. Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the

power that worketh in us, Unto him be glory in the church by Christ Jesus throughout all ages, world without end. Amen." (Ephesians 3:14-21)

"As ye have therefore received Christ Jesus the Lord, so walk ye in him: Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving." (Colossians 2:6-7)

"Therefore being justified by faith, we have peace with God through our Lord Jesus Christ: By whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God. And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope: And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us." (Romans 5:1-5)

"And I, brethren, when I came to you, came not with excellency of speech or of wisdom, declaring unto you the testimony of God. For I determined not to know any thing among you, save Jesus Christ, and him crucified. And I was with you in weakness, and in fear, and in much trembling.

And my speech and my preaching was not with enticing words of man's wisdom, but in demonstration of the Spirit and of power: That your faith should not stand in the wisdom of men, but in the power of God." (1 Corinthians 2:1-5)

"Moreover, brethren, I declare unto you the gospel which I preached unto you, which also ye have received, and wherein ye stand; By which also ye are saved, if ye keep in memory what I preached unto you, unless ye have believed in vain." (1 Corinthians 15:1-2)

"Watch ye, stand fast in the faith, quit you like men, be strong. Let all your things be done with charity." (1 Corinthians 16:13-14)

"Now he which stablisheth us with you in Christ, and hath anointed us, is God; Who hath also sealed us, and given the earnest of the Spirit in our hearts. Moreover I call God for a record upon my soul, that to spare you I came not as yet unto Corinth. Not for that we have dominion over your faith, but are helpers of your joy: for by faith ye stand." (2 Corinthians 1:21-24)

"Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage." (Galatians 5:1)

"Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel, For which I am an ambassador in

bonds: that therein I may speak boldly, as I ought to speak."  
(Ephesians 6:10-20)

"Only let your conversation be as it becometh the gospel of Christ: that whether I come and see you, or else be absent, I may hear of your affairs, that ye stand fast in one spirit, with one mind striving together for the faith of the gospel; And in nothing terrified by your adversaries: which is to them an evident token of perdition, but to you of salvation, and that of God." (Philippians 1:27-28)

"Therefore, my brethren dearly beloved and longed for, my joy and crown, so stand fast in the Lord, my dearly beloved." (Philippians 4:1)

"Epaphras, who is one of you, a servant of Christ, saluteth you, always labouring fervently for you in prayers, that ye may stand perfect and complete in all the will of God." (Colossians 4:1)

"Therefore, brethren, we were comforted over you in all our affliction and distress by your faith: For now we live, if ye stand fast in the Lord." (1 Thessalonians 3:7-8)

"Therefore, brethren, stand fast, and hold the traditions which ye have been taught, whether by word, or our epistle. Now our Lord Jesus Christ himself, and God, even our Father, which hath loved us, and hath given us everlasting consolation and good hope through grace, Comfort your hearts, and stablish you in every good word and work." (2 Thessalonians 2:15-17)

It is our prayer at Grace Martial Arts Fellowship that you are grounded in Christ and learn the mighty weapons of spiritual warfare for the Glory of God!

If you would like more information about Grace Martial Arts classes in your area, contact Senior Instructor Mark McGee at [gracemartialarts1@gmail.com](mailto:gracemartialarts1@gmail.com).

## **Saved and Safe!**

*“Watch, stand fast in the faith, be brave, be strong. Let all that you do be done with love.” 1 Corinthians 16:13-14*

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