

Eph 6:10-20

We weren't engaged in the spiritual battle:

Once we were saved, we were enlisted for battle:

The old constantly fights the new:

1 Cor 9 - those who run in a race all run, but one receives the prize. Run in such a way that you may obtain it. (Paul points to our future crowns)

Paul said 1<sup>st</sup> Tim - fight the good fight of faith, (2<sup>nd</sup> Tim) - I have fought the good fight.

Jude said to contend earnestly for the faith, (to put up a good fight)

Eph 6:10-20

10 Finally, my brethren, be strong in the Lord and in the power of His might. 11 Put on the whole armor of God, that you may be able to stand against the wiles of the devil. 12 For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness 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.

14 Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, 15 and having shod your feet with the preparation of the gospel of peace; 16 above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God; 18 praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints — 19 and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, 20 for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.

10 Finally, my brethren, be strong in the Lord (this literally means to be made strong in the Lord)

- Body builders lift weights,
- Christians lift their bible

The Lord uses our trials for others,

Paul says, “be strong in the Lord.”

Remember what Paul said about:

- Christ's redemption in chapter 1,
- His grace in chapter 2,

## 2

- His mystery of the Gentiles as fellow heirs in chapter 3,
- the spiritual gifts of chapter 4
- and how we are to walk in love in chapter 5,

Now he says to be strong in the Lord.

Deut 20, speaks of principles governing warfare.

Deut 20:1-4

1 "When you go out to battle against your enemies, and see horses and chariots and people more numerous than you, do not be afraid of them; for the Lord your God is with you, who brought you up from the land of Egypt. 2 So it shall be, when you are on the verge of battle, that the priest shall approach and speak to the people. 3 And he shall say to them, 'Hear, O Israel: Today you are on the verge of battle with your enemies. Do not let your heart faint, do not be afraid, and do not tremble or be terrified because of them; 4 for the Lord your God is He who goes with you, to fight for you against your enemies, to save you.'

In this passage of Deut,

- God was Israel's strength in battle

He is our strength as well.

Paul may have been referencing the OT book of 1 Sam 30:6 - David strengthened himself in the Lord his God.

11 Put on the whole armor of God, that you may be able to stand against the wiles (methods) of the devil.

Who is your enemy:

- not, spouse, children, employer or co-worker, it's the devil.
- Know your enemy,

The devil isn't always in your face.

- He uses old tactics, the lust of the flesh, lust of the eyes, pride of life

Other tactics he uses,

Counterfeit gospel -

Gal 1 - Paul marveled that they were turning so soon from Him who called them in the grace of Christ to a different gospel.

Counterfeit Ministers -

2 Cor 11:14-15

Satan transforms himself into an angel of light. Therefore it was no great thing if his ministers also transformed themselves into ministers of righteousness.

Counterfeit Christ -

Mark 13:22

22 For false christs and false prophets will rise and show signs and wonders to deceive, if possible, even the elect.

- The anti-Christ is ready, are you?

Put on the whole armor of God. That means everything, not just part of it.

Broke my collar bone at age 12 playing football, wasn't prepared with the right equipment.

12 For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.

- This is the only appearance of this word "wrestle" in the NT.

Wuest remarks that this Greek athletic term refers to a contest between two in which each endeavors to throw the other . . . When we consider that the loser in a Greek wrestling contest had his eyes gorged out with resulting blindness for the rest of his days, we can form some conception of the Ephesian Greeks' reaction to Paul's illustration. The Christian wrestling against the powers of darkness is no less desperate and fateful<sup>1</sup>

Not very many today are concerned with the spiritual.

CBN News

- stated that only 51% of people today
- have a biblical view of God as "All Powerful,
- all knowing and the perfect and just creator"

In 1991 73% of people believed in the creator.

- Of the people polled,
- more people at 56%
- believed in Satan than in God.

Satan is stealthy:

Nothing keeps people in bondage more than religion.

Genesis 3 - "Has God indeed said"

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<sup>1</sup> Murphy, E.F. (1996) [Handbook for spiritual warfare](#). Nashville: Thomas Nelson, p. 405.

George Barna went on to say that only 4 of 10 American's believe the bible is true and accurate. 2021?

According to the survey, only 1 in 10 believe that God is active in their life.  
<https://www1.cbn.com/cbnnews/us/2020/april/new-barna-survey-more-americans-believe-in-satan-than-believe-in-god>

Satan accuses us before the Father

- day and night according to Rev 12:10.

2 Cor 2:11 - do not be ignorant of his devices.

Dwight L Moody once said that he believed in the devil for two reasons,

- 1) is that the bible tells us he's real and
- 2) I've done business with him.

13 Therefore take up (means to deliberately take up something that is offered to you. God gives you the tools) the whole armor of God,

2 Cor 10:3-5

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 carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

Christ that gives us victory when we submit to Him.

Eph 6:13b that you may be able to withstand in the evil day, and having done all, to stand.

14 Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness,

The NLT reads, Stand your ground, putting on the belt of truth.

In order to stand and remain upright, we need to equip ourselves with God's armor.

In ancient days soldiers wore a tunic which covered the person's body.

- He had a belt, a leather belt.

In order to avoid tripping over the tunic,

- he'd tuck his tunic around his belt.
- That was called girding up ones loin.

The idea then was girding up yourself with truth.

Jesus said in Jn 8:32, And you shall know the truth, and the truth shall make you free.

it's not the truth that sets you free, it's knowing the truth that sets you free.

Part of living truth is also being people of integrity.

Great wall of China invaded due to lack of integrity among the gatekeepers:

<https://www.familytimes.net/illustration/Integrity/201875/#:~:text=But%20each%20time%20China%20was%20invaded%2C%20the%20enemy,failed%20to%20teach%20their%20children%20integrity%20and%20patriotism.>

Notice in verse 14

- First Paul mentions truth
- Then he mentions righteousness.
- What's the connection there?

Truth is the standard.

- When we know the standard
- then we know what is right and what is wrong.

It's not the truth that sets you free,

- it's knowing and applying the truth that sets you free!

14b - having put on the breastplate of righteousness,

Breastplate - a metal plate spanning the width of the chest and down to the waist.

This was to protect the vital organs while righteousness (being in right standing with God) protects the heart.

Prov 4:23

23 Guard your heart above all else,  
for it determines the course of your life.

Prov 23:7

7 For as he thinks in his heart, so is he.

There are two vital organs covered by the breastplate, the heart and the intestines.

A man thinks with his heart

- it's with the intestines that he feels.

Satan likes to attack people in,

- their thoughts and their emotions.

So what does it mean to put on the breastplate of righteousness?

I believe Paul is saying that

- we can't fight our spiritual battles
- in our own righteousness
- much like a soldier can't fight effectively
- without his breastplate.

So, we need the breastplate of righteousness

- to defend against the fiery darts
- and against the wiles of the devil

Paul's letter to the Romans is all about God's righteousness.

And because He is righteous and we are not,

- He gives us His righteous nature
- by means of regeneration (born again).

It's thru His Holy Spirit that lives within us

- that allows us to reproduce Christ's righteousness
- when we go out into the world.

15 and having shod your feet (means to put on shoes or sandals) with the preparation of the gospel of peace;

Our feet carry us a long way

- our feet are to be prepared to carry
- the gospel out into the world.

Isa 52:7

7 How beautiful on the mountains  
are the feet of the messenger who brings good news,  
the good news of peace and salvation,  
the news that the God of Israel reigns! (NLT)

Notice the word "preparation" in verse 15.

- We have to be prepared when we take
- the gospel message out into the world.

What does it mean to be prepared with the gospel of peace?

- When things are not going well for us,
- When things seem to fall apart in our life,
- when times are difficult,
- when our problems seem insurmountable

we can rejoice because we know that Christ is on the throne, and He is our peace!  
Paul now lists tools we use.

16 above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one.

I love how Paul methodically lays the armor out.

- First he tells us why we are to put the armor on.

Then we are to put on truth

- and be in right standing with God
- and take the gospel of peace to the world.

Now he says to take the shield of faith. 2 Cor 5:7 - walk by faith, not by sight!

If you've ever wondered whether you have enough faith,

- just take a look at your feet.
- Are they moving or are they standing still!
- Are you walking forward
- and allowing the Lord to guide you.

The shield of faith,

- is not speaking of saving faith,
- that's past tense,
- we're already saved if we're believers.

In fact, Paul opened the letter to the Ephesians by saying,

- this is to the saints who are in Ephesus, and faithful in Christ Jesus.

So the faith spoken of here can be as simple as

- trusting and standing in the promises of God.
- I'm trusting that .....

The Lord wants us to move!

Be quick to listen, James 1:19

Be fully sober and set our hope in God's grace, 1 Pet 1:13

Fight the good fight, 1 Tim 6:12

Be watchful and devoted to prayer, Col 4:2

Be faithful even to the point of death, Rev 2:10

Be ready to do good, Tit 3:1

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

The helmet was designed to protect the head, the mind.

- I've heard people say, "just believe in your heart."

- Well, in scripture the heart and the mind are synonymous.

Again,

Prov 23:7

For as he thinks in his heart so is he.

Hosea 4:6

My people are destroyed for lack of knowledge.

Finally, Paul mentions an offensive weapon, the only offensive weapon he mentions, the sword of the Spirit which is the spoken word of God.

When Jesus asked the twelve if they wanted to go away, Peter answered Him, Lord, to whom shall we go? You have the words of eternal life.

When Edward VI of England was being crowned, three swords were brought to him, signs that he was king over three countries. But he was not satisfied.

“There is one wanting yet,” he said. When the nobles asked what that was, he answered, “The Bible, The Sword of the Spirit which is to be preferred before these swords.”<sup>2</sup>

18 praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints –

We have to be watchful and always on guard

- because our enemy never quits fighting for your soul,

There is the story of a lady who never spoke ill of anybody. One day her friend said to her, “I believe you would say something good even about the devil.”

“Well,” she said, “you certainly do have to admire his persistence.”<sup>3</sup>

Are you persistent in your prayers?

Three times in verse 18 Paul says to pray. It must be important. What is prayer, reaching out to the Lord and asking Him to give us what He promised us in Christ. I will never leave you nor forsake you!

In Exodus 17 when Aaron and Hur held the hands of Moses up in prayer Israel prevailed, but when Moses let down his hands, Amalek prevailed.

Regardless of how hard we fight down here, if we’re not looking up there we’ll lose.

The battle belongs to the Lord!

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<sup>2</sup> Tan, P.L. (2004) [Encyclopedia of 15,000 Illustrations: Signs of the Times](#). WORDsearch.

<sup>3</sup> Tan, P.L. (2004) [Encyclopedia of 15,000 Illustrations: Signs of the Times](#). WORDsearch.

19 and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, 20 for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.

Eph 6:21-24

21 But that you also may know my affairs and how I am doing, Tychicus, a beloved brother and faithful minister in the Lord, will make all things known to you; 22 whom I have sent to you for this very purpose, that you may know our affairs, and that he may comfort your hearts.

23 Peace to the brethren, and love with faith, from God the Father and the Lord Jesus Christ. 24 Grace be with all those who love our Lord Jesus Christ in sincerity. Amen.