

## **BONUS CONTENT 19 - The Armor of God | Eph 6**

Warren Wiersbe says “Sooner or later every believer discovers that the Christian life is a battleground not a playground.”

### **We have studied through the 7 trumpets found in Revelation 8, 9 and 11 and it is some scary stuff!**

- In the first 4 trumpets we see God pull back His grace on creation.
- The last three trumpets, called the 3 WOES, showed us the reality of the spiritual realm as God allows Satan to reap havoc here on the earth.
- In Reflections of Revelation Episode 18 we looked at spiritual warfare, Satan and demons and application specifically from **Revelation 9**.
- In this lesson we will see in **Ephesians 6** how to take up the spiritual armor of God to fight this spiritual warfare.
- Satan literally means adversary: he opposes God and us. We have an enemy and we need to be aware of our enemies to fight properly!

Ray Stedman addresses the reality of the spiritual battles we face by stating this: “We can only truly understand life when we see it as the Bible sees it. That is why the Word of God was given: to introduce us to real reality. When we come to the Bible, we learn the truth. One of the most fundamental truths the Bible presents to us is that, behind the facade of this world, there is an invisible battle raging. This battle takes many casualties, and there are no innocent bystanders, no noncombatants.”

### **So now that you are aware of the spiritual warfare, I want to talk about HOW WE CAN FIGHT!**

- We do need to learn how to fight against the devil and his schemes.
- Paul in **Eph 6** is specifically addressing Satan, demons and spiritual warfare and instructing us as believers how to fight this battle.
- In our awareness regarding spiritual warfare, this lesson will now teach us how we can walk in victory.

### **We can have victory in JESUS — and we need to be putting on The Whole Armor of God.**

**Ephesians 6:10-20** *10 Finally, be strong in the Lord and in the strength of his might. 11 Put on the whole armor of God, that you may be able to stand against the schemes of the devil. 12 For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. 13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. 14 Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, 15 and, as shoes for your feet, having put on the readiness given by the gospel of peace. 16 In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; 17 and take the helmet of salvation, and the sword of the Spirit, which is the word of God, 18 praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints, 19 and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, 20 for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.*

**How do we defend ourselves from this enemy (satan our adversary) and the demonic realm? Paul in this text is telling us. — WE MUST STAND!**

*13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to **stand firm**. 14 **Stand therefore**,*

- Standing is a posture!
  - It means that we are not droopy or slouched.
  - We aren't lazy in our stance or half-hearted in our position.
  - It means that we are at our position and alert.
- The idea of standing is that God has given us a call, a mission, a course to fulfill and we don't back down!
- Satan will do his best to stop us, so when he attacks and intimidates we are to stand.
- We stand in the strength and might of Jesus.

*10 Finally, be strong in the Lord and in the strength of his might. 11 Put on the whole armor of God, that you may be able to stand against the schemes of the devil.*

- Our pursuing the mission of God and doing His will is how we 'stand against the schemes of the devil' as opposed to going after the demonic realm to 'slay demons'.
- God wants us to have fruitful lives that 'stand' and remain strong in the grace of God and His plans for our lives.
- Our resistance against satan is strengthened through our obedience to the true King, our Lord Jesus.

**Paul tells us that we need to STAND against satan's schemes!**

**WE ARE TO STAND IN TRUTH!**

- We have the truth of God's word and we can know God's will and His commission for us.
- Satan can do damage in people's lives through his lies!

*1 Pet 5:8-9 Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.*

**Jesus said that satan is the Father of lies and he seeks to destroy us by his lies. (John 8:44)**

- We shouldn't settle into his lies but 'stand against' his lies by listening to God's truth.
- Knowing God's Word and His truth helps us to STAND against the devils lies.
- We can't expect to fill our minds up with the news, movies, social media and lies of the world and still have peace.

**We need to guard and renew our minds in God's Word (Rom 12:2).**

- We should understand and guard our minds against the demonic influences within this world's systems (social media, politics, world events, etc.) as satan wants to use the deception and lies to infiltrate our lives.
- We need be aware, sober minded and watchful of what we are interacting with.

*Phil 4:8-9 8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. 9 What you have learned and received and heard and seen in me-**practice these things**, and the God of peace will be with you.*

**We not only need to know the Word BUT PRACTICE THE WORD!!!**

- Applying and practicing the Word of God in our life is how we fight.

*James 4:7 Submit yourselves therefore to God. Resist the devil, and he will flee from you.*

- Prevent being tossed to and fro (**Eph 4:14**) by being established in the Word.

**2 Cor 10:5-6** *5 We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, 6 being ready to punish every disobedience, when your obedience is complete.*

- Just because someone has a thought, word or opinion doesn't mean it's true.
- Listen to the One who is the Way, the Truth, and the Life. **(John 14:6)**

**Spiritual warfare is in the mind and satan blinds people to the truth as he speaks forth lies (2 Cor 10:5-6).**

- **2 Cor 2:11** tells us that Christian cannot afford to be ignorant of his devices and his ways.
- **2 Cor 11:14** tells us that Satan masquerades as an angel of light and seeks to blind men's minds to the truth of God's word. He is crafty and only uses partial truths!
  - EXAMPLE: Cults! Other passages (**Eph 4:14**), tell us there are doctrines of demons and they can cause us to stumble!

**1 Tim 4:1** *Now the Spirit expressly says that in later times some will depart from the faith by devoting themselves to deceitful spirits and teachings of demons,*

**We must Stand in the truth of God!**

- Paul tells us we are to fight against the wiles of the devil. We do this through God's Word which is truth. EXAMPLE: Jesus being tempted in **Matt 4**, "it is written"
- We fight false doctrines and negative thoughts with truth!
- It requires effort and trusting God by faith to have our minds set on things that are true.

**1 John 4:1-3** Beloved, do not believe every spirit, **but test the spirits to see whether they are from God**, for many false prophets have gone out into the world. 2 By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is from God, 3 and every spirit that does not confess Jesus is not from God. This is the spirit of the antichrist, which you heard was coming and now is in the world already.

**Standing in God's Word and His truth matters!**

**(Rom 5:2)**. We stand in grace, **(1 Cor 15:1)** We stand in the gospel, **(1 Cor 16:13)** We stand in courage and strength, **(2 Cor 1:24)**, We stand in faith, **(Gal 5:1)** We stand in Christian liberty, **(Phil 1:27)** We stand in Christian unity, **(Phil 4:1)** We stand in the Lord, **(Col 4:12)** We should stand perfect and complete in the will of God!

**WE STAND IN JESUS because He is the Living Word!**

- Our relationship and abiding in Christ matters, and strengthens us in this spiritual warfare.
- Paul implies that Satan is powerful and the only way that we're to stand against him is through Jesus. **(EPH 1:3)**-all spiritual blessing in Jesus)

**1 John 4:4** *Little children, you are from God and have overcome them, for he who is in you is greater than he who is in the world.*

- We overcome when we are in Christ and covered in His righteousness!

**Our position to stand in victory is ALWAYS in Jesus alone.**

**Rom 8:31:** *If God is for us then who can be against us.*

- We fight from Victory (Christ's completed work on the cross) not for Victory (our efforts and strength).
- We should be going to Jesus daily for His truth to equip us to fight in the spiritual battles.

## **Paul now goes on to explain practically how to remain in Christ and put on**

### **The Armor of God:**

- God gives the believer a full set of equipment, and He sends us out into battle with everything we need at our disposal.

**2 Pet 1:3** *His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence.*

- Paul wrote this while in the custody of Roman soldiers. Looking at the equipment of the guards, he could see the analogy of God equipping us with armor.
- He presents us with this beautiful picture of what we are to do to stand and fight.
- The order in which the pieces of armor are described is the order in which the soldier would put them on...

### **BELT OF TRUTH:** *'having fastened on the belt of truth'*

Truth is symbolically represented as a belt which both protects our abdomen and gathers up our garments so that we can fight effectively.

- Before the armor can be put on, the garments underneath must be gathered together.
- The belt holds the other parts of the armor together. (Truth connects all)
- When a man sat down and was relaxed, he took off his belt, but putting back on his belt prepares him for action, frees his movement, and it puts him in a battle frame of mind.

### **Truth is important and there is an absolute truth!!**

- The belt of truth is the entirety of the Word of God. You put it on by reading it and believing it. (doctrines)

### **Truth is the integrating force in the life of a victorious Christian.**

- If you do not embrace God's truth for your life, you will not be victorious and everything else will all apart. This is why the Word of God is always being attacked by satan.

**Luke 21:33** *Heaven & earth will pass away, but my words will not pass away.*

### **Are you standing Strong in God's Word? Are you cleansing your mind in it?**

**Having a daily discipline of reading, meditating, and applying God's Word is a must for our fight!**

### **BREASTPLATE OF RIGHTEOUSNESS:** *'and having put on the breastplate of righteousness'*

Righteousness is represented as a breastplate which provides essential protection for the most vital organs. This piece of armor, made of metal plates or chains, and it covered the body from the neck to the waist, both front and back.

- The breastplate of righteousness is the belief in Jesus and His work on the cross. It symbolizes the believer's righteousness in Christ (**2 Cor 5:21**)
- You put it on by believing that Jesus has clothed you with His righteousness not your own righteousness. We must believe what Jesus said on the cross: IT IS FINISHED!  
WHY IS THIS IMPORTANT? Because satan literally means: accuser.

**Rev 12:10b** *...for the accuser of our brothers has been thrown down, who accuses them day and night before our God.*

### **We need to stand in God's finished work of securing us in His righteousness!**

Martyn Lloyd-Jones said "Thank God for experiences, but do not rely on them. You do not put on the 'breastplate of experiences', you put on the breastplate of righteousness"

- We may feel guilty and condemned, but there is no condemnation in Jesus.(Romans 8:1)

- We can put on forgiveness of our sins and righteousness through Christ, and that is the best defense against the spiritual depression and gloom that can come against us through satan's accusations.
- Fight with the truth of Christ's finished work!

**SHOES OF THE GOSPEL: 'and, as shoes for your feet, having put on the readiness given by the gospel of peace'**

- Protecting your FEET is important in battle!

David Guzik says in his commentary on this passage, "However powerful the rest of your body is, if you are wounded in your feet you are easy prey for the enemy."

**Having a firm foundation (like combats boots) helps you stand and withstand your enemy!**

- The Roman soldier wore sandals with hobnails (spikes) in the soles to give him better footing for the battle.

"The military successes both of Alexander the Great and of Julius Caesar were due in large measure to their armies' being well shod and thus able to undertake long marches at incredible speed over rough terrain." (Wood)

**The gospel provides the footing for everything we do. It is foundational in everything we do.**

- The implications of Jesus' completed work done 'according to scripture' causes us to grow in our knowledge and love for the gospel. (Col 1:5-6)

Tim Keller said "the gospel is not just the ABCs of Christianity, it is the A-Z."

- We need to have a strong grasp of the truths in the gospel for peace in our life and for sharing this peace with others.

**The idea of readiness is we must be mobile, flexible, ready with the truth.**

- God has given us power and authority to set captives free and proclaim the gospel. We fight proactively by evangelizing.
- We should be eager to share the gospel of peace knowing firsthand the importance of this calling. (Rom 10:15)
- Satan has declared war, but you and I are ambassadors of peace (2 Cor 5:18-21) and we take the gospel of peace wherever we go. The gospel protects us with peace.

**We stand with the gospel and the peace of God by knowing the power of the gospel!**

**SHIELD OF FAITH: In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one;**

Faith is represented as a shield, protecting us from the fiery darts of the wicked one; those persistent efforts of demonic foes to weaken us through fear and unbelief.

- The shield of faith is believing God at His Word. This belief protects us and guards our hearts from the lies. (fiery darts)
  - It is amazing how WHAT YOU BELIEVE AFFECTS YOUR BEHAVIOR.

**When we are trusting and standing on the word of God, we have a solid foundation.**

**Matt 7:24-27** *24 "Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. 25 And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. 26 And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. 27 And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it."*

- The shield Paul describes is not the small round one, but the large, oblong shield that could protect the whole body.
- In ancient warfare, these fiery darts were launched in great number at the beginning of an attack. The idea was not only to injure the enemy, but to shoot at him at all sides with a massive number of darts, and thus confuse and panic the enemy.
- Demonic oppression does the same in its attack from all sides. Satan wants us immobilized and weak with our faith in God shaken. He wants us to live in doubt and fear.
- You put on the shield of faith by trusting God's Word to protect you and provide for you.
- We never know when the enemy will shoot darts at us so we must constantly walk by faith. **(2 Cor 5:7)** EXAMPLE: From the beginning "Did God really say..."!
- In our thoughts, feelings, imaginations, fears, lies, and doubts, Satan's fiery darts can be hurled at us. Shield of faith turns the darts back. We claim the promises of God and it builds our faith. **(Rom 10:17)**

### **We are to not only walk by faith BUT we are to never walk alone!**

The edges of a roman shield were so constructed that an entire line of soldiers could interlock them. The soldiers could also literally walk together as a moving wall...this would provide tons of strength!

- As we interlock in community, seeing God at work in one another lives and being there for one another, creates a stronger shield of faith against the fiery darts.
  - A single shield is weaker, but when you take up the shield of faith with other believers you battle together, fight in fellowship and build up one another. Isolation leaves us more vulnerable to being 'taken out' by the enemy.
  - Having fellowship with other Christians gives us strength and encourages our faith!
  - Coming to church and being in community is important so others can speak into your life and stand with you.
- Rom 15:1** *We who are strong have an obligation to bear with the failings of the weak, and not to please ourselves.*
- Fellowship builds our faith as well and we are stronger with others around us.

### **HELMET OF SALVATION: and take the helmet of salvation,**

Roman helmets back then were a leather cap studded with metal for extra strength. Often some kind of plume or decoration was added, perhaps to identify the soldier to his regiment. A soldier would be foolish to go into battle without his helmet; he wanted to protect his head.

### **The helmet of salvation is allowing God to control your mind and give you an eternal perspective.**

- You put it on by setting your mind on things above **(Col 3:2)** and things that are pure. **(Phil 4:8-9)**

**Rom 12:2** *Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

- Helmet of salvation is God's game plan as the mind of Christ renews our mind to engage and respond according to God's will.
- Salvation is protecting and covering us in abundant life and blessings not just for now, but for all eternity.
- When going through battles of persecution, slander, or oppression an eternal mindset can help fight against discouragement and God can be glorified in the trial.

"It is too bad that many Christians have the idea that intellect is not important, when it really plays a vital role in Christian growth, service, and victory. When God controls the mind, satan cannot lead

the believer astray. The Christian who studies his Bible and learns the meaning of the Bible doctrines is not going to be led astray easily.” Warren Weirsbe

- Take the helmet of salvation to protect against discouragement and the desire to give up.
- Salvation is complete in Jesus so we should be going to Him and asking for truth and the mind of Christ.
- The helmet of salvation brings hope not only in knowing that we are saved, but that we will be saved in the current battle. It is the assurance that God will have the victory and we will triumph in Him.

**SWORD OF SPIRIT: ‘and the sword of the Spirit, which is the word of God.’**

The Roman soldier wore on his belt a short sword which was used for close-in fighting.

- Remember we are wrestling. This is a hand to hand battle and close to us!

**The way we fight in standing is by using God’s Word to combat the lies!**

- Pick apart the details of the enemy’s attack to find the area of our weakness and seek God’s truth in that area.
- The sword of the Spirit is used when you speak what the Holy Spirit prompts you to speak. It might be one word, a phrase, a sentence, a verse, a passage, a chapter or a book. Claim the word of God for your specific issue.
- Just as Jesus fought satan with speaking forth the truth so must we! (**Matt 4**)

**Heb 4:12** *For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, & discerning the thoughts and intentions of the heart.*

**The better you know the Word of God, the easier it will be for you to detect satan’s lies and reject his offers. I would encourage you to Memorize Scripture!**

- When struggling with sin, seek what God says and when temptation comes declare those truths.
- Claim those victories and fight. Don’t let the enemy have you. Stand!

Commentary of a soldier training: A soldier or a gladiator in training would practice sword thrusts and moves and positions. Now, he must practice them ahead of time, and if he is a superior fighter, and has a great fighting instinct, at the time of battle he will instantly recall which thrust, which position suits the precise moment. He will never be able to use the thrust in the fight if he has not first practiced it, but he still needs to make the move at that moment.

- Practice...Continue to learn, memorize, and study God’s word and in the midst of the fight use the promptings of the Holy Spirit to proclaim Jesus’ name and the truth of the gospel in those moments.
- We must have God’s Word hidden in our heart to fight properly and to allow the Holy Spirit to use His truth.

**Lastly, PRAYER!**

***18 praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints,***

- The idea here is that we are to pray a lot about this warfare. In this unseen realm we need the intercession of the Holy Spirit.

Warren Weirsbe said about “Prayer is the energy that enables the Christian soldier to wear the armor and wield the sword. We cannot fight the battle in our own power, no matter how strong or talented we may think we are.”

**Zec 4:6** *Not by might, nor by power, but by my Spirit, says the LORD of hosts.*

**A Christian must pray at all times because he is always subject to temptations and attacks of the devil!**

- We pray with the help and power of the Holy Spirit and can pray about everything .(all prayers and supplication).

David Guzik said about prayer, “We should use every kind of prayer we can think of. Group prayer, individual prayer, silent prayer, shouting prayer, walking prayer, kneeling prayer, eloquent prayer, groaning prayer, constant prayer, fervent prayer - just pray.”

“Don’t pray when you feel like it. Have an appointment with the Lord and keep it. A man is powerful on his knees.” Corrie Ten Boom

This is a spiritual practice to memorize scripture, pray and put on the armor but it is so important...

**There is amazing strength and power through prayer (James 5:16)**

Jesus told us in **John 14:13-14** *Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. If you ask me anything in my name, I will do it.*

- We can claim God’s promises through prayer. This is why Paul asks people to pray for him and we should do the same. **(Eph 6:19-20)**
- We should be praying for all things, all the time.

**So Paul wants us to be ready for this Spiritual fight: v10-11 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.**

- We need to make sure we put on the whole armor of God and everything that is available to us. **Eph 4:27** tells us not to give opportunity to the Devil.
- The only way we put on the whole armor is humbly going to Jesus every day!

**Jesus tells us to seek Him! Why? THE WHOLE ARMOR of God is found in JESUS!**

**Jesus is the one we seek and He is all the armor we truly need!!**

**John 14:6**, Jesus tells us He is the TRUTH! (BELT OF TRUTH)

**2 Cor 5:21** tells us that Jesus is our RIGHTEOUSNESS! (BREASTPLATE OF RIGHTEOUSNESS)

**Luke 2:14** tells us that Jesus bring us peace through His GOSPEL! (SHOES OF THE GOSPEL)

**Rom 12:3** tells us that He gives us FAITH! (SHIELD OF FAITH)

**1 Thes 5:9** tells us that SALVATION comes from Jesus! (HELMET OF SALVATION)

**John 1:14** tells us that Jesus is the Living Word! (SWORD OF SPIRIT)

**1Tim 2:5** tells us that Jesus is our only mediator to be able pray to the Father! (PRAYER- we pray to Him)

**May we continue to turn to Jesus and abide in Christ!**

**As we do, we will be prepared for this spiritual warfare and we will have victory!**