

Sermon Notes

Tummy Ache - Judg 3:16

May 3, 2026

I. Introduction

What are you bringing with you to face whatever the day holds? If you don't store the Word in your heart, you won't have it to draw from when you need it the most. Joseph Prince

- a. how much effort do you put into getting ready for your day... shower, shave, comb hair, brush teeth, dress... grab breakfast, keys, wallet... check yourself in mirror... off you go...
- b. but what about the inside... what about your heart... every day you are stepping into a spiritual battleground... sometimes loud and obvious... health, finances, work, family... other times it's more quiet and subtle... worry, anxiety, fear, insecurity, pressure...
Isa 54:14-17... "if anyone attacks... destroyer causes havoc... no weapon formed..."
2Cor 10:3-5... "do not wage war... weapons of warfare... demolition of strongholds..."
Eph 6:10-18... "full armor to stand against devil... fight against evil, spiritual forces..."
2Thess 3:3... "the Lord will strengthen you and guard you from the evil one..."
1Pet 5:8-9... "devil prowling about... looking for anyone he may devour..."
- c. as your pastor, part of my job is to equip you... make sure you're armed and ready for a fight... not caught off guard when trouble comes... testimonies, not tragedies...
Acts 20:28... "guard yourselves and God's people... shepherd the church..."
Eph 4:11-16... "pastors... equip saints for ministry... until we reach unity in knowledge of Jesus... no longer tossed by every wind of teaching, human cunning or deceit... but to grow in Christ..."
2Tim 4:2... "preach the Word... be ready... correct, rebuke, and encourage..."
Heb 13:17... "obey and submit to your leaders... they keep watch... give an account..."
- d. some interesting titles in this series... Saddle Up, Baggins, Carabiner, Tummy Ache... what does a tummy ache have to do with the bible... I'm glad you asked... pray...

II. Tummy Ache

- a. when Israel was in trouble... God sent a deliverer... a left-handed man named Ehud... left-handed in bible means naturally weak... just like all of us, he had no power on his own... but joined together with Jesus... had supernatural power to be victorious...
Judg 3:15... "Israel cried out... God raised Ehud, left-handed Benjamite as a deliverer..."
ehud... *I will give thanks, I will praise; undivided union; joined together with the Lord*...
Acts 1:8... "you will receive power when the Holy Spirit comes upon you..."
2Cor 3:5... "do nothing on our own... only power and success comes from God..."
Eph 1:17-19... "pray you know... immeasurable greatness of His power to us who believe..."
Eph 3:20... "to Him who can do beyond what we ask or think according to the power in us..."
2Tim 1:7... "God has not given us a spirit of fear... but one of power..."
- b. as Ehud prepares to face the evil world... look closely at what he does... puts *bible* under his clothes... in his heart... so he has power to face whatever comes... power to discern right and wrong... power to walk thru life with clarity and strength... no matter what...
Judg 3:16-17... "Ehud made himself a double-edged sword 18 inches long... strapped it to his right thigh under his clothes... and brought the tribute to King Eglon of Moab..."
Heb 4:12... "word of God is living and powerful... sharper than any two-edged sword... dividing soul and spirit... joints and marrow... exposes innermost thoughts and desires..."

- c. when you store Word of God in your heart... be armed and ready when you need it most... when troubles come... hidden two-edged sword will be unsheathed to deliver you... help discern what's real... silence lies... cut thru confusion... end oppression... set you free...
Judg 3:19-22... "Ehud approached him and said, *I have a message from God for you*, and the king stood up... Ehud reached with his left hand, took the sword from his right thigh, and plunged it into Eglon's belly... even the handle went in after the blade, and Eglon's fat closed over it, so that Ehud did not withdraw the sword from his belly... and the waste (dirt, entrails, bowels, dung) came out..."
- d. remember... we're left-handed... weak in the natural... sword is not ours... it belongs to the Spirit... when enemies attack... rhema voice of HS will bring up a specific verse for your situation... when He does... use the sword... quote that verse to defeat your enemy...
Matt 4:1-11... "man lives on every word that comes from God... *it is written*..."
Eph 6:10-18... "take the sword of the Spirit... which is the word of God..."
rhema... *uttered by a living voice; actual spoken words of God*...
- e. sword is wielded by your tongue... your mouth... must speak it... Ehud's weapon wasn't just physical... picture of the spoken word of God... a cubit in length... look at parallel in Matthew... worry can't add a cubit... can't add anything... spoken word cuts thru worry...
Judg 3:16... "Ehud made himself a double-edged sword... a cubit in length..."
pea... *edge; feminine root word means mouth*...
Matt 6:27... "which of you by worrying can add one cubit to his stature..."
- f. when devil brings trouble, lies, accusations... using double-edged sword will guarantee he gets the point... word of God gives him a tummy ache... it is an undefeatable weapon and when you use it... you will see he is full of excrement... full of lies... full of dung...
Luke 10:17-20... "I have given you authority over all the ability of the enemy..."
John 17:6-19... "I was protecting them by Your Name... I guarded them..."
Rom 8:31-39... "we are more than conquerors thru Him who loved us..."
Col 2:14-15... "disarmed rulers and authorities... disgraced them... triumphed over them..."
Heb 2:14-15... "thru His death... He might destroy the one holding the power of death, the devil..."
1John 3:8... "the reason the Son of God appeared was to destroy the works of the devil..."
Rev 12:10-11... "power and authority of Christ have come... the accuser of our brothers has been thrown down... conquered by the blood of the Lamb... word of their testimony..."
- g. life will not be smooth... but you don't have to face it unarmed... just one verse, one truth, one promise can make all the difference... devil is terrified of you being joined together with the HS and using His sword... time to arm yourself with a weapon...
Judg 3:15-16... "God raised Ehud... a man in undivided union with the Lord... a left-handed Benjamite as someone who would save, deliver, liberate and give victory to Israel... Ehud made himself a double-edged sword... took the sword and plunged it into Eglon's belly... even the handle went in after the blade and his fat closed over it... and the king's bowels emptied..."
Rom 8:26... "Spirit helps in our weakness... we do not know what to pray... HS intercedes for us..."
astheneia... *infirmity of body; frailty; feebleness of health or sickness; trials and troubles*...
- h. secret to Ehud's victory wasn't his natural strength... it was his connection to the Lord... same is true for you... when you connect to Jesus... your weakness becomes strength...
1Cor 1:18-31... "God's weakness is stronger than human strength... He has chosen what is foolish to shame the wise... and what is weak to shame the strong..."
2Cor 12:9-10... "My grace is sufficient... for My power is perfected in weakness..."
Heb 11... "who by faith... gained strength in weakness... became mighty in battle..."
- i. don't just think about your clothes... think about what you carry under them... let the Word be your lifeline... your power, defense, strength... when you do... no weapon formed against you will succeed... Word will rise up within you and do its work... pray...
Isa 55:11... "My word shall not return empty... it will prosper in what I send it to do..."