

## **STILL STANDING**

### Lesson Notes

**Main Text:** Ephesians 6:10-18

#### **Main Thought:**

God knows the battle is coming, and He has already provided what we need to stand.

God can provide something you still fail to use.

God provides the armor, but we are commanded to put it on.

#### **1. Be Strong in the Lord**

##### **Ephesians 6:10**

Our strength for spiritual warfare does not come from personality, experience, intelligence, or willpower.

It comes from God.

- Spiritual battles require spiritual strength.
- The armor does not make us independent from God.
- It reminds us how dependent upon Him we are.

#### **Key Thought:**

You can be a strong person and still need the strength of the Lord.

#### **2. Put On the Whole Armor**

##### **Ephesians 6:11**

Paul does not say that God simply has armor available.

He says:

***"Put on the whole armor of God."***

God has provided:

- His Word

- Prayer
- Truth
- The church
- Conviction
- Spiritual strength

But provision still requires participation.

### **Key Thought:**

God can provide exactly what you need, and you can still fail to use it.

The word “whole” matters.

Partial preparation leaves exposed areas.

The enemy is not obligated to attack you where you are strongest. He will look for what you left exposed.

## **3. Know Who You Are Fighting**

### **Ephesians 6:12**

Our battle is not against flesh and blood.

People can hurt us, betray us, disappoint us, or do wrong. There may be times for correction, boundaries, and consequences.

But people are not the true enemy.

### **Key Thought:**

You can have the right armor and still fight the wrong enemy.

When believers begin fighting one another, the real enemy gains ground.

## **4. The Evil Day Is Coming**

### **Ephesians 6:13**

Paul does not say if the evil day comes.

He prepares believers for when it comes.

There will be seasons when:

- Faith is tested.
- Temptation becomes stronger.
- Fear attacks.
- Disappointment comes.
- Prayer seems unanswered.
- What we believe is tested by what we experience.

**Key Thought:**

The evil day is not evidence that God failed to protect you. The evil day is the reason He told you to put the armor on.

Preparation must happen before the battle.

You do not wait until the arrow is flying to start looking for your shield.

**5. Stand in Truth**

**Ephesians 6:14**

**John 17:17**

The enemy has challenged God's Word from the beginning.

**Genesis 3:1**

***"Has God indeed said..."***

Truth must remain settled when circumstances, feelings, culture, or temptation challenge what God has said.

Just because you think something does not make it true.

Just because you feel something does not make it true.

God's Word gets the final word.

**6. The Breastplate of Righteousness**

**Ephesians 6:14**

**2 Corinthians 5:21**

**Isaiah 59:17**

Our righteousness comes through Christ.

But salvation should also produce righteous living.

We cannot continually open doors to compromise while asking God to protect what we refuse to guard.

Sometimes spiritual warfare looks like:

- Walking away
- Closing a door
- Confessing sin
- Establishing boundaries
- Rejecting temptation
- Choosing obedience

**Key Thought:**

Obedience is part of spiritual warfare.

## **7. Stand on the Gospel of Peace**

**Ephesians 6:15**

**John 14:27**

Biblical peace does not mean nothing difficult is happening around us.

It means what is happening around us does not have to control what happens within us.

Circumstances change.

People change.

Feelings change.

The gospel does not.

Plant your feet there.

## **8. Take Up the Shield of Faith**

### **Ephesians 6:16**

The fiery darts will come.

They may look like:

- Fear
- Doubt
- Condemnation
- Temptation
- Offense
- Discouragement

A dart may strike once, but if we allow it to continue burning, it can affect much more.

Faith does not deny reality.

Faith says:

"This is real, but God is still God."

"This hurts, but God is still faithful."

"I do not understand, but I still trust Him."

Sometimes faith is not a feeling.

Sometimes faith is a decision.

## **9. Guard Your Mind With Salvation**

### **Ephesians 6:17**

### **2 Corinthians 10:5**

Not every thought deserves to stay.

Not every thought deserves your agreement.

The enemy wants to define you by your failure.

Salvation reminds you who you are because of Jesus Christ.

- You have been redeemed.
- You belong to Christ.
- His grace can reach you.
- Your future is in His hands.

Take every thought captive and bring it under the truth of God's Word.

## **10. Use the Sword of the Spirit**

**Ephesians 6:17**

**Matthew 4:1-11**

**Psalms 119:11**

Jesus answered temptation with:

***"It is written."***

You cannot use a Word you do not know.

You cannot stand on promises you have never learned.

The Word must become more than something you own.

It must become something you have hidden in your heart.

Remember:

The sword was not given to attack people.

People are not the enemy.

## **11. Pray, Watch, and Persevere**

**Ephesians 6:18**

Paul gives us armor, but the armor never replaces dependence upon God.

That is why Paul tells us to pray.

- Pray always.
- Be watchful.

- Persevere.
- Pray for other believers.

Learn where you are vulnerable.

Pay attention to patterns.

Do not repeatedly walk into the same trap and remain surprised when it catches you.

Watchfulness recognizes where the enemy has attacked before.

## **12. Do Not Fight Alone**

### **Ephesians 6:18**

Paul tells believers to pray:

***"For all the saints."***

There will be times when your faith is strong and someone else's is weak.

Pray for them.

There will be times when you are weak and someone else is strong.

Let them pray for you.

Isolation removes:

- Accountability
- Encouragement
- Correction
- Support
- People who will pray when you cannot find the words

We are supposed to help each other stand.

### **Final Thought**

Paul repeatedly uses one word throughout this passage:

STAND.

Sometimes victory does not mean the battle disappears.

Sometimes victory means what came to move you did not move you.

You may be tired and still standing.

You may have scars and still be standing.

You may have questions and still be standing.

You may have been fighting longer than expected and still be standing.

**God provided the armor.**

**Put it on.**

**Know who you are fighting.**

**Prepare before the evil day.**

**Do not go to war half dressed.**

**Do not fight alone.**

And having done all:

**STAND.**