

## Recognizing Our Spiritual Armor Session 4

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Recognizing Our Spiritual Armor / Faith; Protection / Ephesians 6:10–24

In verse 13, Paul reiterates the urgency for the Christian to take up the full armor of God to be able to resist the evil of our day. In 6:13-17, Paul gives six critical pieces of armor for resisting. You must prepare by:

Girding yourself with the belt of truth (6:14a)

Putting on the breastplate of righteousness (6:14b)

Shodding your feet to share the Gospel of Peace (6:15)

Taking up the shield of faith (6:16)

Taking up the helmet of salvation (6:17a)

Taking up the sword of the Spirit (6:17b)

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## Pre-sermon Comments

### Sermon Text

#### **Ephesians 6:10–17 LSB**

<sup>10</sup> Finally, be strong in the Lord and in the might of His strength. <sup>11</sup> Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. <sup>12</sup> For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the world forces of this darkness, against the spiritual *forces* of wickedness in the heavenly *places*. <sup>13</sup> 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. <sup>14</sup> Stand firm therefore, HAVING GIRDED YOUR LOINS WITH TRUTH, and HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS, <sup>15</sup> and having shod YOUR FEET WITH THE PREPARATION OF THE GOSPEL OF PEACE. <sup>16</sup> In addition to all, having taken up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one, <sup>17</sup> also receive THE HELMET OF SALVATION, and the sword of the Spirit, which is the word of God,

## Review

[Ephesians 1:19–21](#) (LSB) <sup>19</sup> and what is the surpassing greatness of His power toward us who believe according to the working of the might of His strength, <sup>20</sup> which He worked in Christ, by raising Him from the dead and seating Him at His right hand in the heavenly places, <sup>21</sup> far above all rule and authority and power and dominion, and every name that is named, not only in this age but also in the one to come.

[Ephesians 2:6](#) (LSB) <sup>6</sup> and raised us up with Him, and seated us with Him in the heavenly *places* in Christ Jesus,

[Ephesians 1:18–19](#) (LSB) <sup>18</sup> so that you—the eyes of your heart having been enlightened—will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, <sup>19</sup> and what is the surpassing greatness of His power toward us who believe according to the working of the might of His strength,

[Ephesians 3:7–10](#) (LSB) <sup>7</sup> of which I was made a minister, according to the gift of God's grace which was given to me according to the working of His power. <sup>8</sup> To me, the very least of all saints, this grace was given, to proclaim to the Gentiles the good news of the unfathomable riches of Christ, <sup>9</sup> and to bring to light for all what is the administration of the mystery which for ages has been hidden in God who created all things; <sup>10</sup> so that the manifold wisdom of God might now be made known through the church to the rulers and the authorities in the heavenly *places*.

[Ephesians 4:1](#) (LSB) <sup>1</sup> Therefore I, the prisoner in the Lord, exhort you to walk worthy of the calling with which you have been called,

## Proposition and Outline

In [Eph 6:13](#), Paul reiterated the urgency for the Christian to take up the full armor of God to be able to resist the evil of our day. In [6:14-17](#), Paul gives six critical pieces of armor for resisting. You must prepare for battle by:

Girding yourself with the belt of truth (6:14a)

Putting on the breastplate of righteousness (6:14b)

Shodding your feet with the preparation of the gospel of peace (6:15)

Taking up the shield of faith (6:16)

Taking up the helmet of salvation (6:17a)

Taking up the sword of the Spirit (6:17b)

## Preparation 1: Gird Yourself with the Belt of Truth

[Ephesians 6:14](#) (LSB) <sup>14</sup> Stand firm therefore, HAVING GIRDED YOUR LOINS WITH TRUTH, and HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS,

## Preparation 2: Put on the Breastplate of Righteousness

### **Ephesians 6:14 NASB95**

Stand firm therefore, HAVING GIRDED YOUR LOINS WITH TRUTH, and HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS,

[Romans 3:22](#) (LSB) even *the* righteousness of God through faith in Jesus Christ for all those who believe; for there is no distinction;

[Romans 6:11–13](#) (LSB) <sup>11</sup> Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus. <sup>12</sup> Therefore do not let sin reign in your mortal body so that you obey its lusts, <sup>13</sup> and do not go on presenting your members to sin *as* instruments of unrighteousness, but present yourselves to God as those alive from the dead, and your members *as* instruments of righteousness to God.

## Preparation 3: Shod Your Feet with the Gospel of Peace

[Ephesians 6:15](#) (LSB) and having shod YOUR FEET WITH THE PREPARATION OF THE GOSPEL OF PEACE.

[Romans 1:16](#) (LSB) For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek.

[Romans 1:17](#) (LSB) <sup>17</sup> For in it *the* righteousness of God is revealed from faith to faith; as it is written, “BUT THE RIGHTEOUS WILL LIVE BY FAITH.”

## Preparation 4: Take Up the Shield of Faith

[Ephesians 6:16](#) (LSB) <sup>16</sup> In addition to all, having taken up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one,

But though these are all armour, yet faith is an armour for his armour; it is not only a defence for him, but a defence for his defences. Thus faith not only shields the man, but shields his graces too ~ Charles Spurgeon

[Psalm 5:12](#) (LSB) <sup>12</sup> For it is You who blesses the righteous one, O Yahweh, You surround him with favor as with a large shield.

[1 Peter 1:7](#) (LSB) <sup>7</sup> so that the proof of your faith, *being* more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ.

[James 1:3](#) (LSB) knowing that the testing of your faith brings about perseverance.

“The greater our faith, the greater it will be tested!”

Faith upholds the Christ under all trials ~ John Newton

“God delights to increase the faith of His children. We ought, instead of wanting no trials before victory, no exercise for patience, to be willing to take them from God’s hand as a means. I say—and say it deliberately—trials, obstacles, difficulties, and sometimes defeats, are the very food of faith.” ~ George Muller

Let the soldier be ready when war comes; let him expect the conflict as a part and necessary consequence of his profession. But be armed with faith, it receives the blows. The poor shield is knocked and hammered and battered

like a pent-house exposed in the time of storm; blow after blow comes rattling upon it, and though it turns death aside, yet the shield is compelled itself to bear the cut and the thrust. So must our faith do— it must be cut at, it must bear the blows ~ Charles Spurgeon

Then you must see to it that your faith is that which rests only upon truth, for if there be any error or false notion in the fashioning of it, that shall be a joint in it which the spear can pierce. You must take care that your faith is agreeable to God's Word, that you depend upon true and real promises, upon the sure word of testimony and not upon the fictions and fancies and dreams of men ~ Charles Spurgeon

[Ephesians 6:16](#) (LSB) <sup>16</sup> In addition to all, having taken up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one,

[Revelation 12:10](#) (LSB) <sup>10</sup> Then I heard a loud voice in heaven, saying, “**Now** the salvation, and the power, and the kingdom of our God and the authority of His Christ have come, for the accuser of our brothers has been thrown down, he who accuses them before our God day and night.”

Oh it is wonderful how God sometimes enables his people to live in the midst of temptations and tribulations as though they had none of them. I believe that some of the martyrs when they were burning in the fire suffered hardly any pain, because the joy and peace which God gave them delivered them from the vehement heat ~ Charles Spurgeon

[Ephesians 4:4-6](#) (LSB) <sup>4</sup> *There is one body and one Spirit,* just as also you were called in one hope of your calling; <sup>5</sup> one Lord, one faith, one baptism; <sup>6</sup> one God and Father of all who is over all and through all and in all.

## Preparation 5: Take Up the Helmet of Salvation

[Ephesians 6:17](#) (LSB) also receive THE HELMET OF SALVATION, and the sword of the Spirit, which is the word of God,

[Romans 3:28](#) (LSB) For we maintain that a man is justified by faith apart from works of the Law.

[Ephesians 1:7](#) (LSB) <sup>7</sup> In Him we have redemption through His blood, the forgiveness of our transgressions, according to the riches of His grace

[Ephesians 1:13](#) (LSB) In Him, you also, after listening to the word of truth, the gospel of your salvation—having also believed, you were sealed in Him with the Holy Spirit of promise,

[John 10:27–29](#) (LSB) <sup>27</sup> “My sheep hear My voice, and I know them, and they follow Me; <sup>28</sup> and I give eternal life to them, and they will never perish—ever; and no one will snatch them out of My hand. <sup>29</sup> “My Father, who has given *them* to Me, is greater than all; and no one is able to snatch *them* out of the Father’s hand.

[Romans 8:29–30](#) (LSB) <sup>29</sup> Because those whom He foreknew, He also predestined *to become* conformed to the image of His Son, so that He would be the firstborn among many brothers; <sup>30</sup> and those whom He predestined, He also called; and those whom He called, He also justified; and those whom He justified, He also glorified.

[Romans 8:38–39](#) (NASB95) <sup>38</sup> For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, <sup>39</sup> 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.

**The body they may kill: God’s truth abideth still,  
His kingdom is forever. ~ Martin Luther**

## Preparation 6: Take Up the Sword of the Spirit

[Ephesians 6:17](#) (LSB) <sup>17</sup> also receive THE HELMET OF SALVATION, and the sword of the Spirit, which is the word of God,

[Romans 8:35](#) (LSB) <sup>35</sup> Who will separate us from the love of Christ? Will affliction, or turmoil, or persecution, or famine, or nakedness, or peril, or sword?

[Romans 13:4](#) (LSB) <sup>4</sup> for it is a minister of God to you for good. But if you do what is evil, be afraid; for it does not bear the sword in vain, for it is a minister of God, an avenger who brings wrath on the one who practices evil.

[John 18:10](#) (LSB) <sup>10</sup> Simon Peter then, having a sword, drew it and struck the high priest's slave, and cut off his right ear; and the slave's name was Malchus.

[Matthew 26:47](#) (NASB95) <sup>47</sup> While He was still speaking, behold, Judas, one of the twelve, came up accompanied by a large crowd with swords and clubs, *who came* from the chief priests and elders of the people.

[Acts 12:2](#) (LSB) <sup>2</sup> And he had James the brother of John put to death with a sword.

[Hebrews 4:12-13](#) (LSB) <sup>12</sup> 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. <sup>13</sup> And there is no creature hidden from His sight, but all things are uncovered and laid bare to the eyes of Him to whom we have an account *to give*.

[Hebrews 11:37](#) (LSB) <sup>37</sup> They were stoned, they were sawn in two, they were tempted, they were put to death with the sword. They went about in sheepskins, in goatskins, being destitute, afflicted, mistreated

[Ephesians 6:17](#) (LSB) <sup>17</sup> also receive THE HELMET OF SALVATION, and the sword of the Spirit, which is the word of God,

[2 Timothy 3:16](#) (LSB) <sup>16</sup> All Scripture is God-breathed and profitable for teaching, for reproof, for correction, for training in righteousness,

[2 Peter 1:21](#) (LSB) <sup>21</sup> For no prophecy was ever made by the will of man, but men being moved by the Holy Spirit spoke from God.

[2 Corinthians 10:3](#) (LSB) <sup>3</sup> For though we walk in the flesh, we do not war according to the flesh,

[2 Corinthians 10:4](#) (LSB) <sup>4</sup> for the weapons of our warfare are not of the flesh, but divinely powerful for the tearing down of strongholds,

It is something more than just a small sword. This is a weapon powerful enough to destroy a fortress, and the word there means just that, a massive stone fortress. We assault these fortresses, not with human weapons but with weapons that are not even a part of the flesh but rather have as their source and their power divine character. And as a result, we are destroying speculations and every lofty thing raised up against the knowledge of God. ~ John MacArthur

[John 17:17](#) (LSB) <sup>17</sup> “Sanctify them by the truth; Your word is truth.

The weapon is clearly the truth because the only thing that displaces error is truth. The only thing that smashes what is raised up against the knowledge of God is the true knowledge of God. The only way to bring down lies and deceptions, these ideologies, these anti-God concepts, and bring every thought captive to the obedience of Christ, is to bring the truth. That’s found in the Word of God. So it is a formidable weapon that we have. ~ John MacArthur

[John 8:44](#) (LSB) <sup>44</sup> “You are of *your* father the devil, and you want to do the desires of your father. He was a murderer from the beginning, and does not stand in the truth because there is no truth in him. Whenever he speaks a lie, he speaks from his own *nature*, for he is a liar and the father of lies.

[Genesis 2:16-17](#) (LSB) <sup>16</sup> And Yahweh God commanded the man, saying, “From any tree of the garden you may surely eat; <sup>17</sup> but from the tree of the knowledge of good and evil, you shall not eat from it; for in the day that you eat from it you will surely die.”

[Genesis 3:1](#) (LSB) <sup>1</sup> Now the serpent was more crafty than any beast of the field which Yahweh God had made. And he said to the woman, “Indeed, has God said, ‘You shall not eat from any tree of the garden’?”

[Matthew 4:1-2](#) (LSB) <sup>1</sup> Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. <sup>2</sup> And after He had fasted forty days and forty nights, He then became hungry.

[Matthew 4:3](#) (LSB) <sup>3</sup> And the tempter came and said to Him, “If You are the Son of God, command that these stones become bread.”



[Matthew 4:4](#) (LSB) <sup>4</sup> But He answered and said, “It is written, ‘MAN SHALL NOT LIVE ON BREAD ALONE, BUT ON EVERY WORD THAT PROCEEDS OUT OF THE MOUTH OF GOD.’”

[Ephesians 6:17](#) (LSB) <sup>17</sup> also receive THE HELMET OF SALVATION, and the sword of the Spirit, which is the word of God,

## Conclusion:

## Quotes

Faith upholds a Christian under all trials, by assuring him that every painful dispensation is under the direction of his Lord; that chastisements are a token of His love; that the season, measure, and continuance of his sufferings, are appointed by Infinite Wisdom, and designed to work for his everlasting good; and that grace and strength shall be afforded him, according to his need ~  
John Newton

On, champion, on! in the name of him that is with you. No lance can pierce that shield; no sword shall ever be able to cut through it; it shall preserve you in all battle and in all strife; you shall bring it home yourself, through it you shall be more than conqueror. Faith, then, is like a shield, because it has to bear the blows ~ Charles Spurgeon

If you have a Bible that's falling apart, you'll have a life that's not. ~ Adrian Rogers