

## Lesson 21, Part 2: Overcoming Life-Dominating Sins, The Full Armor of God

### Introduction/Review:

“Life-dominating sins” are habitual patterns of unrighteous living that affect many areas of a person’s life.

*“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.” – Heb 12:1-2*

### I. Stand Firm – A further study of Ephesians 6:10-18

#### A. Ephesians 6:10 – Finally, be strong in the Lord and in the strength of His might.

1. “Finally” – Paul goes on to describe how we (believers) are to act out our new position in Christ, which is ultimately a battle against \_\_\_\_\_ forces.
2. “be strong” – a command to be \_\_\_\_\_ strengthened.
3. “in the Lord...the strength of His might” – that is, in the might of the Lord’s \_\_\_\_\_ strength, not our own strength, wisdom, or ideas.

#### B. Ephesians 6:11 – Put on the whole armor of God, that you may be able to stand against the schemes of the devil.

1. “Put on” – \_\_\_\_\_ must put on the armor.
2. “whole” (“full” NASB) – the \_\_\_\_\_ equipment.
3. “armor” – of a \_\_\_\_\_ soldier.
4. “of God” – provided by \_\_\_\_\_ as opposed to man’s tactics.
5. “schemes” – \_\_\_\_\_.
6. “stand firm” – Don’t run. Don’t advance. \_\_\_\_\_, standing firmly on the ground that has already been won.

**C. Ephesians 6:12 – For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.**

1. “wrestle” (“struggle” NASB) – hostile, \_\_\_\_\_ conflict.
2. “rulers” – \_\_\_\_\_.
3. “authorities” (“powers” NASB) – those invested with authority.
4. “cosmic powers” (“world forces” NASB) – supernatural beings directed by the devil to engage with our world.
5. “spiritual forces of evil in the heavenly places” – supernatural beings located in the heavenlies.

**D. Ephesians 6:13 – 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 firm.**

1. “take up” – a \_\_\_\_\_ given with military snap to be obeyed \_\_\_\_\_ and for all.
2. “that you may be able to withstand in the evil day” – a \_\_\_\_\_ stance that is prepared not only for everyday evils, but for the times of \_\_\_\_\_ spiritual battles.
3. “having done all, stand firm” – we’re fighting a battle that has already been won.

**E. Ephesians 6:14 – Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness,**

1. “having fastened the belt of truth” (“girded your loins” NASB) – as a belt kept other equipment in place, God’s truth brings \_\_\_\_\_ and \_\_\_\_\_ in chaotic times.
2. “having put on the breastplate of righteousness” – sanctified, right, and moral living.

In other words, \_\_\_\_\_ will ward off temptations and keep us firmly planted in God’s sufficient grace.

**F. Ephesians 6:15 – As shoes for your feet, having put on the readiness given by the gospel of peace.**

1. “shoes for your feet” – sandals studded with nails that gave a firm footing when attacked or when traveling over difficult terrain.
2. “the gospel of peace” – The message of peace heralded to us sinners, which protects the heart and mind from believing the lie that God is not on our side.

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In other words, \_\_\_\_\_ of the gospel will ward off the accusations of the devil and prepare us for battle.

**G. Ephesians 6:16 – In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one;**

1. “the shield” – of heavy infantry, 4 x 2 ½ feet.
2. “of faith” – resolutely believing and declaring, “God is sovereign. He will take care of me (Rom. 8:28-29). He always provides a way of escape (1 Cor. 10:13). Therefore, I have no fear (Matt 10:28).”
3. “flaming darts” – Satan tempts us to sin through *many* different avenues (i.e. fear, worry, despair, anger, etc.)

In other words, \_\_\_\_\_ will ward off the winds of doubt, discouragement, despair, fear, worry, and anger and allow us to put one foot in front of the other and keep going.

**H. Ephesians 6:17 – and take the helmet of salvation, and the sword of the Spirit, which is the word of God**

1. “the helmet of salvation” – mentally rehearsing the certainty and security of our salvation, taking every thought \_\_\_\_\_ to obey Christ (2 Cor. 10:5).
2. “the sword of the Spirit, which is the word of God” – both an offensive and defensive weapon for warding off temptations (Matt 4:1-11). The Spirit illumines and applies the Word, ensuring that it is effective (cf. Heb 4:12), thereby producing wisdom.

In other words, Scripture \_\_\_\_\_ and \_\_\_\_\_ turns back evil, destroys strongholds, and rescues people from darkness.

**I. Ephesians 6:18 – praying at all times in the Spirit, with all prayer and supplication.**

1. “praying at all times in the Spirit...” – Since our strength comes from the Lord, and we don’t have the resources to withstand Satan on our own, we must constantly seek help from the Lord by:
  - Praying at all times
  - Praying all kinds of prayer
  - Praying in the Spirit
  - Praying with perseverance
  - Praying for fellow soldiers (other believers)

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**II. Practical Help for Overcoming Life-Dominating Sins**

- A. Think Biblically – use the following guidelines to learn to *think* in a biblical manner
  - a. Am I Saved?
  - b. Remember my hope
  - c. Remember I'm not a slave to sin
  - d. Confess
  - e. Rejoice in trials
  - f. Remember God's forgiveness
  - g. Pray for others
  - h. Ponder how to please God and bless others
  - i. Set your mind on things above
  - j. Sing biblical songs
  - k. Think of ways to encourage others
  
- B. Speak Biblically – use the following guidelines to learn to *speak* in a biblical manner
  - a. Confess sins
  - b. Speak of what God is doing today
  - c. Speak with grace
  - d. Keep no record of wrongs
  - e. Reconcile
  
- C. Act Biblically – use the following guidelines to learn to *act* in a biblical manner
  - a. Evaluate temptations
  - b. Purge the evil
  - c. Avoid temptations
  - d. Be with the body
  - e. Forgive others
  - f. Memorize and meditate
  - g. Pray
  - h. Reconcile
  - i. Bless and love others
  - j. Confront biblically
  - k. Correct deficiencies
  - l. Develop true accountability

**What is the main thing you have learned from this lesson?**

**As a result, what is the Lord asking you to change?**