



A STUDY IN
EPHESIANS

Finish Strong!

Ephesians 6:14-24

6/29/2025

WHEN TO PUT THE ARMOR ON

You put on the armor _____ the battle starts.

Two temptations we face nearly every day:

- _____ with people.
- _____.

WHAT THE ARMOR IS

To arm yourself fully is to take what you know about Christ, externally and objectively, and to allow it to become alive and true to you _____ and _____. (*Eph 3:14-19*)

The result of arming yourself is that it changes your heart by creating new _____, new _____, new perspectives, and new _____.

HOW TO PUT ON THE ARMOR

The belt of truth is a _____ for all the other armor.
Colossians 3:16, Luke 8:22-25, 2 Corinthians 5:5, Hebrews 3:13, Psalm 103:2

- The breastplate of righteousness is reminding yourself who you _____ in Christ.
- The shoes of the gospel of peace remind you of the _____ you have in Christ.
- The helmet of salvation is the _____ you have in Christ that you are saved.
- You live in the armor, most fundamentally, through the _____ (the sword) and _____.

WHO TO REMEMBER WHEN YOU PUT IT ON

Fight like _____. Overcome evil with _____.

You can listen to today's message at MissionTrailsChurch.com or on the **MTC App**.

Ephesians 6:14-24

¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. 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. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God. 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.

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

²¹ Tychicus, the dear brother and faithful servant in the Lord, will tell you everything, so that you also may know how I am and what I am doing. ²² I am sending him to you for this very purpose, that you may know how we are, and that he may encourage you.

²³ Peace to the brothers, and love with faith from God the Father and the Lord Jesus Christ. ²⁴ Grace to all who love our Lord Jesus Christ with an undying love.

NEXT STEPS

- ☐ **Give yourself** a letter grade (A-F) for how you are doing in these three areas (*It's okay...you don't have to show anyone!*).
Bible & Prayer – **PERSONALLY**: _____
Bible & Prayer – With **CHRIST-CENTERED FRIENDS**: _____
Bible & Prayer – With your **CHURCH FAMILY**: _____
(1 min)
- ☐ **Write down** which of these pieces of armor you need most right now: _____
(1 min)
- ☐ **Make a plan** to use the Bible and prayer this week to put on the other pieces of spiritual armor. (5 min)

You can listen to today's message at MissionTrailsChurch.com or on the **MTC App**.