



Spiritual Warfare: Unveiling the Armor of God

Ephesians 6:10-18

Overview:

In this study, we will delve deeply into Ephesians 6:10-18 to understand the concept of spiritual warfare and The Armor of God. We will explore the significance of each piece of armor and how they equip us to stand strong against the schemes of the enemy.

Through reflections and questions, we will apply these timeless truths to our lives and cultivate a deeper spiritual understanding.

Introduction to Spiritual Warfare and the Armor of God:

Reading: Ephesians 6:10-18

Spiritual warfare refers to the ongoing battle between good and evil, light and darkness, that takes place in the spiritual realm. It involves the conflict between God's kingdom and the forces of the enemy, Satan. This warfare manifests in various ways, including temptations, attacks on our faith, and struggles against sinful tendencies.

Reflection:

- *What does "spiritual warfare" mean to you? How has the concept of a spiritual battle been present in your life or in the lives of those around you?*

The Belt of Truth

The belt was a foundational piece that held a soldier's armor together.

In the spiritual context, the belt of truth represents a firm foundation of biblical truth. It involves understanding and living in alignment with God's Word. Truth guards us against deception and helps us discern right from wrong.

Reading: Ephesians 6:14a



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Checklist to Putting on The Belt of TRUTH

- **KNOW** the truth

(2 Timothy 2:15) – “Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.”

- **BELIEVE** the truth

(1 Thessalonians 2:13) – “For this cause also thank we God without ceasing, because, when ye received the word of God which ye heard of us, ye received it not as the word of men, but as it is in truth, the word of God, which effectually worketh also in you that believe.”

- **ACT** on the truth

(James 1:22-25) 22 But be ye doers of the word, and not hearers only, deceiving your own selves.

23 For if any be a hearer of the word, and not a doer, he is like unto a man beholding his natural face in a glass:

24 For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was.

25 But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed



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Benefits of Wearing The Belt of Truth

Romans 12:2

2 And **be not conformed** to this world: but **be ye transformed** by the **renewing** of your **mind**, that ye may prove what is that good, and acceptable, and perfect, will of God.

John 1: 5-7

5 This then is the message which we have heard of him, and declare unto you, that **God is light**, and in him is no darkness at all.

6 If we say that we have fellowship with him, and walk in darkness, we lie, and do not the truth:

7 But if we **walk in the light, as he is in the light**, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.



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The Belt of Truth

Reflection:

- How does truth act as a foundational piece of armor? In what ways does truth protect and prepare us for spiritual battles?
- How do you distinguish between spiritual truth and worldly deception?
- Reflect on a personal experience when standing on the truth helped you overcome a challenge.

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The Breastplate of Righteousness

Reading: Ephesians 6:14b

The breastplate protected a soldier's vital organs. In the spiritual sense, the breastplate of righteousness guards our hearts against the attacks of guilt, shame, and accusations. It symbolizes the righteousness we receive through faith in Christ, which shields us from condemnation.



The Breastplate of Righteousness

Spiritual Protection and Guarding the Heart:

Ephesians 6:14b: "**Stand firm** then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place."

- The breastplate of righteousness acts as a protective shield for our hearts against the attacks of the enemy. Just as a physical breastplate guards a soldier's vital organs, righteousness guards our spiritual heart. It shields us from feelings of guilt, shame, and condemnation, preserving the purity of our inner being.

Assurance of Salvation and Identity in Christ:

2 Corinthians 5:21: "**God made him who had no sin to be sin for us**, so that in him we might become the righteousness of God."

- The breastplate of righteousness reminds us of the righteousness we have through faith in Christ. When we put on this breastplate, we acknowledge our new identity in Him. This assurance bolsters our confidence in our salvation and the reality that we are seen as righteous in God's eyes



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The Breastplate of Righteousness

Spiritual Readiness and Confidence:

Isaiah 59:17: "He put on righteousness as his breastplate..."

- Wearing the breastplate of righteousness gives us the readiness and confidence to face the spiritual battles of life. Just as a soldier's breastplate prepares them for the battlefield, our righteousness prepares us to stand firm against the enemy's schemes. This readiness is not based on our own efforts, but on the righteousness that Christ provides.

The breastplate of righteousness into our spiritual armor not only protects our hearts but also assures us of our identity in Christ and empowers us to face challenges with confidence. It's a powerful reminder that we are covered by the righteousness of Christ, enabling us to stand firm in the face of spiritual warfare.



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The Breastplate of Righteousness

Reflection:

- How does righteousness guard our hearts in the midst of spiritual warfare? Why is it important to cultivate righteousness in our lives?
- How do you think living a righteous life affects your spiritual resilience?
- What are some practical steps you can take to nurture righteousness in your daily life?



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The Shoes: Gospel of Peace

Reading: Ephesians 6:15

Soldiers wore sturdy shoes for stability and mobility. The shoes of readiness, representing the gospel of peace, help us stand firm in the midst of trials. Being grounded in the message of salvation allows us to share it with others and be prepared for any situation.



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The Shoes: Gospel of Peace

Firm Footing and Stability:

Ephesians 6:15: "and with your feet fitted with the readiness that comes from the gospel of peace."

- Just as sturdy shoes provide stability for a soldier on uneven terrain, the shoes of the gospel of peace give us a firm foundation in the midst of life's challenges. This gospel brings us the assurance of God's peace, granting us stability and confidence in the midst of trials and uncertainties.

Readiness for Spiritual Battles:

Romans 10:15: "And how can anyone preach unless they are sent? As it is written: 'How beautiful are the feet of those who bring good news!'"

- The shoes of the gospel of peace equip us with a readiness to share the good news of salvation with others. Just as messengers in ancient times would run to share important news, we are prepared to share the message of God's love and redemption, contributing to the spiritual battles by bringing hope to others.



The Gospel of Peace: The Shoes of Readiness

Inner Peace and Calmness:

John 14:27: "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

- The gospel of peace brings inner tranquility and calmness to our hearts. Wearing these shoes allows us to walk in the peace that Christ offers, even in the midst of turmoil. This inner peace guards our minds and hearts against fear and anxiety that the enemy seeks to exploit.

The shoes of the gospel of peace into our spiritual armor not only gives us stability and readiness in facing life's challenges but also enables us to share the message of peace with those around us. It reminds us that we are carriers of God's message of reconciliation and hope, as we walk confidently in His peace.



The Gospel of Peace: The Shoes of Readiness

Reflection:

- How does the gospel of peace prepare us for spiritual battles? What role does inner peace play in our ability to stand firm?
- In what ways can you actively share the gospel of peace with those around you?
- How can you maintain a state of readiness and peace in your heart even in challenging circumstances?



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The Shield of Faith

Reading: Ephesians 6:16

A Roman shield could extinguish fiery arrows. The shield of faith defends us against doubt, fear, and spiritual attacks. Strong faith in God's promises deflects the enemy's assaults and strengthens our resolve.



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The Shield of Faith

Protection Against Spiritual Attacks:

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

- The shield of faith acts as a barrier against the enemy's attacks. Just as a physical shield blocks arrows, our faith shields us from the fiery darts of doubt, fear, and deception that the enemy aims at us. Faith in God's promises provides a strong defense.

Strengthened Trust in God:

Hebrews 11:1: "Now faith is confidence in what we hope for and assurance about what we do not see."

- Wielding the shield of faith strengthens our trust in God's character and His Word. As we face challenges and uncertainties, our faith in His faithfulness grows, giving us the confidence to stand firm in His promises even when circumstances seem daunting.



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The Shield of Faith

The shield of faith into our spiritual armor empowers us to confront the enemy's assaults with unwavering confidence and strength. This shield fortifies our reliance on God's protection, enabling us to surmount challenges and achieve victory in our spiritual journey.

Reflection:

- How does faith serve as a defensive tool against the attacks of the enemy? Share an instance where your faith acted as a shield in your life.
- What are some common attacks on your faith? How can you strengthen your shield to withstand them?
- How can you encourage others to develop a strong and resilient faith?



The Helmet of Salvation

The helmet protected a soldier's head. The helmet of salvation guards our minds against doubt, confusion, and false beliefs. Knowing and embracing our salvation secures our identity in Christ.

Reading: Ephesians 6:17a



The Helmet of Salvation

Mind Protection and Clarity:

Ephesians 6:17a: "Take the helmet of salvation..."

- The helmet of salvation guards our minds from the enemy's attacks on our thoughts and beliefs. Just as a physical helmet shields the head, this spiritual helmet protects us from doubts, confusion, and lies, providing clarity of mind.

Assured Identity in Christ:

Romans 8:16: "The Spirit himself testifies with our spirit that we are God's children."

Wearing the helmet of salvation reminds us of our identity as children of God. It assures us of our salvation through Christ and solidifies our confidence in God's unchanging love and acceptance.



The Helmet of Salvation

Confidence in Eternal Hope:

- 1 Thessalonians 5:8: "But since we belong to the day, let us be sober, putting on faith and love as a breastplate, and the hope of salvation as a helmet."
- The helmet of salvation embodies our hope in Christ's return and eternal life. This hope empowers us to face life's challenges with confidence, knowing that our ultimate victory is secured through Christ.

The helmet of salvation into our spiritual armor protects our minds, strengthens our identity in Christ, and instills in us the hope that sustains us through life's trials. It is a constant reminder of the redemption and eternal life we have through Jesus Christ.

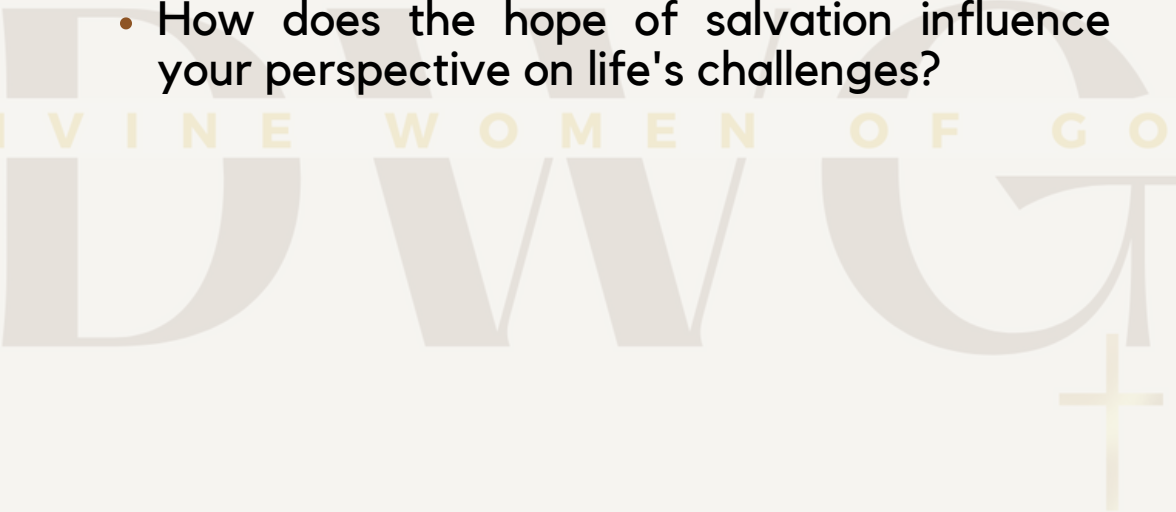


The Helmet of Salvation

Reflection:

- How does the assurance of salvation guard our minds in the midst of spiritual warfare? What are the implications of understanding and embracing our salvation?
- How can you combat doubts and negative thoughts with the truth of your salvation?
- How does the hope of salvation influence your perspective on life's challenges?

D I V I N E W O M E N O F G O D



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The Sword of the Spirit: The Word of God

Confidence in Eternal Hope:

Reading: Ephesians 6:17b

The sword was both a defensive and offensive weapon. The sword of the Spirit, which is the Word of God, equips us to counter the enemy's lies with God's truth. It is a powerful tool for discernment, guidance, and defeating spiritual attacks.



The Sword of the Spirit: The Word of God

Spiritual Discernment and Guidance:

Hebrews 4:12: "For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."

- The sword of the Spirit, the Word of God, helps us discern between truth and deception. It provides guidance for our decisions, thoughts, and actions, allowing us to navigate life's complexities with wisdom.

Defeating Temptation and Overcoming Lies:

Matthew 4:4: "Jesus answered, 'It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

- Just as Jesus used the Word of God to counter the enemy's temptations, the sword of the Spirit empowers us to resist temptation and combat the lies of the enemy. It equips us with the truth to overcome the strategies of deception.



The Sword of the Spirit: The Word of God

Encouragement and Comfort in Trials:

Psalm 119:105: "Your word is a lamp for my feet, a light on my path."

- The sword of the Spirit provides us with encouragement, comfort, and direction during trials. It illuminates our path, bringing clarity and assurance, and serves as a source of hope that sustains us in difficult times.

The sword of the Spirit, the Word of God, into our spiritual armor grants us discernment, the power to overcome, and a source of strength and guidance. It's a transformative tool that empowers us to engage in spiritual battles with confidence and reliance on God's truth.



The Sword of the Spirit: The Word of God

Reflection:

- How does the Word of God act as an offensive weapon in spiritual battles? Share a personal experience where God's Word provided guidance and strength.
- How can you make studying and meditating on the Word a regular practice in your life?
- Share a Bible verse that you find particularly empowering in times of difficulty.



Prayer and Supplication in the Spirit

Encouragement and Comfort in Trials:

Reading: Ephesians 6:18

Although not a physical armor piece, prayer is essential in spiritual warfare. It connects us with God's strength, wisdom, and guidance. Praying in the Spirit empowers us to overcome challenges and stay alert.



Prayer and Supplication in the Spirit

Spiritual Connection and Intimacy with God:

Romans 8:26: "In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans."

- Prayer and supplication in the Spirit allow us to connect intimately with God. It's a means of communing with the Holy Spirit, even when we don't have the right words. This deepens our relationship with God and strengthens our dependence on Him.

Guidance and Wisdom in Decision-Making:

- James 1:5: "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."
- Praying in the Spirit enables us to seek divine guidance and wisdom for the decisions we face. The Spirit intercedes on our behalf, helping us align our choices with God's will and purpose.



Prayer and Supplication in the Spirit

Spiritual Empowerment and Overcoming Challenges:

- Jude 1:20: "But you, dear friends, by building yourselves up in your most holy faith and praying in the Holy Spirit..."
- Prayer and supplication in the Spirit build our spiritual strength and resilience. This form of prayer empowers us to overcome challenges, conquer spiritual battles, and find strength even in our weaknesses.

Prayer and supplication in the Spirit into our spiritual life offers us a direct line of communication with God, guidance for decisions, and empowerment to face life's challenges. It deepens our spiritual connection and equips us with the strength we need to navigate our journey of faith.



Prayer and Supplication in the Spirit

Reflection:

- Why is prayer essential in our spiritual warfare? How does it complement the other pieces of the armor?
- What are some hindrances to consistent and fervent prayer in your life? How can you overcome them?
- Create a prayer strategy that incorporates the different elements of the armor of God.



The Full Armor of God

Throughout this study, we have explored the transformative power of the armor of God and its significance in our spiritual journey. May you go forth equipped, ready to face the challenges of life with the full armor of God, trusting in His strength and guidance



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