

Strengthen Yourself with the Armor of God
Applying God's victory to our daily life!!

Eph. 6:10-24

Outline of passage: (Wiersbe)

- The Enemy (6:10-12) Our battle is spiritual against Satan and his evil spirits.
 - Not physical, but spiritual. In our minds, in the unseen.
- The Equipment (6:13-17) We are to put on the armor of God to take our stand.
- The Energy (6:18-20) We are to pray in the Spirit to empower us in the spiritual battle.
- The Encouragement (21-24) We are not alone, we are here for each other in the battle.

Text says, *"put on the full armor of God so that you will be able to stand against the schemes of the devil."*

Who is Satan? (The Enemy 6:10-12)

- Devil means "accuser" Rev 12:7-11 accuses the people of God before the throne
- Satan means "adversary" enemy of God.
- He is called the tempter (Mt 4:3) and the murderer and liar (Jn 8:44).
- He is compared to a:
 - Lion (1 Pet 5:8) prowling, devouring
 - A serpent (Gen 3:1) cunning, crafty, deceiving
 - An angel of light (2 Cor. 11:13-15) comes to deceive, offer pleasant things, evil is masked and hidden.
 - God of this age, limited power over the earth, this age (church) age to come, no more.
- He is powerful, but his power is limited by God and he will lose in the end.
 - He is created, not eternal like God is.
 - He is limited in his knowledge.
 - He is not all-knowing, all-powerful, or everywhere present.
- He does his work through his agents, evil spirits that make battle against the people of God. This is why the text says,
"We wrestle against the rulers, the authorities, the cosmic powers, the spiritual forces of evil in the heavenly places."

What are the schemes of the devil? How does he attack us?

Uses his spirit beings to attack believers with the intent of hurting them, causing them to fall into sin, or causing them to become ineffectual for the kingdom.

- We may recall an image in our mind that was influenced by Satan—something enticing but sinful (Mt. 4:8-10; Luke 4:5-8).

- He will exploit a sinful tendency, such as anger, and cause it to flare out of control (Eph. 4:7)
- He will inspire others to come up with a teaching or idea that sounds good, but is wrong and dangerous for our souls (2 Cor. 11:3,15)
- He may afflict us with an illness or condition (2 Cor. 12:7)
- He may send a demonic manifestation in the night that produces fear (Job 4:13-16; Ps. 91:5)
- He entices us to lie (Acts 5:3)
- He may use a series of calamities (death, disease, destruction) to cause one to doubt God's goodness (Job 1-2).

Though he has strong tactics, Satan has limited power and a limited amount of time!

Back in Eph 2:1-3, we see that we actually have three enemies, world, flesh, Devil.

1. The world: ideas, systems, powers that oppose God—or society apart from God.
2. The flesh: the sinful nature, evil desires, that crop up in our lives.
3. Satan, Devil

But it is important to remember that Christ has overcome world, flesh, devil.

“Since the children have flesh and blood, he too shared in their humanity so that by his death he might destroy him who holds the power of death—that is, the devil— and free those who all their lives were held in slavery by their fear of death.” (Hebrews 2:14–15)

So as believers we do not fight for victory, we fight from victory. Spirit helps us apply that victory to our daily lives!!

“But thanks be to God! He gives us the victory through our Lord Jesus Christ.” (1 Corinthians 15:57)

Text says, *“Put on the whole armor of God” “take up the whole armor of God, that you may be able to withstand the evil day, and having done all, stand firm.” (11-13)*

(The Equipment, 6:13-17) What is the armor of God and how to we put it on? SIX

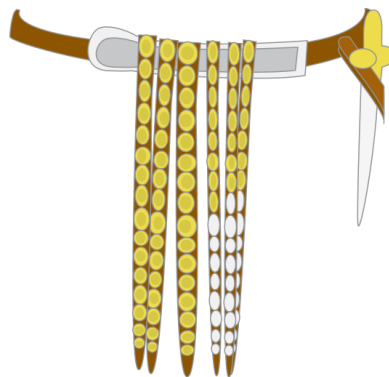
1. The Belt of Truth
2. The Breastplate of Righteousness
3. The Shoes of Readiness given by the Gospel
4. The Shield of Faith
5. The Helmet of Salvation
6. The Sword of the Spirit

- Paul probably has in mind a couple things:
 - Isaiah pictures God as the Divine Warrior—going to battle against enemies
“He saw that there was no man, and wondered that there was no one to intercede; then his own arm brought him salvation, and his righteousness upheld him. He put on righteousness as a breastplate, and a helmet of salvation on his head; he put on garments of vengeance for clothing, and wrapped himself in zeal as a cloak.” (Isaiah 59:16–17, ESV)
 - Also Paul has in mind a Roman soldier, which the Ephesians would be aware of. A dominant force. Conquered everywhere.
 (Show Pictures)

The Belt of Truth

ARMOR OF GOD Belt

The leather belt was tied around a wool tunic. Connected bronze plates hung from the belt to protect the soldier's groin area.



ARMOR OF LEGIONARY Cingulum (Girdle or Belt)

Supports sword, dagger and bronze apron

Worn at all times, even without other armor pieces

ARMOR OF GOD Belt of Truth

“Stand therefore, having fastened on the belt of truth...”
Ephesians 6:14a

Scripture: English Standard Version

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- Used to protect (groin area) AND Used to hold weapons into place (sword)
- Used to hold the outer garments into place
- Truth holds together the armor of God, just as belt holds armor in place.
- Truth holds the sword, the Word... we practice truth so we can use the Word.


What does the belt of truth mean? Knowing and doing.

- Knowing the truth. Understanding the truth of the Bible (gospel—in Ephesians 1:13 Paul calls the gospel, “the word of truth”). Eph. 4:21 says “the truth is in Jesus” Knowing who we are in him, our identity.
- Doing the truth. Living according to the truth that we know. Eph. 5:9 says that we should bear the fruit of light that consists of “all goodness, righteousness, and truth”

How do we practically put on the belt of truth?

- Satan is a liar, father of lies, and there is not truth in him (Jn 8:44). So his strategy is to cause us to doubt the truth of God’s word—“did God really say that?” “you don’t need to do that, you can do and believe what you want”
- Grow in your knowledge of the truth—the gospel and who you are in Christ.
 - Ephesians 2:1-10, meditate, Read Rom 1-8 soak in its truths
 - Go through Ephesians again and write out identity, pray into your life

The Breastplate of Righteousness

<p>ARMOR OF GOD Breastplate</p>		<p>ARMOR OF LEGIONARY Lorica Segmentata (Breastplate) Guarded vital organs</p>
<p>The iron or bronze scaled armor was built in four sections to cover each shoulder and side of the chest. The plates were sewn to a stiff leather vest, which was put on like a jacket before the front plates were tied with leather straps.</p>		<p>ARMOR OF GOD Breastplate of Righteousness “...and having put on the breastplate of righteousness...” Ephesians 6:14b</p>
<p>Scripture: English Standard Version</p>		<p>Copyright 2008 Logos Bible Software/R. Rolfe</p>

- Protected the vital organs from attack, metal plates over leather shirt

What does the breastplate of righteousness mean? Look to Christ and live for Christ

- Look to Christ. Trusting in Christ’s righteousness given to us through faith in his sacrifice. Eph 1:1-4 says that we are “saints” “holy and blameless before God.” Gospel

truth is that, according to Rom 3, “A righteousness from God...has been made known. A righteousness from God that comes through faith in Jesus Christ to all who believe”

- Live for Christ. Also means to live a righteous life. Grow in righteous living. That is why Paul said earlier in Eph 4:24, to put off the old self and put on the new self, “created in the likeness of God in righteousness and holiness.”
- One commentator said, “The completeness of pardon for past offence and the integrity of character that belong to the justified life, are woven together into an impenetrable mail.”

How do we practically put on the breastplate of righteousness?

- Satan is called the “accuser” or the “slanderer” His tactic is to call into question our standing before God. “Look what you did, you are not righteous” “You can’t do this Christianity thing, you fail all the time” “God doesn’t accept you, you are worthless” “you are not righteous, you need to earn God’s favor”
- When those accusations come, put on righteousness. Remind yourself that you have been made righteous, holy, and blameless by the blood of Christ. Look to Christ!
- Live out righteous. Strive to do live for God. Not striving for integrity leaves you open to the flaming arrows of Satan. 2 Cor 6:6-7 says that as servants of God we practice godly living, “*by purity, knowledge, patience, kindness, the Holy Spirit, genuine love, by truthful speech, and the power of God, with the weapons of righteousness for the right hand and for the left.*”

The Shoes of Readiness given by the Gospel

ARMOR OF GOD **Sandals**

Thick leather soles, embedded with hobnails or bits of rock for increased traction, were tied to the feet with numerous leather straps.



Scripture: English Standard Version

ARMOR OF LEGIONARY

Caligae (Sandals)

Fit for both marching and fighting

Became more comfortable with constant wear

ARMOR OF GOD

Readiness/Preparation of the Gospel of Peace

"...and, as shoes for your feet, having put on the readiness given by the gospel of peace."
Ephesians 6:15

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- Gave traction, lightness, mobility to be ready to fight in battle

What does the shoes of readiness given by the gospel of peace mean?

- Rest in the gospel of peace. Rom 5:1, *"Since we have been justified by faith, we have peace with God through our Lord Jesus Christ."* Jesus said, *"Peace I leave you. My peace I give you. I do not give as the world gives. Do not let your hearts be troubled and do not be afraid."*
- Readiness to share the gospel of peace. Isaiah 52:7, *"How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, 'Your God reigns!'"*

How do we practically put on the shoes of readiness?

- Satan is called "the enemy." The enemy of God and of his people. He hates the truth of the gospel and will do everything in his power to keep us from resting in peace or sharing the good news. He will overwhelm us with anxieties to rob us of our peace. Uses worry, fear, and anxiety to create a restlessness. He will say, "you can't share the gospel" "you don't know enough" "you don't fully live what you believe so you are a hypocrite, how can you share?" "No one will believe you, it is hopeless"
- Put on the shoes by resting in God's peace. Combat Satan by taking all your anxieties to Jesus.
 - Write out a list of things that are robbing you of peace and give them to God.
- Put on those shoes by being ready to share the gospel

- Memorize a gospel presentation. Romans Road. 3:23; 6:23; 5:8; 10:9-10. One verse gospel 6:23 wages, sin, death—though Christ Jesus—gift, God, eternal life. Topical Memory system, 2nd block of verses, 12, All have sinned, sins penalty, Christ paid the penalty, must receive Christ, salvation not by works, assurance of salvation.
- Write out your testimony and share it.
- Get a book on apologetics, tough questions and study up.

The Shield of Faith

<p>ARMOR OF GOD Shield</p>		<p>ARMOR OF LEGIONARY Scutum (Shield)</p>
<p>The curve was created using three bonded layers of thin wood strips. Covered by linen or leather, the shield was painted according to legion. A bronze rim covered the rounded edges as additional protection.</p>		<p>Overlapping shields allowed soldiers to advance together</p> <p>Shield was used to defend the entire body, including the back</p>
<p>Scripture: English Standard Version</p>	<p>ARMOR OF GOD Shield of Faith</p>	<p>“In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one...” Ephesians 6:16</p>
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- Arrows were shot at armies, some with flames, shields of leather/calfskin & soaked
- Protected the whole body from arrows when crouched down, put one above two men.

What does take up the shield of faith mean? Treasure the promises of God. Trust in the power of God.

- Treasure the promises of God. Faith is believing in the promises of God. God is supreme. He reigns. He is the Divine Warrior. He is in control. He will win the battle. We are on the winning side.
- Trust in the power of God. Taking up the shield of faith is believing that God has the power in the battle. Ephesians 3:16-17, “be strengthened with power through his Spirit in your inner being so that Christ may dwell in your hearts by faith.” Faith brings

strength by giving us Christ's presence and the Spirit's power. God has all power. He will give us strength to fight. We can trust in him!

How do we practically take up the shield of faith?

- Satan is the attacker, he is called "the evil one". He comes at us with all kinds of attacks. The passage says that Satan's attacks are like flaming arrows.
- **What are these flaming arrows?** Darts aimed at our hearts and minds.
 - Accusations: Accuses us of our sins that bring intense guilt, cause us to doubt
 - Persecution: Uses political authorities to cause harm.
 - False teachers: Uses people to teach wrong doctrine to lead astray.
 - Attack: May use direct demonic attack through sickness or dreams.
 - Temptation: Uses temptations, worldly pleasures, burning desires to sin... he knows you, where you are weak, and he will try to exploit that weakness.
- **What to do?** When attacked, rely on promises and power of God.
 - Know your enemy. Study up on who Satan is and how he attacks.
 - Know yourself. Where those arrows can hit, areas where you are vulnerable.
 - Meditate on verses about God's power and strength. *Enemy Within* Kris Lundgaard

The Helmet of Salvation

ARMOR OF GOD **Helmet**

The iron helmet was forged from one piece of metal and lined with leather. Crests made of dyed horsehair indicated rank. Plates hung down along the cheeks and another plate protected the back of the neck and shoulders.



ARMOR OF LEGIONARY **Galea (Helmet)**

Protected head and neck from enemy attacks

ARMOR OF GOD **Helmet of Salvation**

"...and take on the helmet of salvation..." Ephesians 6:17a

- Protected head, neck, and upper shoulders.

What does put on the helmet of salvation mean? Assurance of our eternal salvation.

Assurance of our earthly salvation.

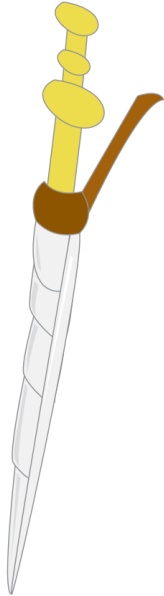
- Assurance of our eternal salvation. Eph 2:2-8 says twice that “you have been saved” Our minds can be at ease because our eternity is secure. Don’t doubt salvation.
- Assurance of our earthly salvation. God gives us victories here on earth. He is going to strengthen and protect us from the evil one.
 - Jesus prayed that God would not take us out of the world, but to, “protect them from the evil one.” John 17:15
 - 2 Thess. 3:3 says, “But the Lord is faithful, and he will strengthen and protect you from the evil one.”

How do we practically put on the helmet of salvation?

- Satan attacks the mind. He attacked Eve in the garden by causing her to doubt God in her thoughts, planted seeds of deceit and made sin look pleasurable. That is why we need the helmet of salvation.

2 Cor. 10:4-5, “The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretention (allegation/claim) that sets itself up against the knowledge of God, and we take every thought captive to make it obedient to Christ.”
- Meditate on your eternal security, study verses on this. John 10:27-30
- Ask yourself, is this thought true? If not, take it captive and make it obedient to Christ.
 - Php 4:8 test, is this thought true? Noble? Pure? Lovely? Admirable? Excellent and Praiseworthy? If not, take it captive!!

The Sword of the Spirit

<p>ARMOR OF GOD Sword</p>		<p>ARMOR OF LEGIONARY Gladius (Sword)</p>
<p>The sword was carried on the right side and hung from the belt or a leather strap over the shoulder.</p>		<p>Powerful offensive weapon in the hand of a skilled soldier</p>
		<p>Waving it served as a word of warning to the enemy</p>
		<p>ARMOR OF GOD Sword of the Spirit, Word of God</p>
		<p>“...and the sword of the Spirit, which is the word of God...” Ephesians 6:17b</p>
<p>Scripture: English Standard Version</p>	<p>Copyright 2008 Logos Bible Software/R. Rolfe</p>	

- Held at side, helped to defend against blows, and also used to attack, slash, stab

What does take up the sword of the Spirit mean?

- Word of God!! Used by the power of the Spirit to defend and attack.
- Both **Offensive and Defensive**.
- **Offensive**. We proclaim the Word. We speak the gospel. This is offensive as the Spirit uses the Word of God proclaimed and spoken to advance his kingdom, just as the soldier uses the sword to advance in a battle.
The Word of God cuts to the heart and works!! *“For the Word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”* Heb. 4:12
- **Defensive**. We are protected by the Word of God. We use the Word of God to deflect the lies and temptations of the devil. This is what Jesus did when he was tempted. Satan came at him 3 times and he used Scripture to defend against Satan’s attacks and temptations.

How do we practically take up the sword of the Spirit?

- Satan is called “the tempter” Mt 4. He comes at us with all manner of temptations. He even uses God’s Word against us (like he did with Jesus) or he twists God’s Word (like he

did with Eve). We use the sword of the Spirit, the Word of God to block the attacks and to attack back.

- Read the Bible daily. Get a program, plan, accountability. There is a protecting force!!
- Memorize and meditate, memorize and meditate, memorize and meditate. You need to have the Word in your heart so that you can use the Sword of the Spirit when needed!!!

SUMMARY: The Whole Armor is a picture of Jesus Christ

- He is the truth (John 14:6)
 - He is our righteousness (2 Cor. 5:21)
 - He is our peace (Eph. 2:14)
 - His faithfulness makes possible our faith (Gal. 2:20)
 - He is our salvation (Luke 2:30)
 - He is the Word of God made flesh (John 1:1,14)
- ...so we put on Christ! We become like him. We grow by imitating him!**

The Energy for the battle (6:18-20) PRAYER

“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 think we are” Wiersbe

How should we pray? Text has a couple things:

“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. 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, for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.” (Ephesians 6:18–20)

1. Pray always, “on all occasions”
2. Pray with all kinds of prayer, “all kinds of prayers and requests” This means more than just asking God for stuff, it means thanksgiving, it means praise, it means confession.
3. Pray in the Spirit. He will help you pray, give you heart to pray, intercede for you when you do not know what to pray--Rom 8 Spirit helps us intercede when we cannot express ourself, help you pray in truth “Spirit of truth”

4. Pray with your eyes open, “be alert” as you pray. Nehemiah, when building the walls of Jerusalem, prayed and set a watch to track the enemy. (Neh. 4:9)
5. Pray, pray, pray. persevere in prayer, “always keep praying”
6. Pray for all the saints. In the battle, we need one another to lift us up in prayer. Paul asked for prayer to use his gifts to do work of ministry. That is what we need to do for one another!!

PUT TRUTH INTO PRACTICE

1. Do any of the items of armor stand out to you as particularly important for you to put on in your life right now? How can you do this?
2. How can we encourage one another in this spiritual battle?
3. Are there any aspects of prayer that you would like to apply? Share ideas how.