

Chapter 9 – Staying Dressed for Battle

Ephesians 6:10-18 – “¹⁰ Finally, be strong in the Lord and in the strength of His might. ¹¹ Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. ¹² 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. ¹³ 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. ¹⁴ Stand firm therefore, HAVING GIRDED YOUR LOINS WITH TRUTH, and HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS, ¹⁵ and having shod YOUR FEET WITH THE PREPARATION OF THE GOSPEL OF PEACE; ¹⁶ 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. ¹⁷ And take THE HELMET OF SALVATION, and the sword of the Spirit, which is the word of God.



¹⁸ With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints,

One of the most important passages in the Bible about overcoming enemy attacks is found in Ephesians 6:10–18. Our church even did an entire week of VBS about the whole armor of God. Verse 13 says that we are to take up the whole armor of God so that you can withstand evil day. The whole armor of God helps us withstand Satan’s attacks everyday but Paul warns us that there will be “evil days”.

“The “evil day” described the most intense moments of Satan’s attacks and temptations. It was a reference not to a particular time on the calendar of history, but to the intensity with which the devil attacks every person from time to time. Don’t be lulled into thinking that because everything is fine today, everything will automatically be fine tomorrow. The devil never gives up trying to defeat you.” (Stanley)

Sometimes these crises come to us after a slow buildup over time. There are times when things are fine and then suddenly emergencies hit you out of nowhere. The house catches on fire; the child is abducted; the building is attacked; the person is taken hostage.

We are to put on this armor everyday so that we are ready for the devil’s attacks. During the occupation of Israel, every Roman soldier wore his armor because any day there could be trouble. Paul used the example of the Roman soldiers because everyone he shared the Gospel with knew the full armor of a Roman soldier, even in Ephesus. If we look at this armor in a spiritual light, we quickly recognize that the armor is the nature and likeness of Christ Jesus.

We have the ability to put on these attributes of Christ Jesus because we have put our trust in Him as our Savior and Lord. He dwells in us by the power of His Holy Spirit, and we are given the power to become “more than conquerors.” (See Romans 8:37.)

The first three full are of God are required because Paul used the word, 'having'. The last three are to be used as needed because Paul used the words, 'take' or 'take up'.

THE BELT OF TRUTH (Eph. 6:14).

“Roman soldiers wore a long tunic that was cinched in at the waist by a belt so they could move quickly and decisively without tripping over the garment. The belt was wide; it extended down from the waist to cover the abdomen and, in some designs, the groin area. The belt had a place to attach a sword.” (Stanley)

The abdomen was considered the most vulnerable area in a sword fight because it was soft and fleshy tissue. There are no bones to protect this area.

What organs of our physical bodies are located in the abdomen? The organs are related to the digestion and elimination of waste and the organs of reproduction are in this area.

Paul was saying to the Ephesians, “You have to know what to take into your life and what to eliminate from your life. Truth must be the filter for all perceptions, ideas, and dreams.” If you are unsure about what is true and what is a lie, you will be living in a state of confusion, and your decisions and choices will lack clarity, focus, and power. (Stanley)

Discernment helps us decide whether something lines up with God’s truth or it does not. If something is true, then we can take it into our lives and it will become a part of us. If it is not true, we are to eliminate quickly. They are a waste of time, energy, and attention. The organs of reproduction are linked to our relationships. Everything that is birthed on this earth is birthed in relationship with other people.

While on the earth, we give birth to babies, but we also give birth to ideas, ministries, companies, movements, and organizations which impact our relationships with other people. We need to know which relationships are based on God’s truth and which are rooted in lies. While on the earth, it is important that we form positive or good alliances. These alliances can include who you date or marry. These alliances must be based upon truth.

2 Corinthians 6:14-18 says *“14 Do not be bound together with unbelievers; for what partnership have righteousness and lawlessness, or what fellowship has light with darkness? 15 Or what harmony has Christ with Belial (Satan), or what has a believer in common with an unbeliever? 16 Or what agreement has the temple of God with idols? For we are the temple of the living God; just as God said, “I will dwell in them and walk among them; And I will be their God, and they shall be My people. 17 “Therefore, come out from their midst and be separate,” says the Lord. “And do not touch what is unclean; And I will welcome you. 18 “And I will be a father to you, And you shall be sons and daughters to Me,” Says the Lord Almighty.”*

This tells us whom we should ate or marry. We should not be unequally yoked together with unbelievers. What do these verses say about our bodies?

They are the God’s temples.

What is the significance of Paul quoting Leviticus 26:12; Jerimiah 32:38 and Ezekiel 37:27 in these verses in 1 Corinthians 6? God promised a personal and close relationship with His people under the new covenant. God cannot be in the presence of sin.

The pursuit of truth requires a real commitment on our part.

“Putting this girdle of truth around you—is your conscious commitment to trust Jesus as your Savior and make a commitment to believe in Him and follow Him with your whole heart. A commitment is a very serious matter. It’s saying, “I will follow Jesus as the Lord of my life no matter what.” You must stand for the truth without compromise. (Stanley)

A number of people wear a WWJD bracelet to remind them of “What Would Jesus Do?” When we are faced with a decision, an evaluation, a choice, an option, your first thoughts become, WWJD and you should ask yourself, “How does this line up with God’s Word?”

John 14:6 tells us that Jesus is Truth. “*Jesus said to him, “I am the way, and the truth, and the life; no one comes to the Father but through Me.”* So if we are putting on the Belt of Truth, we are putting on Christ.

Putting on the Belt of truth is reminding ourselves that we have the truth of God in us. It is available to us, it is part of us, and it is operating in us at all times.

THE BREASTPLATE OF RIGHTEOUSNESS (Eph. 6:14).

Romans 5:17 (Amplified) “*For if because of one man’s trespass (lapse, offense) death reigned through that one, much more surely will those who receive [God’s] overflowing grace (unmerited favor) and the free gift of righteousness [putting them into right standing with Himself] reign as kings in life through the one Man Jesus Christ (the Messiah, the Anointed One).*”

2 Corinthians 5:21 (Amplified) “*For our sake He made Christ [virtually] to be sin Who knew no sin, so that in and through Him we might become [endued with, viewed as being in, and examples of] the righteousness of God [what we ought to be, approved and acceptable and in right relationship with Him, by His goodness].*”

Paul tells us that when we accept Jesus as our Savior, we receive the “gift” of righteousness. This gift of righteousness is said to be imputed righteousness. The word ‘Imputed’ when used biblically means “treated as if it were theirs through faith.”

The righteousness we receive is Christ’s righteousness, not our own righteousness. “It refers to a lining up of a person’s beliefs, attitudes, thoughts, and behavior with God’s commandments and principles. There simply is no substitute for living obediently before God.” (Stanley)



Before we accepted Christ we were focused on ourselves or the world but after we accepted Christ we should be focused on God. We should have what King David asked for, “*Create in me a clean heart, O God. And renew a steadfast spirit within me*” (Ps. 51:10).

The Roman soldier wore a breastplate to protect his lungs and heart. The lungs connect us directly with our environment. The world contributes to us, and we contribute to the world. Our spirits can be polluted by the world.

The following verses tell us about the “breath” of God. What was created or received when God breathed.

Psalm 33:6 – All creation

Job 33:4 – Life

2 Timothy 3:16-17 – The Word of God (Bible)

John 20:22 – The Holy Spirit was received.

The breast plate of righteousness also protects the heart, another life sustaining organ. Damaging the heart causes death, spiritual and physical.

Charles Stanley says “The “heart” refers to the seat of a person’s will, and also to the emotions, beliefs, and attitudes that feed into what a person wills or chooses. Righteousness is to cover all of our emotions, beliefs, and attitudes. We are to have the “right” feelings and emotional responses. We are to have the “right” beliefs. We are to have the “right” attitudes.”

Philippians 2:5 says that we are to have the mind NKJV, mindset NIV or attitude NASB of Christ depending on your translation. That is as right as you can be. It is easier said than done.

In Proverbs 4:23–25, King Solomon tells us, “*Watch over your heart with all diligence, For from it flow the springs of life. 24 Put away from you a deceitful mouth And put devious speech far from you. 25 Let your eyes look directly ahead And let your gaze be fixed straight in front of you.*”

The wisdom of Solomon says to guard (NLT), watch over (NASB) or *keep your heart with all diligence*. You should do this because (NLT) “*it determines the course of your life.*”

PROTECTING WHAT IS VITAL

“A person’s reputation—integrity, character appraisal in the eyes of others—is directly related to the atmosphere in which he chooses to live and he helps to create, and to what he believes, thinks, feels, says, and does.” (Stanley)

As humans, we are going to fail or fall. We will sin or make mistakes. We can walk in righteousness. What do these verses tell us.

1 John 2:1–2 – If we sin then we have an Advocate. Jesus is the propitiation for our sin.

1 John 2:28–29 – If we are followers of Jesus, then we must do our best to do what is right. We can't rely solely on Jesus' imputed righteousness.

1 John 5:18 (NLT easier) – Jesus keeps us from Satan's harm. (See also John 10:28)

SHOES OF PREPARATION OF THE GOSPEL OF PEACE

The apostle Paul wrote that you are to stand “having shod your feet with the preparation of the gospel of peace” (Eph. 6:15).

The “gospel of peace” refers to the good news of Jesus' provision for our peace with God.



Peace with God is an objective peace. It doesn't come from within ourselves. It's not something we can obtain. It is something we are freely given. It is a gift from God — a gift given by Jesus when He saves a repentant sinner.

The peace of God is a subjective peace. We have it when we experience the peace that comes through trusting Jesus. This peace is also a gift from God. It is given to us by God, freely and generously. It produces in us a feeling of wellness, but it is something that we must actively pursue.

“The message of Paul is this: we are to stand firm, grounded in the fact that we have the peace of God in our hearts. We know who we are in Christ Jesus. We don't have to prove ourselves to anybody—we know we are assured of Christ's forgiveness, we know we are loved by God, and we know that we have a secure home in heaven forever.” (Stanley)

One of the worst things we can do is to go into a battle against the devil with fear in our hearts. Fear disables and paralyzes.

Hebrews 10:22 tells us that we are to face the devil with the calm assurance that Jesus knows all about the situation and has already defeated the devil. Hebrews 10:22 says, “*22 let us draw near with a sincere heart in full assurance of faith, having our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.*”

Part of the preparation of the gospel of peace is a preparation to face death, Psalm 23:4 tells us that when we face death, we can face it without fear because God is with us and He will protect us, so do not have fear. In our daily lives, we should be free from fear.

What to these verses tell us to help us be free from fear?

Deuteronomy 31:6 – He will never leave us nor forsake us.

John 3:16 – God loves us, and will give us everlasting life.

John 10:28 – We have eternal life, will never perish and no one can take us from Jesus' hand. We cannot lose our salvation.

How do we get the Gospel of Peace that Paul is talking about come? It comes from faith in Jesus.

Peace comes the same way. In Philippians 4:4-7, Paul says, “*4 Rejoice in the Lord always; again I will say, rejoice! 5 Let your gentle spirit be known to all men. The Lord is near. 6 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 comprehension, will guard your hearts and your minds in Christ Jesus.*”

Proverbs 4:26–27 says “*Watch the path of your feet And all your ways will be established. 27 Do not turn to the right nor to the left; Turn your foot from evil.*” You must be prepared and to do so you are the one who must set your mind and heart in before adversity comes so you can respond with peace.

Paul told Timothy in 2 Timothy 4:7 (NIV) that “*I have fought the good fight, I have finished the race, I have kept the faith;*” Paul referred to the “race” he had been called by God to run, we might call it the “walk” of the believer. Matthew 7:13-14 says we are to enter through the narrow gate. We must chose which route we are going to follow in life. Joshua told the Hebrew nation that “*as for me and my household, we will serve the Lord.*” (Joshua 24:15)

“The fact is, if a person doesn’t have peace, he won’t leave the house or set out to run any race! Without peace in his heart, he won’t take the risk of sharing the gospel with someone or speaking up in a group that is ridiculing the things of God. Without peace reigning in his life, he won’t set out for a mission field, give sacrificially, or take an unpopular stand for Christ.” (Stanley)

If we have been shod with the preparation of the gospel of peace then we should want to give it to others so that they too can experience the peace of God in their hearts.

We have learned that Jesus was the only human ever to be truly righteous and that He is truth and now we learn that true peace comes only from Jesus. These are essential tools for us to spiritually battle Satan.

ALWAYS ON!

The apostle Paul wrote,
“having girded your waist”
“having put on the breastplate”
“having shod your feet”

Just as a Roman soldier would not go out each day without being prepared, we have to be ready for Satan’s attacks when they come, and they will come. We must filter everything we say and hear through the truth that is evident in God’s Word. Ask yourself, WWJD or “Is this right in God’s eyes?”

Jesus had a love for the unsaved. We must have that same love and ask ourselves, “What can I do to help this person experience more of Jesus’ peace in his life?” Paul started his discussion of the Whole Armor of God with verses with the “WHY” in verses Ephesians 6:10 and 11. The

whole purpose of this study of “Satan” has been to help us “*stand firm against all strategies of the devil.*”

10 Be strong in the Lord and in his mighty power. 11 Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil.