

Ephesians 6:10-20, Week 3

Introduction

- I. We are fully equipped for this spiritual battle
 - v. 10: notice the three words for strength
 - v. 11: notice the “full” armor: we are totally protected
- II. The strength and resources don’t come from us but from God
 - A. Verses
 - v. 10: notice that it’s the Lord’s strength, not ours
 - v. 11: notice it’s the full armor “of God”—it’s given to us by God
 - B. So on our own we are helpless, but with God we are fully armed and equipped
Like sheep in protective armor
- III. How do we put on this armor?
 - Ro 12:1-2: Be transformed by the renewing of our minds
 - Daily remind ourselves of who we are in Christ, the victory he has accomplished, and living in light of that

The Passage

- I. The Belt of truth (v. 14)
 - A. The truth from God’s Word is at our core and holds everything else together
 - B. There are so many other voices out there telling us what to believe
 - friends, advertisements, politicians, relativism, etc
 - C. God’s truth is our foundation in the midst of all those voices
 - 1. Who God is: sovereign creator who is in control. Loving, merciful savior.
 - 2. Who we are: created in God’s image, yet broken and sinful
 - 3. What God has done: made salvation available through faith in his Son
- II. The Breastplate of righteousness (v. 14)
 - A. The righteousness of Christ that we’re clothed in when we put our faith in him
= God’s gift of right standing with him through faith in Christ
 - Romans 3:23: But now a righteousness from God has been made known
 - 2 Cor 5:21: God made him who knew no sin to be sin so that in him we might become the righteousness of God
 - Romans 8:1: There is no condemnation
 - B. This takes away the power of Satan’s weapon of accusation
 - 1. It protects us from unhealthy guilt and shame
 - 2. It protects us from the ways we deal with our unhealthy guilt and shame (trying to hide and cover in image, achievement, busyness, perfectionism, moralism, etc)
- III. Feet Fitted with the Readiness/Stability of the Gospel of Peace (v. 15)
 - A. The gospel of peace
 - 1. Definition = the good news that God has made a way to have peace with him through faith in the death of his son (Romans 5:10, Eph 2:14)

2. So, even in the midst of this battle against Satan, we have this great confidence that the greatest war is already over (the war between us and God)
 3. This should lead us to live lives of profound joy and gratitude. And joy and gratitude are some of the greatest antidotes to the devil's schemes. Perhaps that's why Paul is always telling us to be joyful always and to give thanks in all circumstances.
- B. The "readiness/stability" of the gospel of peace
1. Some believe this means being ready to share our faith and spread the gospel of peace to others.
 2. Some believe this means having stability ourselves to stand firm because we have knowledge of this gospel of peace.
 3. Whichever Paul meant when he wrote, both ideas are ultimately true—both help us in our fight against Satan.
- V. The Shield of Faith (v. 16)
- A. Faith = active trust in God/holding onto who he is and what he's promised
- B. Faith is so central to our lives and our relationship with God
1. Hb 11:6: Without faith it is impossible to please God
 2. 1 Jn 5:4: this is the victory that has overcome the world: our faith
- C. Extinguishing Satan's flaming arrows
1. The shields were covered in wet animal hide so that when flaming arrows stuck into the shield, they would be extinguished.
 2. His arrows of accusation
 - a. We hold onto the promise that there is no condemnation
 3. His arrows of temptation
 - a. We hold onto the promise that he comes to give us life to the full, and that we will find true live in obeying his commands, not disobeying them.

Conclusion

I. Be transformed by the renewing of your minds

"Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of (preaching) to yourself? . . . You have to take yourself by the hand, and go on to remind yourself of God, Who God is, and what God is and What God has done, and what God has pledged Himself to do."

--Martin Lloyd Jones, "Spiritual Depression"

II. A Practical Exercise

As you put on your clothes each morning, remind yourself of the spiritual armor you have in Christ

Discussion Questions

1. Opening questions: What struck you most about the sermon/the passage? What surprised you? What confused you? What did you disagree with?
2. As you think about the belt of truth in your own life, where do you see yourself allowing the voices of the world (whether friends, coworkers, advertisements, politicians, etc.) to shape your understanding of reality, rather than going to the truth of God's Word.
3. On Sunday it was suggested that, not only does daily wearing the breastplate of righteousness help with the shame, guilt, and inadequacy we feel, but it also helps protect us from all the ways we try to cover, hide, or make up for that sense of inadequacy (through pursuing image, achievement, moralism, perfectionism, busyness, etc). Can you attest to that fact personally?
4. In the discussion of having our feet fitted with the readiness of the gospel of peace, we talked about the idea that joy and gratitude are some of the greatest antidotes to Satan's schemes. How does that idea strike you? And how can we intentionally pursue joy and gratitude?
5. While we can acknowledge that all the armor is important, what piece of armor is most precious and important to you at this time in your life? Which do you need to be most reminded of and why?