

## **Ephesians 6:14-18 The Armor of God**

Six pieces of armor –

Inner armor:

Belt - Truth

Breastplate – Righteousness

Boots – Gospel of peace

Outer armor:

Shield – Faith

Helmet – Salvation

Sword – Word of God

### **Verse 14**

*Stand firm therefore having girded your loins with truth –*

The loins are the middle part of our bodies, often called our “core” today. In Scripture, the loins are viewed as the seat of power, or the central point of the physical body. It is here that several pieces of the body armor meet. Satan is a liar and we must know the truth in order to defeat him. Truth is the integrating force in the life of the victorious Christian. Being firmly grounded in God’s word is the focal point for using His armor.

*Having put on the breastplate of righteousness –* The breastplate protected the vital organs. In spiritual warfare it speaks of both the believer’s imputed righteousness (2 Cor. 5:21) and his or her practical righteousness (Eph. 4:24). Positional righteousness and practical righteousness shield us from Satan’s attacks.

### **Verse 15**

*Having shod your feet with the preparation of the gospel of peace –* Literally – “Binding under the feet.” The Roman soldier wore sandals with nails in the soles to give him better footing. Peace with God comes from understanding the gospel of grace. Note Isaiah 52:7 and Romans 10:15.

### **Verse 16**

*In addition to all –* Literally, “On top of all.” These are the outer armor.

*Taking up the shield of faith with which you will be able to extinguish all the flaming missiles of the evil one –* The Roman shield was about two feet by four feet and made of wood covered with leather. The wood stopped the arrow and the leather extinguished the fire.

Faith is our shield as we believe and trust the promises of God. The flaming missiles are Satan’s temptations to sin. Faith gives us the victory over them.

### **Verse 17**

*And take the helmet of salvation –* The helmet protects the head and mind. The mind controlled by God cannot be lead astray by the lies of Satan. We are to “*grow in the grace and knowledge of our Lord and Savior Jesus Christ*” (2 Peter 3:18). Progressive salvation protects us from Satan’s attacks.

*And the sword of the Spirit, which is the word of God –* The sword is a defensive weapon but it is also the only offensive weapon among God’s armor. The Word of God pierces the heart (Hebrews 4:12, Acts 2:37). The Holy Spirit is the One who teaches us the word (John 14:26). Jesus Christ is the incarnate Word (John 1:1).

### **Christ our Armor:**

The Truth – John 14:6

Our Righteousness – 2 Cor. 5:21

Our Peace – Ephesians 2:14

Our Faith – Galatians 2:20

Our Salvation – Luke 2:30-32

Our Sword – John 1:1, 1:14

In Him we have all the armor! Our duty is to put it on!

### **Verse 18 - Prayer for Battle**

*With all prayer and petition –*

Prayer – General petitions to God.

Petition – Special petitions to God.

*Pray at all times –* Literally “in every season” or “at every occasion.”

*In the Spirit –* Spirit led prayer is always effective prayer (Rom. 8:26).

*With this in view be on the alert –* Literally “be awake, or watchful” (Nehemiah 4:9).

*With all perseverance –* The idea is “constant attention.” This is the only use of this word in the New Testament.

*For all the saints –* We are the body of Christ and prayer should never be just about our own needs.

*“The one concern of the devil is to keep saints from prayer. He fears nothing from prayerless studies, prayerless work, prayerless religion. He laughs at our toil, mocks our wisdom, but trembles when we pray.”*  
Samuel Chadwick