

**DOCTRINE THAT DANCES**  
**STUDIES IN THE BOOK OF EPHESIANS**  
**Ephesians 6:14-24**  
**“THE WELL DRESSED WARRIOR”**

**INTRODUCTION:** Believers are to utilize all of the armor the Lord has provided. The challenge for many is, how to know what armor is available to you, and how you put on something you cannot see. Also, what is the relationship between prayer and this armor of God in the Bible?

**BACKGROUND:** The Apostle Paul spent many days in Roman prisons while being chained to Roman soldiers. He observed and knew how they were dressed for battle, and used many illustrations from their equipment to teach us lessons about spiritual warfare. We have learned that many Greek wrestling matches featured the loser having their eyes put out, leading to a life of blindness. Human beings who choose to ignore the commandments and provisions of God will suffer from “spiritual blindness.”

**I. MAKE SURE YOU ARE EQUIPPED WITH THE TRUTH (Ephesians 6:14)**

*Roman soldiers wore long, loose fitting tunics. They would wear a leather belt, so they could pull the four corners of the tunic inside the belt, giving mobility for battle. The belt also helped support weapons. Having your loins girded was a sign of readiness. (Luke 12:35)*

A Truth is a Person, Jesus Christ. (John 14:6: 18:37-38) Truth can refer to the content of the Gospel message, honesty, integrity, sincerity, or an attitude of truthfulness.

B Satan personifies lying (John 8:44)

C. Truth sets you free. (John 8:32) We are to put it on ourselves. Stop believing Satan’s lies and speak truth to yourself and one another,

**II. COVER YOUR HEART WITH THE BREASTPLATE OF RIGHTEOUSNESS (Ephesians 6:14)**

*Roman soldiers had different kinds of breastplates. Some were heavy linen covered with animal horns, hooves, or metals. The most familiar one was a large metal plate that covered from the base of the neck to the thigh area, the vital areas.*

A. We have “justifying righteousness” from our relationship with Jesus Christ our Lord. (Romans 1:16, the Righteousness of God )

B. We need “sanctifying righteousness” to live right! (1Peter 2: 11-12) Position and practice make a good breastplate against Satan's lies.

**III. MAKE SURE YOU HAVE THE RIGHT KIND OF FOOTWEAR (Ephesians 6:15)**

*Special shoes were needed to protect the feet. Razor sharp obstacles would be concealed in the ground, causing injury, leading to an inability to walk and a defenseless soldier.(Isaiah 5:27) Thickly padded shoes with spikes for traction were used.*

A. We take the Good News to the world that needs to experience peace. (Romans 10:15) (John 13:35)

B. We are ready to take our stand on the good news (gospel) in fighting the enemy.

**IV. ALWAYS CARRY YOUR SHIELD OF FAITH (Ephesians 6:16)**

*A large shield, 4' long and 2 1/2' wide was used to protect the entire body. Soldiers advancing side by side overlapped one another for protection with such wide and long shields. Arrows dipped in flammable solutions and lit afire were shot towards the soldiers.. Would you panic if you were holding a burning shield? Better to have a metal shield that would deflect the arrows, or treated material to extinguish flames.*

**A.** We take hold of God's resources by FAITH, BELIEF, & TRUST!

**B.** Stand firm against insecurity, doubt, false teaching, despair, temptations, and persecutions. (Hebrews 11:1; 1st John 5:4; 2nd Samuel 22:31; Psalm 7:10, 13; Genesis 15:6)

#### **V. TAKE THE HELMET OF SALVATION TO PROTECT YOUR THOUGHTS (Ephesians 6:16)**

*No soldier would go into battle without a helmet. Some were made of leather with metal patches, others were molded, cast metal. The head would be protected from arrows and large swords were used to split the skulls of opponents.*

A. We are told to "take, or receive as a gift", the helmet of salvation. (Isa. 59:17) You need to know the facts and reflect on biblical salvation. There are three "tenses" to our salvation: **past, present, and future.** (Titus 2:11-13)

• JUSTIFICATION--saved from the penalty of sin, (Rom. 8:1) SANCTIFICATION--being saved from the power of sin, (Rom. 5:10) and GLORIFICATION— be saved from the presence of sin (Rom.8:22)

#### **VI. THE SWORD OF THE SPIRIT IS THE WORD OF GOD AND OUR PRIMARY WEAPON (Eph.6:17)**

*A short, sharp, sword (dagger) was used in hand to hand combat. It could be carried in the belt.*

A. The word is *rhema*, not *logos*, meaning "a specific statement of God" as opposed to the overall message. Jesus quoted specific passages when fighting the temptations of Satan. (Matthew 4, Hebrews 4:12) The Word of God is sharper than any two-edged sword..

#### **VII. VARIOUS KINDS OF PRAYER HELP US PUT ON THE ARMOR (Ephesians 6:18-22)**

A. Prayer is not the last of seven items in terms of importance. It is essential to warfare, linguistically connected to standing firm in Eph. 6:14, and foundational to using our weapons.

B. "Praying in the Spirit" means praying in agreement with the Scriptures, with the revealed will of God in the name of the Lord Jesus Christ. It is not specific emotions or charismatic expressions.

C. Prayer is communion with God. Pray continually, or you will lose heart and give up. (Luke 18:1, Daniel 6) Learn to listen to God rather than talk all of the time.

D. Many people practice "target" praying instead of lifestyle praying. Anytime is the right time! (Psalm 5:1-3, 1 Thessalonians 5:17, 1 Timothy 5:5)

E. Prayer can be general or specific supplication.

F. We should intercede for others, (James 5:15) praise in prayer, (Daniel 4:34-35) pray for judgment against God's enemies, (Psalm 10:15) repent in prayer, (Psalm 51:2-4) Watch and pray! (1st Peter 4:7)

G. Pray for one another that we may boldly proclaim the Gospel. Remember that we are ambassadors for Christ. Let others know how you are doing and what you are doing for the Lord, so we can pray wisely for one another.

**THE ARMOR OF GOD IS ANOTHER WAY TO DESCRIBE THE FULNESS OF THE LORD JESUS CHRIST COVERING OUR LIVES IN EVERY WAY. HE BRINGS PEACE, GRACE, AND LOVE TO EVERY PERSON WHO SINCERELY LOVES HIM. ARE YOU ONE OF THESE, OR ARE YOU ON THE BATTLEFIELD WITH NO PROTECTION OR WEAPONS?**

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