

## STAND

### *Stand Ready for Battle*

The Christian life isn't a breakroom. It's a battlefield. We're going to look at what it means to stand not just in protection, but in preparation for the resistance that's inevitably coming.

*"...and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God."*

**Ephesians 6:15-17**

1) Wear the Shoes of \_\_\_\_\_ — Be Grounded in the \_\_\_\_\_

*"...with your feet fitted with the readiness that comes from the gospel of peace."*

When Paul talks about footwear in this passage, he isn't just talking about comfort. He's talking about readiness.

Roman soldiers wore hob nailed boots. These sturdy sandals with spikes driven through the soles. These provided traction and stability. When the ground got rough or the battle got intense, they wouldn't be slipping or sliding. They could stand their ground, no matter what.

In the same way, Paul is telling us: your footing in this spiritual battle comes from the gospel. The good news of Jesus isn't just the message that saved you. It's the foundation that steadies you.

*"Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ."*

**Romans 5:1**

- That peace is your grip.
- That peace is your footing.
- That peace is your stability in the chaos of life.

It is the gospel anchors your identity:

- You are forgiven.
- You are justified.
- You are adopted.
- You are empowered.
- You know who you are, and you know whose you are.

*"How beautiful are the feet of those who bring good news!"* **Isaiah 52:7**

2) Take Up the Shield of \_\_\_\_\_ — Block the Flaming Arrows

*"In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one."* **Ephesians 6:16**

If the belt and breastplate protect your core, the shield is what guards you from the incoming assault. Paul doesn't say if the arrows come—he says they will. The enemy doesn't fight fair.

He launches fiery darts from a distance:

- Fear that keeps you paralyzed
- Lies that whisper, "You're not enough"
- Temptation that promises pleasure but delivers regret
- Shame that replays your worst moments over and over.

Faith is our defense:

- Not faith in circumstances
- Not faith in ourselves

It is our faith in who God is, what He's done, and what He's promised.

*"This is the victory that has overcome the world – even our faith."* **1 John 5:4**

*"When I am afraid, I put my trust in you."* **Psalm 56:3**

The shield of faith extinguishes, not just deflects. It puts out the fire meant to consume you. The question today isn't: Will the arrows fly? The question is: What will you believe when they do?

Will you believe the voice of your enemy or of your Savior?

3) Put on the Helmet of \_\_\_\_\_ – Guard Your Mind

*"Take the helmet of salvation..."*

The mind is the battlefield where spiritual wars are won or lost.

The helmet was essential for Roman soldiers. It protected the head, the seat of thought and command.

Spiritually speaking, your thoughts direct your steps. Paul says to put on the helmet of salvation because when your identity is secure, your choices are stronger.

*"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*

**Romans 12:2**

*"We take captive every thought to make it obedient to Christ."* **2 Corinthians 10:5**

There are general thoughts that attack your very perception of reality. Radical gender theory, Abortion, Social justice, Sexual freedom. These are broad concepts that shape our culture and society.

There are personal thoughts that attack your perception of yourself.

- You are not what the world says.
- You are not your past.
- You are not your feelings.

You are saved by grace, through faith.

You are secure and sealed by the Spirit.

You are spoken for as a child of God, redeemed and restored.

The enemy wants to cloud your thinking with confusion, fear, and falsehood. But when you remember who you are in Christ, you live with clarity, confidence, and courage.

#### 4) Take Up the Sword of the Spirit—Fight with God's Word

*"...and the sword of the Spirit, which is the word of God."*

The sword is the only offensive weapon in the armor of God. Everything else, the shield, the helmet, the breastplate, the belt, and even the shoes are designed for defense and protection.

The sword is for battle. Your sword is the Word of God.

When Jesus was tempted by Satan in the wilderness, He didn't get into a debate.

- He didn't try to negotiate.
- He didn't just grit His teeth and hope for the best.

What did He do? He said, *"It is written..."* — and then He quoted Scripture.

*"Man shall not live on bread alone, but on every word that comes from the mouth of God."* **Matthew 4:4**

*"Do not put the Lord your God to the test."* **Matthew 4:7**

*"Worship the Lord your God and serve him only."* **Matthew 4:10**

Jesus used the Word to push back the enemy.

The sword of the Spirit is not just having a Bible.

It's using it.

It's not just head knowledge.

It's heart application.

You don't just carry it; you swing it.

When you speak God's Word over your fears, over your doubts, over your temptations, over your family, your future, your mind – you are fighting back with power.

*"For the word of God is alive and active. Sharper than any double-edged sword..."*

**Hebrews 4:12**

So here's the challenge: Don't leave your sword on the shelf. Draw it daily.

- Memorize it.
- Meditate on it.
- Declare it.
- Pray it.
- Use it.

When you don't know what to say – speak the Word.

When your mind is under attack – speak the Word.

When you feel weak – speak the Word.

When you feel overwhelmed – speak the Word.

This is how we fight, not with fear, not with our fists, but with faith-filled, Spirit-empowered truth.

You are not in a playground – you're in a battlefield. Spiritual warfare isn't a theory. It's your reality. It's in the air we breathe.

So let me ask you:

*Are your feet grounded in the truth of the gospel, steady no matter what comes?*

*Are you holding up the shield of faith, trusting God's promises over the enemy's lies?*

*Is your mind protected by the helmet of salvation, rooted in your identity in Christ?*

*Are you wielding the sword of the Spirit, not just reading Scripture, but declaring it over your life?*

You don't fight alone. You don't fight unarmed. God has given you everything you need to stand.

Use What God Has Given You:

- 1) Gospel Grounding: Write one sentence that summarizes the gospel. Say it aloud every morning this week as your foundation.
- 2) Shield of Faith: Name one lie you're tempted to believe. Then find and write down one Scripture promise that tells the truth – and post it where you'll see it daily.

- 3) Helmet of Salvation: Spend five intentional minutes each day reflecting on who you are in Christ. Let His truth shape your thoughts.
- 4) Sword of the Spirit: Memorize one Bible verse that speaks directly to a struggle you're facing — and use it in prayer and conversation this week.

You don't need new weapons. You need to use what God has already given you. Because when you're armed with truth, faith, identity, and the Word... you will be able to stand.