

Liberty Online Ministries



The Armor of God Ephesians 6



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“Finally, be strong in the Lord and in the strength of His might. Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God.”
Ephesians 6:10-17

Girding Your Loins?

The Armor of God – The Belt of Truthfulness Ephesians 6

Belts are more of an accessory now, so the idea of girding your loins is somewhat lost. It could be a belt that matches the shoes and purse or a belt that sports the largest buckle, but belts are not a big thing these days, other than for looks. Although, I will admit that belts will be around forever. Do you remember suspenders? They tried to take the place of belts, but now the only place you see them is on clowns.

Brainstorm with me for a bit. What are some of the different ways that a belt can be used?

I am sure there are many more. As a kid I used my belt to pick on my brothers, slap flies, and climb trees. Belts have so many uses. The only use I didn't like was its application to my hind quarters. Memories.

Paul tells us to gird our loins with the belt of truth. His understanding for the use of a belt is a little different from ours. Now take a look at the passage in Ephesians 6. Read verses 10 through 17 and count the number of times Paul uses the word “stand”. Why does Paul make a big deal about standing?

There is a command here that calls us to arms. We are to stand because standing is a position of offense. It is a position of battle or readiness. This may be why he starts with the belt first, because the belt is a piece of armor that denotes readiness. The Roman soldier wore a tunic or outer garment that served as his primary clothing. Since the greatest part of ancient combat was hand-to-hand, a loose tunic was a potential hindrance and even a danger. Before a battle it was therefore carefully cinched up and tucked into the heavy leather belt that girded the soldier's loins. This same belt also held the soldier's sword.

Consider a belt for a moment. When you are wearing a belt there is almost this sense of confidence and readiness. This is more true to the soldier whose battle and life may depend on being ready and confident for battle. There are other times in Scripture where girding was mentioned denoting readiness, strength or confidence.

1. God's instructions to Moses at the Passover - Exodus 12:11
2. Jesus concerning his second coming - Luke 12:35
3. Being girded with might - Psalms 65:6
4. Strengthened for battle - Psalm 18:32
5. Strengthening the mind - 1 Peter 1:18

Girding the loins was a mark of preparedness, and the soldier who was serious about fighting was sure to secure his tunic with his belt.

Alethia means truth.

*“Also righteousness will be the belt about His loins, And faithfulness the belt about His waist.”
Isaiah 11:5*

This wasn't just a belt, but a belt of truth. What do you think Paul was getting at when he said belt of truth?

The belt that girds it all securely together and demonstrates the believer's readiness for war is truth. *Alethia*, translated "truth", basically refers to the content of that which is true. One aspect of truth is the content of God's Word, which is absolutely essential for the believer in his battle against the schemes of Satan. Without the truth of Scripture, as the apostle has already pointed out, we are subject to being "carried about by every wind of doctrine, by the trickery of me, by craftiness in deceitful scheming" (Ephesians 4:14).

Here is a challenge. What was the last thing that you learned about God? Go ahead and write it down, but also include when that was.

Was it awhile ago or just yesterday in your personal time with Him? It is hard to find the time, but we must know the truth and in order to know the truth we must study it.

There is another aspect of *alethia* which refers to the attitude of truthfulness. It is an attitude of readiness and of genuine commitment and the mark of the sincere believer who forsakes hypocrisy and shame. It is a faithfulness and loyalty as seen in Isaiah 11:5.

Paul takes this first piece of the armor to call the believer to readiness in the truth of God's Word and the faithfulness to stand by it.

We are to gird our loins with the belt of truth. Did you but on truth today?

In what ways can you put on the belt of truth in your life? (Example: being more honest with yourself about faults.)

Commit today to put on the belt of truth.

What do you need to do in response to this lesson?

Protect Your Body

The Armor of God – The Breastplate of Righteousness Ephesians 6

“Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness.”
Ephesians 6:14

We are in a spiritual battle and we don't wrestle against this physical world, but against the forces of darkness. Sounds like a sci-fi or horror movie, but it was a reality long before it was a movie script. This battle goes on everyday and as Paul explains it we have armor that we are able to put on to protect us. Part of this armor is the breastplate.

We have all seen movies or read books where there is an intense battle scene. As the battle rages on, one of the heroes is struck with a spear or arrow or bullet to the chest. He is thrown back from the impact and lies lifeless against the wall. Of course, we all gasp as we begin to reason that it is too soon for him to die or he wasn't the right one to die. Moments later, when there is a break in the battle, a trusted comrade comes to see his condition. To the amazement of his friend, the fallen hero opens his eyes. “You should be dead!” proclaims his friend. “I came prepared,” he says, as he reveals armor under his mantle.

The breastplate is an important piece of armor.

Think of a time when you have disobeyed God. I know for me, I do not have to think too hard nor do I have to go too far back. How did disobedience make you feel?

Let's take a little different approach. Think of a time that you compromised, or maybe you did not act justly towards someone. How did that make you feel?

For me, I felt it in my chest and stomach. It was this pain or heartache that came from within me. Even though there were times that I tried to ignore it, the pain would still be there.

The first piece of armor Paul mentioned is the belt of truth. Part of that is being truthful with myself in allowing God to reveal areas that are not right. The breastplate is then put on to protect me and help me in righteousness and along with the belt. This is armor that is never to be removed.

No Roman soldier would go into battle without his breastplate, a tough, sleeveless piece of armor that covered his full torso. It was often made of leather or heavy linen, onto which were sewn overlapping slices of animal hooves or horns or pieces of metal. Some were made of large pieces of metal molded or hammered to conform to the body. The purpose of that piece of armor is obvious—to protect the heart, lungs, intestines, and other vital organs.

"And put on the **new self**, which in the likeness of God has been created in righteousness and holiness of the truth. Therefore, laying aside falsehood, speak truth each one of you with his neighbor, for we are members of one another. Be angry, and yet do not sin; do not let the sun go down on your anger, and **do not give the devil an opportunity.**"
Ephesians 4:24-27

Is there anything in your arm or leg that is vital to your body? It is all in the chest area, with the exception of the brain, but that piece of armor comes later.

In ancient Jewish thinking, the heart represented the mind and the will and the bowels were considered the seat of emotions and feelings. The mind and the emotions are the two areas where Satan most fiercely attacks believers.

How does the enemy attack the mind and the emotions today?

How has the enemy attacked your mind and emotions in the past few days?

Satan creates a world system, a sinful environment by which he tempts us to think wrong thoughts and to feel wrong emotions. He wants to cloud our minds with false doctrine, false principles, and false information, and he seeks to undermine pure living and replace it with immorality, greed, envy, hate, and every other vice. He wants us to laugh at sin rather than mourn over it, and to rationalize it rather than confess it and bring it to the Lord for forgiveness. He is against righteousness and justice.

Do you see a need for the breastplate yet?

Let's look at the righteousness part of this armor. How would you define the word righteousness?

People sometimes have a misunderstanding of the word "righteousness". Paul is obviously not speaking here of self-righteousness, which is not righteousness at all but the worst form of sin. So many people take on this self-righteousness which is man-made legalistic rules that change the outside man, making him proud and spiritual looking, but they make God sick.

This is also not the imputed righteousness given to us at salvation (Romans 4:6, 11, 22-24). We are permanently dressed in that righteousness, throughout our lives on earth and throughout all eternity. God's imputed righteousness is the basis of our Christian life and of our Christian living. It protects us from hell, but it does not, in itself, protect us from Satan in this present life.

So what is this righteousness? The breastplate of righteousness that we put on as spiritual armor against our adversary is the practical righteousness of a life lived in obedience to God's Word. It is righteous behavior that is seen earlier in Ephesians 4:24-27, which having been done, will "not give the devil opportunity" (Colossians 3:9-14.).

This righteousness is living moment-by-moment in obedience to the Heavenly Father. To put it another way, this part of the armor is simply holy living which is seen in Scripture.

We know that a Christian would be living in sin if not practicing righteousness, but can you think of some of the benefits lost to a Christian who is not living rightly?

Right living protects and blesses the believer. If I keep within the speed limit, I will not be pulled over for speeding, I will not have fear when I see a police car, there is less of a chance that I will be in an accident, and I am obeying the authorities placed above me. Right living protects and blesses us.

Here are some things to consider if we are not living rightly:

1. It will cost the Christian his joy. In 1 John there are many commands and warnings given to believers “so that our joy may be made complete” (1 John 1:4, Romans 6).
2. It will cause fruitlessness. The disobedient Christian is unproductive in the things of the Lord.
3. It brings a loss of reward. Whatever the worldly, fleshly believer does will never amount to anything worth of heavenly praise (1 Corinthians 3:12-15).
4. It brings a reproach on God’s glory. The greatest evil of a Christian’s sin is its reflection on his heavenly Father. Unholiness fails to “adorn the doctrine of God our Savior in every respect” (Titus 2:10).

Consider the words of Peter “Beloved, I urge you as aliens and strangers to abstain from fleshly lusts, which wage war against the soul” (1 Peter 2:11).

Is God dealing with you about an issue that is not considered righteousness? Deal with it. Deal with it now.

What things need to be surrendered to God in your life that does not reflect right or holy living? It could be movies you watch or activities that you are a part of.

“The night is almost gone,” Paul says, “and the day is at hand. Let us therefore lay aside the deeds of darkness and put on the armor of light...Put on the Lord Jesus Christ, and make no provision for the flesh in regard to fulfill lusts” (Romans 13:12,14)

Start today to live righteously, because we cannot afford to forget the breastplate.

What do you need to do in response to this lesson?

Not living rightly will:

- Cost a Christian his joy
- Cause fruitlessness
- Bring a loss of reward
- Bring a reproach on God’s glory

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

Sure Footing

The Armor of God – The Shoes of the Gospel of Peace Ephesians 6

It's a battle out there. Sometimes I don't even want to crawl out of bed because I know just the traffic to work will be a battlefield. Paul says that we do not wrestle the things of this world, but that our fight is in the spiritual realm which is all around us.

Bummer. I guess sleeping in will not help me avoid the battle.

God gives us weapons of war. There is the belt, the breastplate, the helmet, the shield, the sword, and the shoes.

Shoes, like the belt, are more of a fashion statement today. I have known people to have shoes for every occasion. There are dress shoes, work shoes, and leisure shoes. There are also special shoes for every sport, sometimes several types for a given sport. A tennis player might wear one type of shoe on a concrete court, another kind on clay, and still another on grass. Likewise, football and baseball players wear different shoes to play on different surfaces.

What makes a pair of shoes a good pair of shoes?

We each have different reasons that we like shoes, but in reality shoes are primarily to protect our feet.

Why do you think a Roman soldier's shoes were important?

Roman soldier's shoes had a much different purpose than the shoes you may have on, because a soldier's very life could depend on them. As he marches on rough, hot roads, climbs over jagged rocks, tramples over thorns, and wades through streambeds of jagged stones, his feet need much protection. A soldier whose feet are blistered, cut, or swollen cannot fight well and often is not even able to stand up—a perilous situation in battle.

In addition to being made tough and durable to protect his feet, the Roman soldier's shoes, or boots, were usually impregnated with bits of metal or nails to give him greater traction as he climbed a slippery cliff and greater stability as he fought. It may have also been used on the battle field to finish off any fallen enemy.

A Christian's spiritual footwear is equally important. Verse 15 says, "And your feet shod with the preparation of the gospel of peace." The Greek word for preparation has the general meaning of readiness. A good pair of boots allows the soldier to be ready to march, climb, fight, or do whatever else is necessary.

"For while we were still helpless, at the right time Christ died for the ungodly. For one will hardly die for a righteous man; though perhaps for the good man someone would dare even to die. But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us. Much more then, having now been justified by His blood, we shall be saved from the wrath of God through Him. For if while we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life."
Romans 5:6-10

"What then shall we say to these things? If God is for us, who is against us? But in all these things we overwhelmingly conquer through Him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord."
Romans 8:31, 37-39

Okay. So it is easy to understand the need for shoes, but how does a gospel of peace fit on a field of war? What do you think Paul is saying?

Our understanding comes from Romans 5 where Paul explains that we are unrighteous sinners, who are under God's wrath. He continues to explain the wonderful work that Christ did on the cross.

Read Romans 5:6-10.

Did you see it? Paul explains that believers were enemies, but because of Christ's death we are now reconciled or at peace with God. This is how Paul starts out the chapter. We now have peace with God. We are on God's side. We are reconciled. This readiness of the gospel of peace is the ability to stand firm knowing that we are at peace with God.

This idea of peace with God in the midst of a battle has some awesome ramifications. What are some ramifications of being at peace with God in battle?

Do you remember the story of Peter and John before the Sanhedrin? They told the council that they couldn't obey the command to stop preaching because they were going to serve God (Acts 5:27-29). They had no fear because they knew who was on their side. They could stand firm and ready with the gospel of peace. They were at peace.

The believer who stands in the Lord's power need not fear any enemy, even Satan himself. When he comes to attack us, our feet are rooted firmly on the solid ground of the gospel of peace. We, who were once His enemies, are now His children, and our heavenly Father offers us His full resources to "be strong in the Lord, and in the strength of His might" (Eph. 6:10).

Read Romans 8:31, 37-39.

Do you really believe that God is for you? Is there an area in your life that you are not at peace about? Put it into words.

Now take that thing and offer it to God. Having your feet shod with the preparation of the gospel of peace is knowing that at this moment you are at peace with God and therefore can stand firm in a world that is in turmoil and chaos.

It's a battle out there. Are you at peace?

What do you need to do in response to this lesson?

“...in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one.”
Ephesians 6:16

Quench those Fiery Darts

The Armor of God – The Shield of Faith Ephesians 6

A shield can be a very menacing thing. I cannot think of a shield that has flowers on it or a happy face. Most shields have emblems on them that invoke fear. An army that is advancing wants to strike fear in the hearts of their enemy. Fear can be very damaging.

What are some things that you fear?

I fear failure. I do not want to fail anyone. That includes my family, my co-workers, my ministry, and mostly my God. I say again, fear can be very damaging.

Paul explains the need to be equipped with the shield of faith. He has a break here in the list of armor. “In addition to all” introduces the last three pieces of armor. The first three, the belt, breastplate, and shoes were for long-range preparation and protection and were never taken off on the battlefield. The shield, helmet, and sword, on the other hand, were kept in readiness for use when actual fighting began.

Do you see other differences between the first three pieces and the last three pieces?

There are some differences, but the truth remains that we need to put on the entire armor.

Now let’s look into the history behind the shield. Roman soldiers used several kinds of shields, but there were two that were most common. The first was a small round shield, two feet in diameter. It was secured to the arm by two leather straps and was relatively lightweight. This shield was used to block the sword blows of the enemy in hand-to-hand fighting.

The second shield was the thureos, which Paul refers to here. This shield was about two and half feet wide and four and a half feet high.

Why do you think a soldier would need two different kinds of shields?
Why do you think Paul referred to the second one rather than the first?

Different shields were for different ways of fighting. This second shield was designed to protect the entire body of the soldier. The shield was made of a solid piece of wood and was covered with metal or heavy oiled

leather. The soldiers who carried these shields were in the front lines of battle and normally stood side by side with their shields together, forming a horizontal wall extending as long as a mile or more. This kind of a stance would strike fear in the enemy because from a distance it was hard to see where the break was. It looked like a solid wall.

The shields were also useful in the aerial attack. The archers stood behind this protective wall of shields and shot their arrows as they advanced against the enemy. Anyone who stood or crouched behind such shields was protected from the barrage of enemy arrows and spears.

Now think of this shield. Why do you think Paul equates the shield with faith?

The faith to which Paul refers here is not the body of Christian beliefs. The passage would have read "the shield of *the* faith". The Christian beliefs were taken care of in the belt of truth. Here, Paul refers to basic trust in God. Faith takes hold of God's promises and God's resources which produce firm resolve.

How is your faith? Is there an area in your life in which you have not been trusting God? Write it down.

It is s trust issue.

I know it is easier to say it than it is to do it, but we need to give it to God. Our faith or trust in God is our shield against the enemy and the fiery darts.

Let me explain. In New Testament times the tips of arrows would often be wrapped in pieces of cloth that had been soaked in pitch. Just before the arrow was shot, the tip would be lit and then shot at the enemy troops. The pitch burned fiercely, and on impact it would spatter burning bits for several feet, igniting anything flammable it touched. So the arrow not only pierced the soldier's bodies, it could inflict serious burns and destroy clothing and gear. The shield, which had a covering of metal or leather soaked in water, was the most reliable protection against such flaming missiles because would either deflect or extinguish them.

Satan continually bombards God's children with temptations to immorality, hatred, envy, anger, covetousness, pride, doubt, fear, despair, distrust, and every other sin. These sound like fiery missiles to me. Satan's initial temptation to Adam and Eve was to entice them to doubt God and instead to put their trust in his lies. That was the first of his flaming missiles, from which all the others have lighted their flames. Every temptation, directly or indirectly, is the temptation to doubt and distrust God.

Do you see the enemy's purpose? It is to cause believers to forsake their trust in God, to drive a wedge between the Savior and the saved.

"For whatever is born of God overcomes the world; and this is the victory that has overcome the world--our faith."
1 John 5:4

“Every word of God is tested; He is a shield to those who take refuge in Him. Do not add to His words Or He will reprove you, and you will be proved a liar.”
Proverbs 30:5-6

The shield of faith protects us from the lies of the enemy. 1 John 5:4 says that it is our faith that gives us victory and overcomes the world.

Read Proverbs 30:5-6.

Do you believe that every word of God is true? Do you believe God for who He says He is as revealed in Scripture?

What is it that God is asking you to have faith in?

Ask God to help you trust in Him with it, then take up your shield of faith and quench those fiery darts.

“It is faith in something that makes our lives worth living, but it is faith in Christ that makes life worth losing.” (Author unknown)

What do you need to do in response to this lesson?



Protecting the Noggin

The Armor of God – The Helmet of Salvation Ephesians 6

“And take the helmet of salvation, and the sword of the Spirit, which is the word of God.”
Ephesians 6:17

Head injuries are a serious issue. There have been accidents where victims had what seemed to be minor injuries, but because there was a blow to the head, they had serious head trauma. Even people riding bicycles can have serious head injuries if they fall. Think about it. Would you want to play professional football with no helmet?

I remember a time playing basketball in high school. I got the ball and was headed down court on a fast break. An opponent behind me went to knock the ball and hit my ankle instead. I went tumbling forward, headed for the cement wall at the end of the court. Fortunately, there was a mat that hung on the wall to protect people from injury. Unfortunately for me, I hit the wall just below where the mat was hanging. I was taken to the hospital and had my head examined. I had a concussion, but they found nothing more.

I still use that for an excuse.

Paul explains that God gives us a piece of armor to protect the head. Why do you think the head, spiritually speaking, needs protection?

It is in our head that we formulate doubt and discouragement. Have you ever had those moments where you have gotten all worked up on an issue? Maybe it was because of something that was said. Suddenly, in your mind, you are having a conversation about how it was taken and who will be offended by it. Then you begin to build your defense of what was said. Finally, you conclude that you will never talk again. If I am the only one who has done this then maybe there is something wrong with my head.

We are called to take up the helmet of salvation. This piece of God's armor is represented by the Roman soldier's helmet, which he never entered battle without. Some of the helmets were made of thick leather covered with metal plates, and others were of heavy molded or beaten metal. They usually had cheek pieces to protect the face.

Let's brainstorm about the dangers for a moment. What did the soldier's head need to be protected from?

There were primarily two kinds of swords one is the short sword that Paul talks about later. The other is the three- to four-foot long double-edged sword usually carried by cavalry. The cavalry would come in on horses and swing at heads. The helmet was to protect against these attacks. The fact that the helmet is related to salvation indicates that

*"But since we are of the day, let us be sober, having put on the breastplate of faith and love, and as a helmet, the hope of salvation."
1 Thessalonians 5:8*

Satan's blows are directed at the believer's security and assurance in Christ. That is why we need this protection.

Satan has a double-edged sword that he attacks the believer with: discouragement and doubt.

Have you had a recent attack from discouragement? How did you handle it?

Satan will use Christians and non-Christians to discourage a believer, and he does a great deal of this. Satan has been successful in getting us to fight people rather than fighting what is causing people to be the way they are. Another way Satan discourages us is when he points to our failures, our sins, our unresolved problems, our poor health, or to whatever else seems negative in our lives in order to make us lose confidence in the love and care of our heavenly Father.

What about doubt? Has the enemy attacked you with doubt recently? How did you work through it?

Doubt is what separates us from truly knowing and following Christ whole-heartedly. Doubt is the very reason why a person has trouble knowing God more, through prayer and scripture. We may be tempted to doubt our calling, our choice in marriage partner, our job, our abilities, and so many other things. Doubt has a tendency to cripple us just as a head injury may cripple someone who otherwise is perfectly healthy.

Take some time later to read through 1 Kings 18-19 and see how a man of God had to work through discouragement and doubt.

The helmet of salvation protects us from doubt and discouragement in two ways.

There is a present sense of protection in that believers are saved and sealed. We are presently a child of the King of Kings and Lord of Lords. In that way we are set free from the bondage of sin and are protected from the blows which Satan tries to hit us with.

Do you know Christ as your personal Savior? If not visit www.libertyonlineministries.com and click on the "Who is Jesus?" button. If you have made that decision, when was it? How did it happen?

It is good to remember back to that day, as it reminds us that we are His child.

The second protection is in the future sense. It is the hope of salvation as seen in 1 Thessalonians 5:8. It is the knowledge of the victory that we

*"I have fought the good fight, I have finished the course, I have kept the faith."
2 Timothy 4:7*

have in Jesus now and in the age to come. It gives us strength from discouragement and doubt because our future is secure.

The battle that we are in is a constant battle and the enemy will not give us a break. From the time you accepted Christ as your Savior until this very moment you are in the battle. Satan will try every opportunity to discourage you and cast doubt in you.

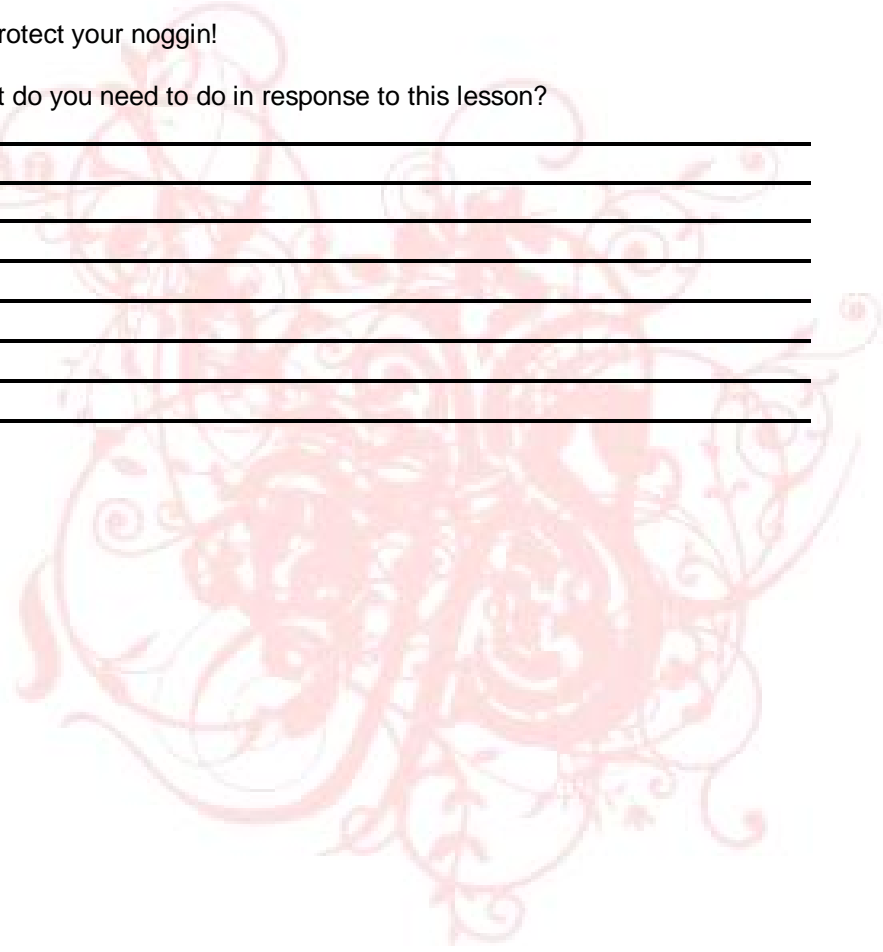
What are the things that are causing doubt and discouragement in your life right now? Make a list of them.

Now take each one of those things and give it to the Lord. Ask Him to remind you of your present salvation and the hope of salvation. Let your helmet of salvation be a protection to you.

We must not lose heart in struggles, victories, or defeat so that in the end, we may gain. It is only when our work on earth is finished can we say with Paul, "I have fought the good fight, I have finished the course, I have kept the faith," (2 Timothy 4:7) and no matter what our spiritual enemies may throw against us, we are secured by salvation through God's own power.

So protect your noggin!

What do you need to do in response to this lesson?



Butter Knife or Blade?

The Armor of God - The Sword of the Spirit Ephesians 6

“And take the helmet of salvation, and the sword of the Spirit, which is the word of God.”

Ephesians 6:17

What is it about a soldier that makes him dangerous?

He may have menacing armor and a fearful looking shield. He may even have some dangerous footwear, but it is a soldier's weapon that makes him the most dangerous. The other parts of his armor are meant to withstand the attacks of the enemy, but the weapon he carries is meant to attack, to strew down those that stand before him. I am sure a shield can become a weapon, but not nearly as effectively as a sword or gun.

The mere look at a weapon can bring fear into someone's heart. Why is that?

A weapon can shout death and defeat to those who come against it. It brings this sense of fear because the bigger the weapon the greater the fall. Why is it then that believers will put on the entire armor except for their swords? Those that do pick up the sword are not sure how to use it or may even cut themselves before they are a threat to the enemy.

Have you had a time where you have heard the Scripture being misused? What happened?

Paul says that our weapon is the sword of the Spirit which is the Word of God. In the first century, when the Roman foot soldiers were involved in hand-to-hand combat, a sword was considered among the Romans as the central weapon for victory in warfare. In Ephesians 6, the sword in which Paul refers to is the *machaira*. This particular sword varied in length from six to eighteen inches and was the common sword carried by Roman foot soldiers. This type of sword was able to be pulled out quickly and thrust into an enemy and then quickly pulled out to attack another. It was much more versatile than the two-handed broad sword.

Hebrews 4:12 tells us how valuable and dangerous our sword is when used as God intended. Jesus, himself, used this weapon in his battle against Satan in the wilderness (Matthew 4). With each attack that Satan pressed with, Jesus used Scripture to not only defend, but to strike back at Satan.

How does a swordsman become a master at using his weapon? Or what steps would you take if you wanted to learn fencing?

“For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.”

Hebrews 4:12

"But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all that I said to you."
John 14:26

The more familiar we are with the weapon, the better equipped we are to use it correctly.

How to practice the use of Scripture:

- Read God's Word
- Know God's Word
- Meditate on God's Word
- Hide God's Word in your heart

I think the first thing I would do is find a good trainer. I would want to find someone who knows how to handle the sword. John 14:26 tells us that God provided the best trainer, the Holy Spirit. He is our helper or trainer and will teach us and help us to remember what we have been taught. There are others that can help us in this training as well, although the Holy Spirit is our top trainer. We can call upon friends, pastors, and family members to help us in this training.

Who can you think of right now that can help you in your study and memorization of God's Word?

Have you asked them to help you? I would encourage you to pray through this list and ask your master trainer who might be a good assistant trainer for you and then talk to that person.

Not only do we need a trainer, but we need to train. There are two parts to this.

First, we must know the weapon we are using. We must become familiar with God's Word.

Why do we want to know about our weapon? Why would it be important, say, to know about the different parts of a gun?

The more familiar we are with the weapon, the better equipped we are to use it correctly and the better equipped we are in keeping it in good working condition and keeping ourselves safe. There are so many stories of children who have gotten a hold of their father's gun and fired it because they did not understand the weapon. It was not a matter of practice of the weapon, but appreciation for the weapon.

We want to be familiar with Scripture. Do you know the books of the Bible? Do you know the themes of each book? Are you familiar with the history of Israel? Do you understand how the gospels work together?

We want to know about the Scripture, but we also want to know Scripture. This is the practice part of the training.

When was the last time you used Scripture in your day to respond to something or someone? Or used Scripture to fight off an attack in the mind or heart?

If it has been a while, then you might be out of practice. 2 Timothy says that Scripture can be used in all aspects of life. Here is how we practice.

1. Read God's Word
2. Know God's Word
3. Meditate on God's Word

Scripture enables us to:

- Expose deeds of darkness
- Refute worldly philosophies and false religions
- Preach the Gospel of salvation

4. Hide God's Word in your heart

It seems simple. It is.

When we pick up the sword of the Spirit we become an offensive soldier. We will be able to:

1. Expose deeds of darkness – The Word of God is a light which will shine out in the darkness and expose all that is in it. Ephesians 5:13 Psalm 119:105, 130.
2. Refute worldly philosophies and false religions – God's Word is truth and will refute the false claims and the misguided. James 5:19-20.
3. Preach the Gospel of Salvation - The greatest way that we can damage the kingdom of Satan is to turn people away from Satan to Christ Jesus through the Gospel.

Do you believe in this weapon? Do you believe that God's Word is inspired by God and is inerrant and infallible? It is a valid question, because if you do not believe in the weapon, then the weapon will be of no use to you.

"All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness so that the man of God may be adequate, equipped for every good work" (2 Timothy 3:16-17).

David says it best when he writes:

"Your word I have treasured in my heart, that I may not sin against You" (Psalm 119:11).

Pick up your sword and fight!

What do you need to do in response to this lesson?

“Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm.”

Ephesians 6:13

Praying Through the Armor of God

The Armor of God – Ephesians 6

We are called to put on the armor of God. It is only then that we will be able to stand up against the onslaught that Satan has for us each day. I do not think there is one of us who would want to be plopped down in the middle of a battle field with no armor.

Paul explains that we are in a battle, but that God has given us armor to use. What are the different parts of the armor?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Satan is going to come against us in a multitude of ways. Here are a few, as suggested by John MacArthur.

- Undermining God’s character and credibility
- Persecution, peer pressure, or peaceful preoccupation
- Confusing the believer with false doctrine
- Hindering the believer’s service to Christ
- Causing division in the Body of Christ
- Urging believers to trust their own resources
- Causing the believer to be hypercritical
- Making believers worldly
- Causing us to disobey God’s Word

Do you feel the enemy is attacking you in one of the areas right now? Which one? How is he doing it?

Although it is very important to be aware of the devices of Satan, our defense against them is not simply our knowledge of them. The armor has been provided for this daily battle we are in.

We can be equipped with this armor through the power of prayer. “Nothing of eternal value has been accomplished apart from prayer” – Dr. Jerry Falwell.

Let’s walk through praying through the armor.

*“For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.”
Ephesians 6:12*

Ephesians 6:11-19 – “Put on the full armor of God so that you can take your stand against the **devil’s schemes**. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.”

1. “Stand firm then, with the belt of truth buckled around your waist...”

Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Show me the truths I so desperately need today. Expose the lies I’m not even aware that I believe.

2. “...With the breastplate of righteousness in place...”

And yes, Lord, I wear your righteousness today against all condemnation and corruption. Fit me with your holiness and purity—defend me from all assaults against my heart.

3. “...And with your feet fitted with the readiness that comes from the gospel of peace.”

I do choose to live for the gospel at any moment. Show me where you are working and lead me to it. Do not let me become slack in my walk.

4. “In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.”

Jesus, I lift the confidence that you are good against every lie and every assault of the enemy. You have good in store for me. Nothing is coming today that can overcome me, because you are with me.

5. “Take the helmet of salvation...”

Thank you, Lord, for my salvation. I receive it in a new and fresh way from you and I declare that nothing can separate me now from the love of Christ and the place I shall ever have in your kingdom.

6. “...and the sword of the Spirit, which is the word of God...”

Holy Spirit, show me specifically today the truths of the Word of God that I will need to counter the assaults and the snares of the Enemy. Bring them to mind throughout the day.

7. “...and pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.”

Finally, Holy Spirit, I agree to walk in step with you in everything—in all prayer as my spirit communes with you throughout the day.

8. “Pray also for me that whenever I open my mouth, words may be given me so that I will tirelessly make known the mystery of the gospel.”

Lord, I pray that I will take every opportunity to share the gospel today.

We are at war, but this battle is not one of this world. We are at war with the very darkness that seeks to destroy all that is good. We are fighting the forces of evil that desire to snare and trample our fellow believers. We cannot take this war lightly.

Come. Fight. "For if God is for us, who can be against us?" Romans 8:31

What do you need to do in response to this lesson?





Other studies are available at
www.libertyonlineministries.com, including:

By Faith – (Hebrews 11)

One Another

The Armor of God – (Ephesians 6)

The Road to Happiness – Beatitudes (Matthew 5)

Strengthening Your Moral Fiber – Moral Purity (Proverbs 7)

One Plus One is One – Marriage as God intended it to be

Integrity: A Lost Discipline – (Psalm 15)

Practical Faith – (James)