

10 Finally, be strong in the Lord and in the strength of His might. 11 Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. 12 For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.

Ephesians 6:10-12 (NASB)

- **GENERAL Command (Ephesians 6:10)** – “Allow yourself to be continually strengthened by the power already made available to you in your new position and relationship with Christ.” It is the power that raised Christ from the dead and now dwells in you.
- **SPECIFIC Command (Ephesians 6:11)** – How? By continually and repeatedly putting on, at specific points in time, the spiritual protection God has provided for you... for the express purpose of holding on to your position in Christ as you are bombarded by Satanic strategies designed to destroy you and/or render you ineffective in Kingdom pursuits.
- **The REASON for Commands in Verses 10 – 11 (Ephesians 6:12)** – It’s because our real struggle (battle, wrestling match to the death) is not against physical/material adversaries (people, circumstances, organizations), but against a hierarchy of demonic forces doing battle in the spiritual realm.

Five basic truths about spiritual warfare:

1. There is an **INVISIBLE** world that is just as real as the visible world.

Ephesians 6:12

- Old Testament

2 Kings 6:15-19

- New Testament

2 Corinthians 10:3-5

2. We are involved in an invisible **WAR**, a cosmic conflict that has eternal implications.

Ephesians 6:12

- *³ For though we walk in the flesh, we do not war according to the flesh, ⁴ for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. ⁵ We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ, . . .*

2 Corinthians 10:3-5 (NASB)

- *. . . in whose case the god of this world has blinded the minds of the unbelieving, that they might not see the light of the gospel of the glory of Christ, who is the image of God.*

2 Corinthians 4:4 (NASB)

- Application – When was the last time you honestly considered that some struggle or relational conflict was rooted in satanic opposition?

4. We must **RESPECT** our foe, but not **FEAR** him – become acutely aware of his “methods,” but not be preoccupied by them.

Ephesians 6:11

- Paul agrees to forgive a brother along with the Corinthian church . . . “so that no advantage would be taken of us by Satan; for we are not ignorant of his schemes.”

2 Corinthians 2:11 (NASB)

○ **Satan’s names reveal his strategies**

- Satan (adversary) 1 Peter 5:8
- Devil (slanderer)
- Lucifer (son of the morning)
- Beelzebub Matthew 12:24
- Belial 2 Corinthians 6:15
- Evil one 1 John 5:19
- Tempter 1 Thessalonians 3:5
- Prince of this world John 12:31
- Accuser of the brethren
- Representations include:
 - ♦ Serpent Genesis 3
 - ♦ Dragon Revelation 12:3
 - ♦ Angel of light 2 Corinthians 11:14

○ **Satan attacks God’s program, the Church, by . . .**

- False philosophies Colossians 2:8
- False religions 1 Corinthians 10:19
- False ministers 2 Corinthians 11:14-15
- False doctrine 1 John 2:18
- False disciples Matthew 13
- False morals 2 Thessalonians 2:7

The Invisible War (Part 1)

Spiritual Warfare 101: What is the Invisible War?

Ephesians 6:10-12

- **Satan attacks God’s people by . . .**
 - Directing governments Daniel 10:13
 - Deceiving men 2 Corinthians 4:4
 - Destroying life Hebrews 2:14

 - Persecuting the saints Revelation 2:10
 - Preventing service 1 Thessalonians 2:18
 - Promoting schisms 2 Corinthians 2:10-11
 - Planting doubt Genesis 3:1-2

 - Provoking sin:
 - ◆ Anger Ephesians 4:26-27
 - ◆ Pride 1 Timothy 3:6
 - ◆ Worry Matthew 13:22
 - ◆ Self-reliance 1 Chronicles 21:1
 - ◆ Discouragement 1 Peter 5:6-8
 - ◆ Worldliness 1 John 2:16
 - ◆ Lying Acts 5:3
 - ◆ Immorality 1 Corinthians 5:1-2
 - Producing sects/cults 1 Timothy 4:1

- **Satan’s power is limited**
 - He is created, therefore not omniscient or infinite
 - He can be resisted by the Christian James 4:7
 - God places limitations on him Job 1:12

- Application – “Balance” and wisdom are crucial in our assessment of spiritual opposition. To assign too much or too little credit to the reality of demonic activity is to error greatly.

Ephesians 6:10-12

5. As believers in Christ, we do not fight “for” victory, we fight “**FROM**” victory. In Christ’s power we are invincible!

Ephesians 6:10

Promises from God concerning victory over Satan

- *You are from God, little children, and have overcome them; because greater is He who is in you than he who is in the world.* 1 John 4:4 (NASB)
- *⁴For whatever is born of God overcomes the world; and this is the victory that has overcome the world -- our faith. ⁵And who is the one who overcomes the world, but he who believes that Jesus is the Son of God?* 1 John 5:4-5 (NASB)
- *And they overcame him because of the blood of the Lamb and because of the word of their testimony, and they did not love their life even to death.* Revelation 12:11 (NASB)
- *Submit therefore to God. Resist the devil and he will flee from you.* James 4:7 (NASB)

Summary:

1. Satan is a **DEFEATED** foe. John 12:31
2. Jesus **DESTROYED** the work of the devil. Colossians 2:14-15
3. We are **VICTORS** in Christ. 1 Corinthians 15:55-58
4. We have the **POWER** and resources to resist Satan and demonic attacks. 1 John 4:4
5. We must **LEARN** how to put on the “full armor of God” to experience in daily living the victory we already possess. Ephesians 6:13-17

Introduction: The South Pacific after World War II was won

- Pockets of guerilla warfare continued on hundreds of islands.
- The victory had been won, but battles continued and lives were lost; the bullets were real.
- The same is true spiritually:
 1. Satan was **defeated** at the Cross.
 2. Sin's **penalty** was paid for all people for all time.
 3. Sin's **power** was broken.
 4. Yet, Satan and his host of fallen angels engage in guerilla warfare to discourage, deceive, divide, and destroy God's people and God's program.
 5. Believers are commanded to **equip** and **prepare** themselves in the strength of the Lord and in His mighty power to stand firm against the enemy's schemes, repel his multi-faceted attacks, and engage and defeat him in specific battles.

Ephesians 6:10-12

The Question: How does this work?

The Answer: Four keys to spiritual victory

1. We must become **AWARE** of the Invisible War. (session 1)
2. We must learn to **APPROPRIATE** God's protection for daily living. (session 2)
3. We must learn to **ENGAGE** the enemy with supernatural weapons. (session 3)
4. We must utilize God's means of deliverance when spiritually attacked. (session 4)

How can you prepare yourself for satanic attack?

¹³Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. ¹⁴Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness, ¹⁵and having shod your feet with the preparation of the gospel of peace; . . .

Ephesians 6:13-15 (NASB)

Ephesians 6:13

- Our commander (Jesus Christ) “**urgently**” commands us to “pick up” our spiritual armor and put it on.

Why? = For the purpose of being **fully prepared** and **enabled** to withstand the grave and difficult “dark times” when the enemy attacks.

Ephesians 6:14a

- After picking up our armor in preparation for battle, we are then commanded to **consciously** and **vigorously** make a **decisive act** (or succession of acts) to stand our ground firmly and fearlessly against the enemy’s assaults as he seeks to deceive, accuse, and discourage us.

Ephesians 6:14b-15

- Using the metaphor of a Roman soldier’s armor (which protected him in battle), we are given three specific pieces of spiritual armor that must be “put on” by us as believers as a **prerequisite** to standing firmly and fearlessly against demonic attack.

1. “Having girded your loins with **TRUTH**”

- Metaphor Explained
 - “**Truth**” = Candor, sincerity, truthfulness rooted in the objective reality of the truth of God’s Word, but here refers to the subjective practical application of openness and honesty in all things with God and men.
 - Satan’s first attack on mankind was **deception**, which was followed by man’s hiding, denial, and blame-shifting.
 - The best of truth is the man or woman whose “mind will practice no deceit and attempt no disguises” in their walk with God. – Kenneth S. Wuest
- **Application:** Psalm 139:23-24

2. “Having put on the breastplate of **RIGHTEOUSNESS**”

- Metaphor Explained
- “**Righteousness**” = Uprightness, right living, integrity in one’s lifestyle and character – conforming of our will with God’s will. Although rooted in the object righteousness that we already possess in our standing before God through the work of Christ, this breastplate of righteousness (that guards and protects our heart) is the **practical application** of the truth to our lives – i.e. Lordship of Christ.
- Satan’s attacks are not merely deception, but accusation (resulting in guilt and condemnation) of the believer. When we willfully turn away from what we know is God’s will, we open ourselves to demonic influence in our lives.

~ Old Testament = Saul
~ New Testament = Peter

- **Application:** “Therefore to the one who knows what is right to do and doesn’t do it, to him it is sin.” James 4:17 (NASB)

Personal area to address = _____

3. “Having shod your feet with the preparation of the gospel of **PEACE**”

- Metaphor Explained
- “**Preparation**” = Establishment – the means of a firm foundation; also conveys the idea of readiness to share the Gospel which brings peace between man and God.
- Satan not only uses **deception** and **condemnation** to neutralize believers, but also specializes in **casting doubt** on the very basis of God’s goodness and the means by which we have received it – the Gospel.

Attacks Grace – How?

2 Corinthians 11:3-4

➤ **Application:**

1. **Know** and **understand** the content of the Gospel.
1 Corinthians 15:1–5; Ephesians 2:1–9
2. Know the basis for your **eternal security** and the **assurance of your salvation**.
Security – Romans 8:38–39; Ephesians 1:13–14. Assurance – 1 John 5:11-13
3. Faith is based on **facts**, not feelings.
4. Sharing your faith is one of the most powerful faith-builders available – Often “the best defense is a good offense.”

Conclusion:

God has objectively defeated Satan and his agenda. He has delivered us from sin’s penalty and power and ultimately will deliver us from sin’s very presence. In the interim, we are involved in guerilla warfare with demonic forces.

As believers, we have been transferred from the kingdom of darkness to the Kingdom of light with all the rights, privileges, and position that being a child of God entails.

The spiritual battle we fight involves a responsibility on our part to “put on” the spiritual protection that God has provided for us. We can and will resist the enemy’s attempts to “deceive”, “accuse”, and “cast doubt” when we stand firm against him by:

1. Being honest with God, ourselves and others as a prerequisite to all spiritual battle.
2. Responding to the truth that God shows us about His will for our lives – righteous living.
3. A clear understanding of “the Gospel” and the habitual sharing of this message of grace.

The great majority of spiritual warfare need never go beyond the regular practice of living out our position in Christ by faith. Our practice of Paul’s metaphor of the spiritual armor protects us from Satan’s ongoing attempts to break our fellowship with Jesus and, as a result, greatly minimizes any impact by the enemy.

There are times however, when we must move beyond “standing firm” and engage the enemy in actual combat. This will be the topic of our next study, Ephesians 6:16–20.

Introduction: Four facts you need to know

FACT #1 God has objectively defeated Satan and his agenda. He has delivered us from sin's penalty and power and ultimately will deliver us from sin's very presence. In the interim, we are involved in guerilla warfare with demonic forces.

FACT #2 As believers, we have been transferred from the kingdom of darkness to the Kingdom of light with all the rights, privileges, and position that being a child of God entails.

FACT #3 The spiritual battle we fight involves a responsibility on our part to "put on" the spiritual protection that God has provided for us. We can and will resist the enemy's attempts to "deceive," "accuse," and "cast doubt" when we stand firm against him by:

1. Being honest with God, ourselves and others as a prerequisite to all spiritual battle.
2. Responding to the truth that God shows us about His will for our lives – righteous living.
3. A clear understanding of and readily sharing the "Gospel message" of grace.

FACT #4 The great majority of spiritual warfare need never go beyond the regular practice of living out our position in Christ by faith. Our practice of Paul's metaphor of the spiritual armor protects us from Satan's ongoing attempts to break our fellowship with Jesus and, as a result, greatly minimizes any impact by the enemy.

There are times however, when we must move beyond “standing firm” and **ENGAGE** the enemy in actual combat:

- When we’re taking significant steps of faith for spiritual growth.
- When we’re invading enemy territory (i.e. evangelism).
- When we’re exposing him for who he really is.
- When we repent and make a “clean break” with the world, a long-held sin pattern, or an unholy relationship.
- When God is preparing us (individually and/or corporately) for a “great work” for His glory.

The Question – Once you’re wearing your spiritual armor and yet you feel yourself bombarded by spiritual opposition, *How Do You Engage and Win Battles?*

The Answer:

¹⁶ . . . in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming [missiles] of the evil one.

¹⁷ And take the helmet of salvation, and the sword of the Spirit, which is the word of God.

Ephesians 6:16-17 (NASB)

How to engage the enemy and win:

1. “Taking up the shield of **FAITH**”

Ephesians 6:16

- Metaphor Explained
- **Definition = Faith** in this context is our “absolute confidence” in God, His promises, His power, and His program for our lives. Although rooted in the objective reality of the Gospel and our new standing with God (justification) through Christ (saving faith), this **faith** refers to our “*present faith in the Lord Jesus for victory over sin and the host of demonic forces.*” Weust
- Its purpose – to quench all the fiery missiles of the evil one.
- “**Fiery darts/missiles**” = The schemes, temptations, lies, deceptions, and attacks aimed at (us) God’s people to get us to “shift our trust” to something or someone other than God. (i.e. blasphemous thoughts, hateful thoughts, doubts, burning desire to sin, questioning other’s motives, waves of discouragement or depression) – often rooted in lies about God’s identity or our new identity in Christ.

○ Classic Examples

Genesis 3, Matthew 4

- Classic Methodology – Disguise, doubt cast on God and His Word or on you and your worthiness. Then provides appealing, immediate alternatives rooted in the pride of life, lust of the eyes or lust of the flesh. 1 John 2:15-16

➤ **Application:** Darts of doubt and deception must be immediately met by the shield of faith. (i.e. your active, present, application of truth to your personal situation as soon as you recognize a dart has been received). How?

1. Trusting in God’s **CHARACTER** – God has my best in mind.

Psalm 84:11, Romans 8:32

2. Trusting in God’s **PROMISES** and Word – He will accomplish what concerns me.

Numbers 23:19, 2 Peter 1:2-4

3. Trusting in God’s **PROGRAM** and Timing – His ways are not always easiest, but are always best.

Jeremiah 29:11, Isaiah 55:8-13

2. “And take the helmet of **SALVATION**”

Ephesians 6:17

- Metaphor Explained
 - Definition = 1) Obvious allusion to the security we have as saved, justified believers, safe from Satan’s attacks. But, focus in on **present deliverance from sin!** 2) The helmet of salvation is the certainty of deliverance from sin and the protection of our minds in the battle.
 - It’s not something you can do – “receive,” but something you must allow God to do in your mind.
 - How? Focus is God’s renewing of the believers mind. Romans 12:2
2 Corinthians 10:5 = The battle is for the mind!! Romans 8:5-8
 - Practically – Prayer, worship, music, Scripture, teaching, “Scripture Memory,” fellowship.
 - Paul calls the helmet our hope (certainty) of God’s deliverance. 1 Thessalonians 5:8
- **Application:** Christians who are not filling their minds with Scripture are like warriors going out to battle without a helmet.

3. “And take . . . the sword of the **SPIRIT**”

Ephesians 6:17

- Metaphor Explained
 - Definition = The sword of the Spirit is the Word (rhema – spoken word, or words given to us by the Spirit of God) to do close, hand-to-hand combat with the lies and deceptions of the enemy. The truth of God’s Word quoted and applied to the specific lie or deception of the enemy will allow you to take “every thought captive to the obedience of Christ.”
- **Application:** Jesus models for us the use of the sword of the Spirit. Matthew 4:1-11
- Implications for us Psalm 119:105, Psalm 19:9, 11
 - Practical considerations – Note that the sword is both a **defensive** and an **offensive** weapon. Hebrews 4:12

Summary: How to engage the enemy in spiritual warfare

1. Prerequisite is a **HEALTHY** spiritual life.
2. Understand your **POSITION** in Christ.
3. **DISCERN** when demonic influence may be the cause.
4. Claim God's promises **OUT LOUD**. 1 John 4:4, 1 John 5:4-5
5. Take our authority and position in Christ to **COMMAND** demonic forces to cease their activity and depart.

Key Resources:

Biblical Text

James 4:1-8
Ephesians 6:11-18
1 John 4:4, 5:4-5
Revelation 12:10-12

Books for Balanced Reading

The Invisible War – Donald Grey Barnhouse
Spiritual Warfare – Ray C. Stedman
The Adversary – Mark Bubeck
Overcoming the Adversary – Mark Bubeck
Handbook of Prayer – Ken Boa

Introduction: The “Missing Ingredient”

➤ **We are in an invisible war.**

¹⁰Finally, be strong in the Lord, and in the strength of His might. ¹¹Put on the full armor of God, so that you may be able to stand firm against the schemes of the devil. ¹²For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.

Ephesians 6:10-12 (NASB)

➤ **We are to prepare ourselves for battle.**

¹³Therefore, take up the full armor of God, so that you may be able to resist in the evil day, and having done everything, to stand firm. ¹⁴Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness, ¹⁵and having shod your feet with the preparation of the gospel of peace;

Ephesians 6:13-15 (NASB)

➤ **When we resist the enemy, he will flee from us.**

¹⁶in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming [missiles] of the evil one. ¹⁷And take the helmet of salvation, and the sword of the Spirit, which is the word of God.

Ephesians 6:16-17 (NASB)

➤ **Intercessory prayer is pivotal and essential for corporate and individual deliverance.**

¹⁸With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints, ¹⁹and pray on my behalf, that utterance may be given to me in the opening of my mouth, to make known with boldness the mystery of the gospel, ²⁰for which I am an ambassador in chains; that in proclaiming it I may speak boldly, as I ought to speak.

Ephesians 6:18-20 (NASB)

Summary of Ephesians 6:18-20 – The means by which believers are to withstand and overcome the attacks of the enemy in spiritual warfare is by consistent, intense, strategic prayer for one another in conjunction with the personal application of the armor of God.

1. Intercessory prayer is our most powerful and strategic corporate weapon in spiritual warfare.

- Prayer has a direct impact on spiritual warfare. Mark 9:29
- Prayer provides / assists in the deliverance of others who are undergoing spiritual attack. Luke 22:31-32
- Power falls where prayer prevails. Church history is replete with examples: Acts 1:14, 2:42, 3:1, 4:24-35, 6:4-8, 8:14-16, 9:40-42, 10:1-4

2. What kind of prayer brings God's deliverance and power in the midst of spiritual attack?

- **CONSISTENT** Prayer Ephesians 6:18a
 - "with all prayer and petition" = all kinds of prayer
 - "pray at all times" = prayer on all occasions
 - "pray in the spirit" = in communion with and directed by the agency and power of the Holy Spirit
- **INTENSE** Prayer Ephesians 6:18b
 - "be on the alert" = lit. = without sleep, vigilant
 - "with all perseverance" = enduring, not giving up
- **STRATEGIC** Prayer Ephesians 6:18c-20
 - "for all the saints" = that God's messengers will be bold
 - "utterance may be given" = God's message will be clear and have opportunity

Summary: The Missing Ingredient in most Christian's lives and in most churches is the commitment and regular practice of intercessory prayer. Scripture indicates that (individual and corporate) consistent, intense, and strategic intercessory prayer will in fact "deliver us from the evil one."

“The great people of the earth today are the people who pray. I do not mean those who talk about prayer; nor those who say they believe in prayer; nor yet those who can explain about prayer; but I mean those people who take time and pray. They have not time. It must be taken from something else. This something else is important. Very important, and pressing, but still less important and less pressing than prayer.”

S.D. Gordon

Note: The great majority of teaching in the Bible has to do with alertness, preparation, defense, and being proactive to prevent demonic influence from breaking our fellowship with Christ or thwarting God’s program for our lives. **What are we to do however when the enemy gets a foothold in our life or in the life of someone we know and love?**

3. The ministry of deliverance

- Its Validity

- Jesus regularly exercised this ministry. Mark 1:27, 39
- The apostles regularly exercised this ministry. Luke 10
- The early church regularly exercised this ministry. Acts 16
 - ~ Justin Martyr (c. 100-165)
 - ~ Tertullian (c. 160-203)
 - ~ Origin (c. 185-254)
 - ~ Athanasius (c. 296-373)
- The New Testament writers provide clear direction concerning this ministry. James 4:1-10
- Contemporary, balanced deliverance ministries do exist and help many people.

- **Its Problems**

- Extremism and fanaticism tend to negatively color this ministry.
- Confusion concerning demon possession versus oppression of believers cloud this ministry's validity among Christians.
- Fear and ignorance have caused many to simply ignore this ministry.
- Those who engage in this ministry are often tempted by pride or become so singularly focused they fall into theological error.
- Assigning blame of all one's problems to demonic influence versus assuming personal responsibility and using Biblical common sense call this ministry into question.

- **The Cause(s) of Demonic Influence**

- Yielding to sin John 8:34
- Spiritual rebellion 1 Samuel 15:23
- Participating in the occult Deuteronomy 18:10-11
- Attempting to contact the dead Deuteronomy 18:11
- Unresolved anger and bitterness Ephesians 4:26-27
- Association with those involved in Satanic activity 2 Corinthians 6:14-16

- **New Testament Evidences of Demonic Influence**

- Severe sickness Matthew 12:22
- Divination (telling the future) Acts 16:16
- Unusual physical strength Mark 5:3
- Fits of rage Mark 5:4
- Split personality Mark 5:6-7
- Resistance to spiritual help Mark 5:7
- Other voices from within Mark 5:9
- Occult powers Deuteronomy 18:10-11

- **The Cure for Demonic Influence**

- **General Purpose**

1. Victory is through the Cross of Christ Colossians 2:14-15
2. Victory is in the name of Christ Matthew 10:1, Acts 5:16
3. Victory is by the power of the Holy Spirit 1 John 4:4

- **Specific Steps for Deliverance from Demonic Influence**

1. Accept Christ John 1:12
2. Confess sins 1 John 1:9
3. Renounce works of the devil 2 Corinthians 4:2
4. Destroy occult objects Acts 19:17-20 (see also 2 Chronicles 14:2, 23:17)
5. Break friendship with occultists 2 Corinthians 6:14-16
6. Rest in Christ's deliverance Colossians 1:13, 2:14-15
7. Resist the devil James 4:7
8. Meditate on and apply the Word of God Ephesians 6:17, Matthew 4:4,7,10
9. Engage in corporate prayer Ephesians 6:18, Matthew 18:19
10. If necessary, exorcism in the name of Christ Acts 16:16-18
 - By spiritually qualified counselor Galatians 5:16, Ephesians 5:18
 - Who maintains humility James 4:7
 - Who wears spiritual armor Ephesians 6:12f
 - Who knows the Word of God Matthew 4:4, 7, 10
 - Who is supported by prayers of believers Ephesians 6:18
Matthew 18:19

Additional Resources for Help When You Suspect Demonic Influence:

The Adversary – Mark I. Bubeck

Overcoming The Adversary – Mark I. Bubeck

Powers of Evil – A Biblical Study of Satan & Demons – Sydney H.T. Page