



SPIRITUAL WARFARE

LESSON PLAN

1. INTRODUCTION

Often people in our part of the world and time are unaware that we live in a spiritual war zone. When we come to Christ and turn to Him, we in a sense place ourselves in a new position that is at odds with this world and the spiritual forces of darkness at work in it. So, this lesson plan is provided to give you notice so you are not unaware. This is a boot camp type training to help you with the basics of spiritual warfare, so you have the resources the Lord provides you as you live in this spiritual war zone. The following Bible verses provide a starting place of understanding of the situation we face.

1 Peter 5:8 – Be sober-minded, be alert. Your adversary the devil is prowling around like a roaring lion, looking for anyone he can devour.

Ephesians 5:15-16 – Be very careful, then, how you live – not as unwise but as wise, making the most of every opportunity, because the days are evil.

2 Corinthians 10:3-5 – For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself against the knowledge of God, and we take captive every thought to make it obedient to Christ.

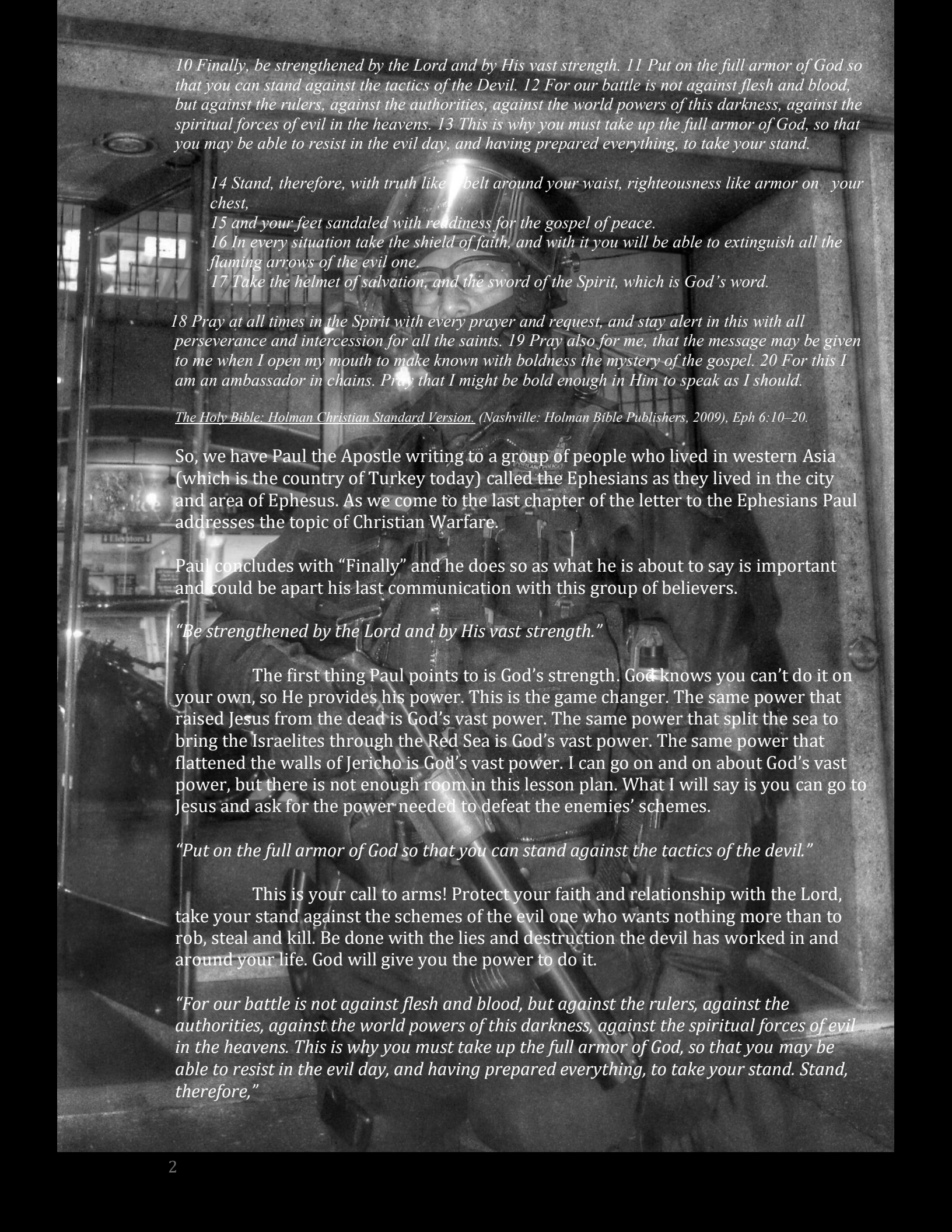
Colossians 2:13-15 – When you were dead in your sins and in the uncircumcision of your sinful nature, God made you alive in Christ. He forgave us all our sins, having canceled the written code, with its regulations, that was against us and that stood opposed to us; He took it away, nailing it to cross. And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.

Important points to be gathered from these verses:

1. Be on your guard
2. Be wise, evil spiritual forces are at work
3. We have been provided spiritual weapons and power provided by the Holy Spirit
4. Jesus has defeated the enemy of your soul and disarmed him.

2. FOCUS EPHESIANS 6:10-20

- A. You can be equipped for the battle.



10 Finally, be strengthened by the Lord and by His vast strength. 11 Put on the full armor of God so that you can stand against the tactics of the Devil. 12 For our battle is not against flesh and blood, but against the rulers, against the authorities, against the world powers of this darkness, against the spiritual forces of evil in the heavens. 13 This is why you must take up the full armor of God, so that you may be able to resist in the evil day, and having prepared everything, to take your stand.

14 Stand, therefore, with truth like a belt around your waist, righteousness like armor on your chest,

15 and your feet sandaled with readiness for the gospel of peace.

16 In every situation take the shield of faith, and with it you will be able to extinguish all the flaming arrows of the evil one.

17 Take the helmet of salvation, and the sword of the Spirit, which is God's word.

18 Pray at all times in the Spirit with every prayer and request, and stay alert in this with all perseverance and intercession for all the saints. 19 Pray also for me, that the message may be given to me when I open my mouth to make known with boldness the mystery of the gospel. 20 For this I am an ambassador in chains. Pray that I might be bold enough in Him to speak as I should.

The Holy Bible: Holman Christian Standard Version. (Nashville: Holman Bible Publishers, 2009), Eph 6:10–20.

So, we have Paul the Apostle writing to a group of people who lived in western Asia (which is the country of Turkey today) called the Ephesians as they lived in the city and area of Ephesus. As we come to the last chapter of the letter to the Ephesians Paul addresses the topic of Christian Warfare.

Paul concludes with "Finally" and he does so as what he is about to say is important and could be apart his last communication with this group of believers.

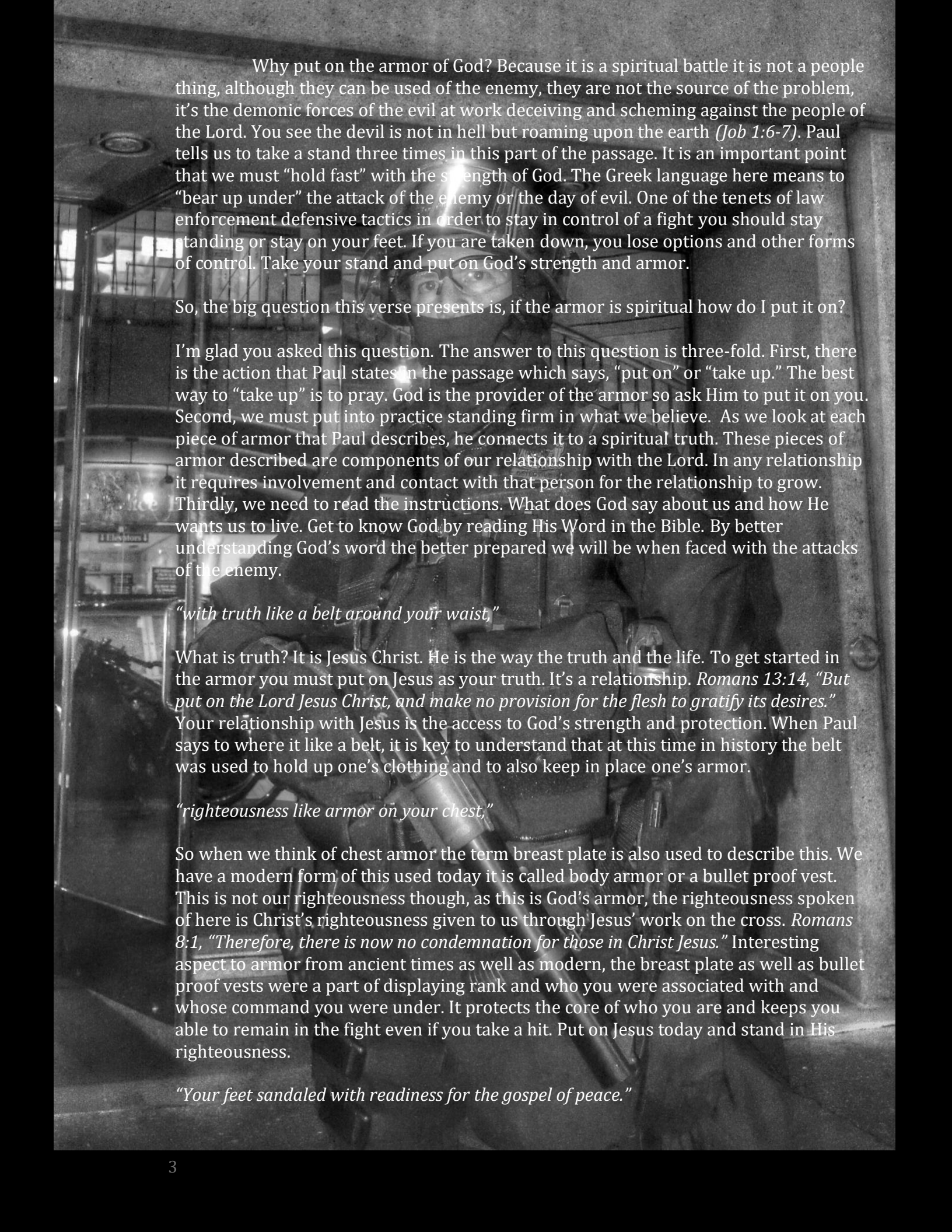
"Be strengthened by the Lord and by His vast strength."

The first thing Paul points to is God's strength. God knows you can't do it on your own, so He provides his power. This is the game changer. The same power that raised Jesus from the dead is God's vast power. The same power that split the sea to bring the Israelites through the Red Sea is God's vast power. The same power that flattened the walls of Jericho is God's vast power. I can go on and on about God's vast power, but there is not enough room in this lesson plan. What I will say is you can go to Jesus and ask for the power needed to defeat the enemies' schemes.

"Put on the full armor of God so that you can stand against the tactics of the devil."

This is your call to arms! Protect your faith and relationship with the Lord, take your stand against the schemes of the evil one who wants nothing more than to rob, steal and kill. Be done with the lies and destruction the devil has worked in and around your life. God will give you the power to do it.

"For our battle is not against flesh and blood, but against the rulers, against the authorities, against the world powers of this darkness, against the spiritual forces of evil in the heavens. This is why you must take up the full armor of God, so that you may be able to resist in the evil day, and having prepared everything, to take your stand. Stand, therefore,"



Why put on the armor of God? Because it is a spiritual battle it is not a people thing, although they can be used of the enemy, they are not the source of the problem, it's the demonic forces of the evil at work deceiving and scheming against the people of the Lord. You see the devil is not in hell but roaming upon the earth (*Job 1:6-7*). Paul tells us to take a stand three times in this part of the passage. It is an important point that we must "hold fast" with the strength of God. The Greek language here means to "bear up under" the attack of the enemy or the day of evil. One of the tenets of law enforcement defensive tactics in order to stay in control of a fight you should stay standing or stay on your feet. If you are taken down, you lose options and other forms of control. Take your stand and put on God's strength and armor.

So, the big question this verse presents is, if the armor is spiritual how do I put it on?

I'm glad you asked this question. The answer to this question is three-fold. First, there is the action that Paul states in the passage which says, "put on" or "take up." The best way to "take up" is to pray. God is the provider of the armor so ask Him to put it on you. Second, we must put into practice standing firm in what we believe. As we look at each piece of armor that Paul describes, he connects it to a spiritual truth. These pieces of armor described are components of our relationship with the Lord. In any relationship it requires involvement and contact with that person for the relationship to grow. Thirdly, we need to read the instructions. What does God say about us and how He wants us to live. Get to know God by reading His Word in the Bible. By better understanding God's word the better prepared we will be when faced with the attacks of the enemy.

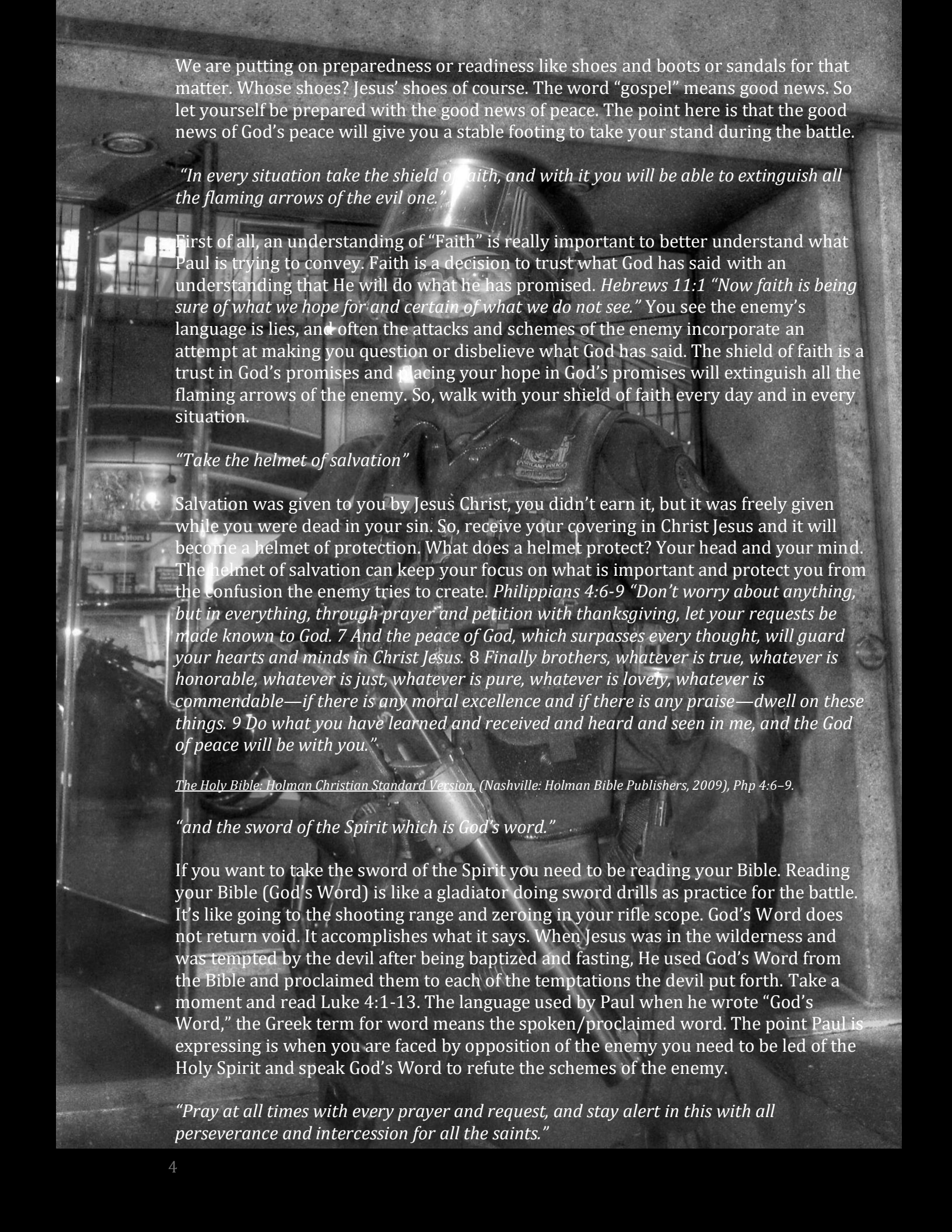
"with truth like a belt around your waist,"

What is truth? It is Jesus Christ. He is the way the truth and the life. To get started in the armor you must put on Jesus as your truth. It's a relationship. *Romans 13:14, "But put on the Lord Jesus Christ, and make no provision for the flesh to gratify its desires."* Your relationship with Jesus is the access to God's strength and protection. When Paul says to where it like a belt, it is key to understand that at this time in history the belt was used to hold up one's clothing and to also keep in place one's armor.

"righteousness like armor on your chest,"

So when we think of chest armor the term breast plate is also used to describe this. We have a modern form of this used today it is called body armor or a bullet proof vest. This is not our righteousness though, as this is God's armor, the righteousness spoken of here is Christ's righteousness given to us through Jesus' work on the cross. *Romans 8:1, "Therefore, there is now no condemnation for those in Christ Jesus."* Interesting aspect to armor from ancient times as well as modern, the breast plate as well as bullet proof vests were a part of displaying rank and who you were associated with and whose command you were under. It protects the core of who you are and keeps you able to remain in the fight even if you take a hit. Put on Jesus today and stand in His righteousness.

"Your feet sandaled with readiness for the gospel of peace."



We are putting on preparedness or readiness like shoes and boots or sandals for that matter. Whose shoes? Jesus' shoes of course. The word "gospel" means good news. So let yourself be prepared with the good news of peace. The point here is that the good news of God's peace will give you a stable footing to take your stand during the battle.

"In every situation take the shield of faith, and with it you will be able to extinguish all the flaming arrows of the evil one."

First of all, an understanding of "Faith" is really important to better understand what Paul is trying to convey. Faith is a decision to trust what God has said with an understanding that He will do what he has promised. *Hebrews 11:1 "Now faith is being sure of what we hope for and certain of what we do not see."* You see the enemy's language is lies, and often the attacks and schemes of the enemy incorporate an attempt at making you question or disbelieve what God has said. The shield of faith is a trust in God's promises and placing your hope in God's promises will extinguish all the flaming arrows of the enemy. So, walk with your shield of faith every day and in every situation.

"Take the helmet of salvation"

Salvation was given to you by Jesus Christ, you didn't earn it, but it was freely given while you were dead in your sin. So, receive your covering in Christ Jesus and it will become a helmet of protection. What does a helmet protect? Your head and your mind. The helmet of salvation can keep your focus on what is important and protect you from the confusion the enemy tries to create. *Philippians 4:6-9 "Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God. 7 And the peace of God, which surpasses every thought, will guard your hearts and minds in Christ Jesus. 8 Finally brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is any praise—dwell on these things. 9 Do what you have learned and received and heard and seen in me, and the God of peace will be with you."*

The Holy Bible: Holman Christian Standard Version. (Nashville: Holman Bible Publishers, 2009), Php 4:6-9.

"and the sword of the Spirit which is God's word."

If you want to take the sword of the Spirit you need to be reading your Bible. Reading your Bible (God's Word) is like a gladiator doing sword drills as practice for the battle. It's like going to the shooting range and zeroing in your rifle scope. God's Word does not return void. It accomplishes what it says. When Jesus was in the wilderness and was tempted by the devil after being baptized and fasting, He used God's Word from the Bible and proclaimed them to each of the temptations the devil put forth. Take a moment and read Luke 4:1-13. The language used by Paul when he wrote "God's Word," the Greek term for word means the spoken/proclaimed word. The point Paul is expressing is when you are faced by opposition of the enemy you need to be led of the Holy Spirit and speak God's Word to refute the schemes of the enemy.

"Pray at all times with every prayer and request, and stay alert in this with all perseverance and intercession for all the saints."

Pray, because it matters. True intercession is powerful and has real quantifiable effects. Read Daniel 10:2-14. Prayer is like the arial bombardment used to take out the enemy's defenses so the beach head can be established, and the land conquered.

Spiritual Warfare is something you can prepare for and train yourself in. The training is not difficult and can be accomplished in these three ways. First, pray, get connected to the Lord daily growing in your connection and relationship with Jesus. Remember it is God's power that is needed to defeat the attacks of the enemy. Second, read God's word. Get the words of the Lord in you. Do your sword training now so that the Holy Spirit can direct your thoughts and proclamations to cut the lies of the enemy. Thirdly, be alert. Do not be unaware of the enemy's schemes to entrap you and pull you away from the Lord and His truth. Know this, Jesus has defeated the devil and has disarmed them. You have been given the victory in Christ, so wait on Him and rejoice in the Lord who gives you His strength.

