

“God Is Able”
Gleanings From the Book of Ephesians
Ephesians 3:20

Lesson 7
The Armor of God

Surely no one would argue the fact that the Christian life is a battlefield...a spiritual battlefield. When we became Christians, we quickly learned that we were no match, in our own strength, for the enemy of our souls. But, no worries! God has given us spiritual armor so we can stand firm against the enemy that He has already defeated. Let's take a look at what God has provided so we can walk victoriously during this earthly pilgrimage.

Read Ephesians 6:10-18.

1. As believers we know that the Lord is our strength. Yet here we are commanded to *be strong in the Lord and the power of His might*. What do the following verses tell us about our part?

Deuteronomy 20:3 –

Joshua 1:6-9 –

1 Chronicles 28:20 –

1 Corinthians 16:13

- a. In your own words, explain our part in being *strong in the Lord and the power of His might*.
 - b. Read Philippians 4:13. What can the believer do *through Christ*?
 - c. How is the believer to apply this verse in her daily life?
2. According to Ephesians 6:11, why are we to *put on the whole armor of God*?
- a. The *wiles* can be defined as craftiness, deceitfulness, or trickery. What do the following verses say about the *devil*?
- John 10:10
- 1 Peter 5:8
- Revelation 12:9

- b. Why do you think believers fall pray to the *wiles of the devil*?
 - c. How does knowing the *devil is seeking to devour* you cause you to see your need to *put on the whole armor of God*?
3. From the verses in the previous question, and from the description of the devil's followers in Ephesians 6:12, we know who our enemy is and what his intentions are toward us. Yet we must never believe that we are without power to resist him. Record the words of James 4:7 below:
- a. Before we *resist the devil*, what must we do?
 - b. Describe what it means to *submit to God*?
 - c. According to Ephesians 4:13, what must we do to *resist (withstand) the enemy*?

Ephesians 6:14a *Stand therefore, having girded your waist with truth...*

4. According to Ephesians 6:14, what position are we to be in as we *gird our waist with* (put on the belt of) *truth*?

- a. Think about how hard it is to put on a belt while you are lying down or sitting. What do you think the spiritual significance is of *standing* while you put on *truth*?
- b. Read Romans 13:11-14. Rather than telling us to *put on truth*, Paul tells us to *put on the Lord Jesus Christ*. What do you think it means to *put on the Lord Jesus Christ*?

Eph. 6:14b *having put on the breastplate of righteousness...*

- 5. Because Jesus reconciled us to God, we have access to the Holy Spirit Who enables us to walk *righteously*. What does 1 John 2:29 say about those who *practice righteousness*?
 - a. Describe how you personally experience this in your life.
 - b. *...being filled with the fruits of righteousness which are by Jesus Christ, to the glory and praise of God* (Philippians 1:11). *Fruits* are a result. A life lived in response to the *righteousness* granted through Jesus Christ produces *fruit*. Describe the *fruit* of a life lived *righteously*.
 - c. Describe the *fruit* of a life lived un*righteously*.

- d. Too many believers settle for somewhere in between the two. Describe that life.

Ephesians 6:15 *and having shod your feet with the preparation of the gospel of peace...*

- 6. Simply stated, the gospel is the good news that man can be made right with God by believing in the death, burial, and resurrection of Jesus Christ. The believer has two distinct responsibilities to the *gospel*. The first is to live a life in response to it. As we relate to this lesson, we are to live in the *peace* that God has provided through the *gospel*. What does a life look like that has put on *the preparation of the gospel of peace*?

- a. Although God gives *peace*, it is the believer's responsibility to appropriate it (put it on). What do the following verses say about this?

Isaiah 26:3 –

Luke 1:79 –

John 14:27 –

Philippians 4:6-7 –

- b. Why is a life that lacks *peace* a poor reflection of the *gospel*?

- c. Our second responsibility to the *gospel* is to share it with others. Read the following verses and record what they say about sharing the *good news*.

Isaiah 40:9 –

Isaiah 52:7 –

Romans 10:14-15 –

- d. What is so *beautiful* about *feet* that are used to spread the *gospel*?

- e. Our *feet* are to be *prepared*. We are to be ready to share the *gospel*. What do the following verses teach about being *ready*?

Romans 1:15 –

2 Timothy 4:2 –

1 Peter 3:15 –

- f. In what ways does a heart *prepared* to share *the gospel* enable one to *stand against the wiles of the devil*?

Ephesians 6:16 *above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one.*

7. God requires that we trust Him/have *faith* in Him. What do these verses tell us about God that should cause us to know we can rely upon Him?

1 Corinthians 10:13 –

1 Thessalonians 5:24 –

2 Thessalonians 3:3 –

2 Timothy 2:13 –

Hebrews 10:23 –

1 Peter 4:19 –

1 John 1:9 –

- a. God is *faithful*. *Faith* pleases God. According to Ephesians 6:16, what will we be *able* to do when we *take the shield of faith*?

- b. Satan has an entire arsenal of *darts* (means by which to challenge your *faith*). What are some of the thoughts he uses to attack the believer's *faith*?

- c. God provides the reason to walk in *faith*. He provides the *shield of faith* for us to take up. What do the following verses say about our responsibility?

Philippians 1:27 –

1 Timothy 1:19 –

1 Timothy 6:20-21 –

Jude 1:3 –

Jude 1:20 –

- d. What are some of the pitfalls of not remaining steadfast in our *faith*?

Ephesians 6:17a *And take the helmet of salvation...*

8. What part of the body does a *helmet* protect?

a. According to 2 Corinthians 11:3, what is one of Satan's goals for your *mind*?

b. Satan constantly attacks the believer's assurance of *salvation*. According to the following verses what can we know?

Romans 10:9-10 –

1 John 5:4-5 –

c. What would Satan like us to believe about *salvation*?

d. What effect does doubting *salvation* have on a believer?

e. What do Galatians 1:4 and Hebrews 7:25 say about Jesus in regard to our *salvation*? What assurance does this give you?

f. The believer is responsible to *put on* the *helmet of salvation* which God has provided. What do Galatians 5:1 and Hebrews 10:23 tell us to do?

- g. Practically, how does the believer do this?

Ephesians 6:17b *...and the sword of the Spirit which is the word of God.*

- 9. In Matthew 4:3-10, Jesus was led up by the Spirit in to the wilderness to be tempted by the devil. Rather than using His supernatural powers, what did He use to resist the devil?
 - a. Why do you think Satan continues to look for opportune times to tempt a believer even though the believer has successfully used the *Word of God* against previous temptations?
 - b. In Psalm 119:11, what did David say he did to resist the enemy (*that he might not sin*)?
 - c. The *Word of God* has been referred to as a *sword* in other verses of the Bible. What does Hebrews 4:12 say about *God's Word*?
 - d. The *Holy Spirit* used the *Word of God* as a *sword*. What is the role of the Holy Spirit in each of the following verses?

Luke 12:12 –

Luke 21:15 –

Acts 6:10 –

1 Corinthians 2:12-13 –

- e. Read Psalm 19:7-11 and list the benefits of God's Word.
- f. Why is it profitable to know God's Word **before** we are attacked by the enemy?

Ephesians 6:18 *praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints--*

10. Now that the soldiers are dressed for battle in all of their armor, Paul adds two things in verse 18 that believers should also do in order to be fully prepared for warfare. What is the first instruction?
- a. Paul uses the word *always* to express how often we are to *pray*. Realistically, we cannot be *always* praying or praying *without ceasing* (1 Thess. 5:17). In a practical sense, what do you think Paul is telling us to do?
 - b. With his instruction to pray, Paul includes an additional command. What are we to do?
 - c. Why did Jesus tell the disciples to *watch* in Matthew 26:41?
 - d. Often, the words *watch* and *pray* are linked together. Consider the following verses by recording what they say about this:

Colossians 4:2 –

1 Peter 4:7 –

- e. How might this attitude (*being watchful to this end with all perseverance*) cause a believer to *stand against the wiles of the devil* (Ephesians 6:11)?

This letter to the Ephesians has been rich with doctrine and practical application. As you think about all you have learned in this letter, what stands out as most important or most memorable?





