



# THE ARMOUR OF GOD

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Ephesians 6:10-20 ESV

*(11) Finally, be strong in the Lord and in the strength of his might. (11) Put on the whole armour of God, that you may be able to stand against the schemes of the devil. (12) For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. (13) Therefore take up the whole armour of God, that you may be able to withstand in the evil day, and having done all, to stand firm. (14) Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, (15) and, as shoes for your feet, having put on the readiness given by the gospel of peace. (16) In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; (17) and take the helmet of salvation, and the sword of the Spirit, which is the word of God, (18) praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, (19) and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, (20) for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.*

As Paul brings Ephesians to an end, he wants to see us equipped to engage in victorious spiritual warfare, able to withstand the **devil's many schemes**. **There are three things we need to do:**

1. Be strong in the Lord and in the power of His might. (6:10)
2. Put on the whole armour of God. (6:11-17)
3. Pray always with all prayer and supplication in the Spirit. (6:18-20)

**Today's focus:**

## The Whole Armour of God: What it Means & How to Put it on

### **1. We have an Enemy**

- Realise that we are in a spiritual battle.
  - a. An enemy inside us – our Flesh.
  - b. An enemy around us – the World
  - c. An enemy outside of us – the Devil
- We do not only wrestle against flesh and blood. We wrestle against the devil and his assistants. The spiritual realm is real, and the devil is real.
- The devil has strategies, schemes, and methods to try and shipwreck our faith and neutralize our **impact for God's Kingdom**.

1 Peter 5:8 ESV *Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.*

John 10:10 ESV *The thief comes only to steal and kill **and destroy**...*

## 2. We do not Fight with our own Strength and Weapons/Armour

- Paul encourages us to face the enemy with God's power in us. It is not armour we can make up.
- Ephesians 6:10 *Finally, be strong in the Lord and in the strength of his might.*
- Ephesians 6:11 *Put on the whole armour of God, that you may be able to stand against the schemes of the devil.*
- Ephesians 6:13 *Therefore take up the whole armour of God, that you may be able to **withstand in the evil day**...*
- God has Armour Himself and gives us armour to stand against and withstand the enemy.

Isaiah 11:5 ESV *Righteousness shall be the belt of his waist, and faithfulness the belt of his loins.*

Isaiah 59:17 ESV *He puts on righteousness as a breastplate...*

Isaiah 52:7 ESV *How beautiful upon the mountains are the feet of him who brings good news, who publishes peace...*

Psalms 5:12 ESV *For you bless the righteous, O LORD; you cover him with favour as with a shield.*

Isaiah 59:17 ESV *He put on a helmet of salvation on his head...*

Isaiah 49:2 ESV *He made my mouth like a sharp sword...*

## 3. We do not Fight for Victory; we Fight from Victory.

1. Paul views all of life as a response to God's prior action!
2. Effective spiritual warfare is God-centred, not devil-centred. The way we engage and respond to spiritual attack is by focusing on God and on what Jesus has done for us.
3. Our victory in spiritual warfare was secured at the cross of Christ and the blood that was shed there (Revelation 12:11).
4. To put on the whole armour means to believe all that Jesus has done (Ephesians 1-3) and to live it out in daily life (Ephesians 4-5).
5. In other words, to understand the armour of God in Ephesians 6 correctly, you must look at what Ephesians chapters 1-5 say.
6. Ephesians 6 are the basis of the six pieces of armour described in Ephesians 6.
7. To put on the full armour of God is to apply the whole Gospel to all of our lives.
8. Let me remind you of what we have learnt from the first five chapters of Ephesians:

### Our Position in Christ

1. I have been blessed with every spiritual blessing (Ephesians 1:3)
2. I have been chosen before the foundation of the world (1:4a)
3. I am holy and blameless (1:4b)

4. I have been predestined and adopted in love (1:5)
5. I have redemption through **Christ's** blood, the forgiveness of my trespasses (1:7)
6. I have obtained an inheritance in Christ (1:11)
7. I have been sealed with the Holy Spirit of promise (1:13)
8. I have been made spiritually alive together with Christ (2:5)
9. I have been seated in Christ in the heavenly places (2:6)
10. I have been saved by **God's** grace through faith (2:8)
11. I have become **God's** workmanship, created in Christ Jesus for good works (2:10)
12. I have been brought near to God by the blood of Christ, and Christ Himself is my peace (2:13-14)
13. I have access to God through Christ (2:18)
14. I am no longer a stranger and alien, but a fellow citizen with the saints and a member of **God's** household (2:19)
15. I am a fellow heir and fellow member of the body of Christ and a fellow partaker of the promise in Christ Jesus through the gospel (3:6)
16. I have boldness and confident access to God through faith in Christ (3:12)

#### Our Walk in Christ

1. I will walk in a manner worthy of the calling with which I have been called (4:1)
2. I will use my spiritual gifts in the work of service, to the building up of the body of Christ (4:12)
3. I will no longer walk as the **Gentiles'** walk-in the futility of their mind (4:17)
4. I will lay aside the old self and put on the new self through the renewing of my mind (4:4:23-24)
5. I will lay aside falsehood and speak truth (4:25)
6. I will be angry at sin, and yet, not sin in my anger (4:26)
7. I will not give the devil an opportunity (4:27)
8. I will steal no longer, but labor so that I will have something to share with those in need (4:28)
9. No unwholesome word will proceed from my mouth, but only words that edify (4:29)
10. I will not grieve the Holy Spirit of God (4:30)
11. I put away all bitterness, wrath, anger, clamor, slander, and all malice (4:31)
12. I will be kind, tender-hearted, and forgiving (4:32)
13. I will imitate God the Father as a beloved child and walk in love (5:1)
14. I will walk as a child of Light-in all goodness, righteousness, and truth (5:8-9)
15. I will not participate in the unfruitful deeds of darkness, but rather expose them (5:11)
16. I will walk in wisdom, making the most of my time because the days are evil (5:15-16)
17. I will be filled with the Holy Spirit (5:18)
18. I will be subject to those in authority in the fear of Christ (5:21)
19. I will be strong in the Lord and in the strength of His might (6:10)

20. I will pray at all times in the Spirit (6:18)

#### 4. God's Full Armour Against all the Devil's Schemes

- Caution! Do not over interpret - the main point of the armour is not the analogy of the individual pieces, but the reality and power of the spiritual weapons God has given us and what it does.
- 1 Thessalonians 5:8 ESV *But since we belong to the day, let us be sober, having put on the breastplate of faith and love, and for a helmet the hope of salvation.*
- **God's Armour is a gift to us**, and it matches all the **devil's** schemes against us.
  1. Belt of TRUTH: **against Satan's lies and deception**
  2. Breastplate of RIGHTEOUSNESS: **against Satan's accusations and condemnation**
  3. Shoes of PEACE: **against Satan's anxiety and fear**
  4. Shield of FAITH: **against Satan's temptations**
  5. Helmet of SALVATION: **against Satan's discouragement and doubt**
  6. Sword of the SPIRIT THE WORD OF GOD: **against Satan's assaults**

#### 5. A Closer Look at the 6 Pieces of Armour

##### 5.1 The Belt of Truth

- The main point of the belt is not the analogy. The point is that we need to live in truth.
- The belt of truth is the entire gospel.
- To put on the belt of truth means to put your full trust in God's truth and in what He says. It means that you value God's truth more than the lies that the Accuser might whisper or shout in your ear.
- You put on the belt of truth when you say: "I'm not trusting in the lies of the enemy. I **believe all that the Bible says about what Jesus did for me.**"
- John 8:32 NKJV *"And you shall know the truth, and the truth shall make you free."*
- Jesus identified Himself as "The Way, the Truth, and the Life" (John 14:6).
- Salvation is a result of a person's belief in God's truth claims.
- **Satan is the "father of lies"** – He is an accuser – He **distorts and questions God's** character and word.
- If truth sets free – Lies puts us in a prison.
- Let us gird our waist with **God's Truth** to fend off **Satan's lies** and deception.

##### 5.2 The Breastplate of Righteousness

- You put on the breastplate of righteousness by trusting in what God has done for you in Jesus. Righteousness, the fact that you are good enough to be received by God, is a gift that's given to you, not something that you could ever earn on your own.

- You put on the breastplate of righteousness when you can say: "I don't have to trust **my own goodness. I trust Jesus to be righteous for me.**"
- Philippians 3:8-9 NLT *Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For His sake I have discarded everything else, counting it all as garbage, so that I could gain Christ (9) and become one with Him. I no longer count on my own righteousness through obeying the law; rather, I become righteous through faith in Christ. For God's way of making us right with Himself depends on faith.*
- Righteousness (E.W. Kenyon); ***"The ability to stand in the presence of God the Father without a sense of guilt or inferiority."***
- Let us put on the breastplate of God's righteousness to fend off Satan's condemnation and accusation.

### 5.3 The Footwear of the Readiness of the Gospel of Peace.

- **When I have the gospel "strapped on to me", I am at peace with God and am ready to speak the gospel of peace to anyone anywhere.**
- Philippians 4:6-7 NKJV *Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; (7) and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*
- Colossians 3:15 NKJV *And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.*
- Let us shod our feet, fully prepared and have a sure grip with God's Peace ruling our hearts to fend off Satan's attack of anxiety and worries.

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It must be noticed that these first three items of armour are fixed on at all times. They do **not have to be "taken up" in time of spiritual attack. They should be fixed to our lives long before any attack of the devil and his forces.**

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### 5.4 The Shield of Faith

- To hold up the shield of faith means to apply your faith to any particular problem that comes along.
- **It means to hold up what you know from God's Word** and stand behind it for protection.
- You protect yourself by standing behind the character of God, the promises of God and the power of God.
- Shield could interlock – stand with others when you are attacked and the enemy shoots fiery darts at you.

- What are Satan's flaming missiles?
  - It is the temptation to disbelieve God.
  - It is when the devil targets our weaknesses.
  - It is to solicit ungodly responses.
- Proverbs 30:5 *"Every word of God is pure; He is a shield to those who put their trust in Him."*
- 1 John 5:4 And this is the victory that has overcome the world; our faith.
- John 14:1 NKJV *"Let not your heart be troubled; you believe in God, believe also in Me."*

### 5.5 The Helmet of Salvation

- It is our expectation of salvation. Knowing that in this battle, victory is certain.
- The helmet protects our head, our mind. From doubt, discouragement, and disbelief.
- The helmet of salvation brings protection to your mind and brings hope no matter what happens in this life. The Good News of Jesus brings real hope. The Gospel is not only that Jesus died and was buried. He also rose again. And Jesus will return at the end of this age to bring God's Kingdom fully on the earth (Revelation 21-22).
- 3 types of salvation: Past - Present - Future.
  1. Past – Saved from the Penalty of Sin (once & for all) - Justification
  2. Present – Saved from the Power of Sin (in our lives) - Sanctification
  3. Future – Saved from the Presence of Sin (all together) – Glorification

### 5.6 The Sword of the Spirit

- The "truth" of 6:14 is the entire Gospel.
- The "Word of God" in 1:17 is specific parts of God's Word quoted and used as a sword.
- Jesus used God's Word in this way when He was tempted by the devil.
- There must be a dependence on the Spirit for the proper use of His Sword!
- Rhema – The spoken word.
- Hebrews 4:12 (ESV) *For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.*

Discussion questions:

1. Please give an example of a scheme the devil has used against you...
2. What do we mean by saying: "We do not fight for victory, but rather, we fight from victory?"
3. How does our position in Christ (Ephesians 1-3) and our walk in Christ (Ephesians 4-6) relate to the six pieces of armour described in Ephesians 6?
4. To put on the full armour of God is to apply the whole Gospel to all of our lives. What does it mean?
5. What specific scheme of the devil does each piece of armour of God deal with?
  - a. **The belt of truth...**
  - b. **The breastplate of righteousness...**
  - c. The footwear of the readiness of the gospel of peace...
  - d. **The shield of faith...**
  - e. **The helmet of salvation...**
  - f. The sword of the Spirit...