

# Ephesians

## Lesson 9 Ephesians 6:10-20

### Participant Guide

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## Lesson 9

### Ephesians 6:10-20

### The Armor of God

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes. Ephesians 6:10-11

#### Prayers

#### Introduction

In the first three chapters, Paul writes to the Christians in Ephesus to tell them how God glorified Jesus Christ by raising him from the dead and seating him in glory in heaven. Just as God glorified Christ, he will also glorify us and seat us with Christ in heaven (Ephesians 2:6). In Chapters 4 and 5, Paul focused on how Christians were to live and walk in the light of Christ. In his closing words, Paul tells Christians how to stand in the face of spiritual warfare with their adversary, the devil (Ephesians 6:11).

God does not leave us to our own strength to face spiritual warfare. He gives us every gift we need to stand against Satan. As we have learned in Ephesians, God provides for every part of our spiritual well-being. He chose us before creation, gave us faith to believe in Christ's sacrificial death for all our sins, gave us his Holy Spirit as our guide and to keep us in Christ, and will call us home at his appointed time. God supplies us with his gifts of divine power against our spiritual struggles. Paul refers to these gifts as the armor of God. God's armor is truth, the gospel, faith, salvation, and prayer. They are not to be taken selectively but whole so that we are equipped with every spiritual blessing, and nothing can separate us from God.

#### Read Ephesians 6:10-24, The Full Armor of God.

Eph 6:10 Finally, be strong in the Lord and in his mighty power.

Eph 6:11 Put on the full armor of God so that you can take your stand against the devil's schemes.

Eph 6:12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Eph 6:13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

Eph 6:14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,

Eph 6:15 and with your feet fitted with the readiness that comes from the gospel of peace.

Eph 6:16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

Eph 6:17 Take the helmet of salvation and the sword of the Spirit, which is the word of God.

Eph 6:18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

Eph 6:19 Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make known the mystery of the gospel,

Eph 6:20 for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

## Discuss

1. The first piece of armor Paul mentions is the belt of truth. The devil attacks us with lies, doubt, fear, and guilt so that we feel separated from the truth God has revealed to us. Some of the great scriptural truths that strengthen us in spiritual warfare are given below. What are some others that give you strength and assurance?

Jn 15:16 You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you.

Eph 1:4 For he chose us in him before the world's creation to be holy and blameless in his sight.

Ro 8:38 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers,<sup>39</sup> neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

2. The second piece of the armor of God is righteousness. One of our greatest spiritual struggles is with sin. It is in our struggle that Satan attacks us with a truth: we sin despite our calling to live holy lives. What are some truths about righteousness in the scriptures that strengthen us?

1Co 1:30 It is because of him that you are in Christ Jesus, who has become for us wisdom from God—that is, our righteousness, holiness and redemption.

Gal 2:21 I do not set aside the grace of God, for if righteousness could be gained through the law, Christ died for nothing!”

Ro 3:22 This righteousness from God comes through faith in Jesus Christ to all who believe. There is no difference,<sup>23</sup> for all have sinned and fall short of the glory of God,<sup>24</sup> and are justified freely by his grace through the redemption that came by Christ Jesus.

3. God's third defense given to us are feet made swift and ready through the gospel. What are some uses for swift and ready feet?

1Co 6:18 Flee from sexual immorality. All other sins man commits are outside his body, but he who sins sexually sins against his own body. <sup>19</sup> Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; <sup>20</sup> you were bought at a price. Therefore honor God with your body.

1Ti 6:11 But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness.

Tit 3:1 Remind the people to be subject to rulers and authorities, to be obedient, to be ready to do whatever is good

Lk 12:35 **Be dressed ready for service**

4. Our faith is given to us by God so that we believe in his Son, Jesus Christ, as our savior. But our faith can be tested by pain, suffering, and loss, leading us to question God's love for us or our love for God. How does your faith strengthen you during times of suffering?

<sup>1Co 1:8</sup> He [God] will keep you strong to the end, so that you will be blameless on the day of our Lord Jesus Christ. <sup>9</sup> God, who has called you into fellowship with his Son Jesus Christ our Lord, is faithful.

<sup>1Pe 1:6</sup> In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. <sup>7</sup> These have come so that your faith—of greater worth than gold, which perishes even though refined by fire—may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed.

<sup>Philippians 3:20</sup> But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, <sup>21</sup> who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.

5. Just as we can come to doubt our righteousness and faith, we can also doubt our **salvation**. But God is faithful and assures us of our salvation. How does God assure us of our salvation?
  
6. Spiritual warfare against sin is unrelenting. Preparation for spiritual warfare begins with and is sustained by prayer. Jesus taught his disciples to pray to God for their readiness for spiritual warfare, “lead us not in temptation, but deliver us from evil.”
  - a. How are we led into temptation?
  
  - b. What are some promises in scripture that give you assurance and strength in the face of temptation? Some you think of may be listed below.

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. 1 Corinthians 10:13

For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Hebrews 4:15-16

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins. Colossians 1:13-14

- c. Sometimes we are confronted by evil and will need God's full armor to take a stand in our defense. Can you think of any times when you were confronted by evil (slander, lies, malicious attacks) and had to take a defense? How did you deploy God's armor? How did God deliver you?
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7. The work of Satan might be very difficult to recognize, so God gives us his word, the Sword of the Spirit, to defend ourselves against his lies and deceit. What are some common lies in our culture that are misleading many away from Christ and the Church but can easily be shown as errors with the scriptures? A few of them are below. Can you think of any others and the scriptures that refute the lies?
    - a. God loves everyone and will not condemn anyone to hell.
    - b. Jesus never claimed to be God. His disciples made up the idea of Jesus' deity after his death.
    - c. God promises to make us healthy and wealthy if we live righteously and give generously to the church.
    - d. I am assured of going to heaven because I am a good person.
    - e. I am a person of faith and a good Christian, but I do not believe in attending church.
    - f. The Bible is just a historical book with men's wisdom about God and life.

### **Closing Prayer**

May the peace and grace of God fill us with imperishable love for Christ Jesus, and may He keep us safe and our minds pure until we meet again.

Amen