



## **“Protecting New Life in Jesus”**

*Ephesians 6:10-20*

**Main Idea:** New life in Jesus must be protected through the strength and grace of God.

### **Strength in your new life comes from the Lord (10).**

New life in Jesus isn't something that happens without challenge. The enemies of the Lord Jesus become the enemies of those in Christ Jesus. In God's goodness and grace, he prepares us for the battles that will come, and in this incredible passage, there are five important commands that the Lord gives us to protect our new life in Jesus. The first command is perhaps the most important. It's the foundation for all of the other commands, and that foundation is the reminder that strength for spiritual battles only comes from the strength of the Lord. Spiritual strength comes from the Spirit. It's God's might that we depend on, and it's his strength that strengthens and encourages our hearts, heads, and hands to continue to live for him. Protecting new life in Jesus isn't something we can do by our own strength. It's something the Lord does as we rest in his grace and stand in his might, putting on all that we have received in Christ!

1. How often do you think or say to yourself “you’ve got to be strong,” “you can do this,” or similar types of self-encouragement? Is this what verse 10 is calling the believer to do? Why, or why not?
2. How can you take thoughts and sayings like those in question 1 and turn them into things you can think or say to yourself that would be consistent with Ephesians 6:10?
3. What are some passages that teach us about God's strength and might? Explore, and discuss.
4. Do you know someone who is relying on themselves? How can you share this verse with them to encourage them to rely on the Lord?

### **Take up and put on the armor that God provides to protect your new life (11-13).**

- *The spiritual battle is real (11-12).*
- *The armor of God is sufficient (13).*

In his mercy, God prepares his people for the battle. While there are physical battles in this world, not everyone experiences all of the same battles. Some never encounter war. Others never deal with serious physical challenges, etc. But there is one real battle that everyone faces, and that's the spiritual battle in this world. For the believer, the spiritual battle is significant. Until Satan is finally judged, the enemies of God will be the enemies of the people of God. The schemes of the devil will be directed at the soldiers of the Lord. The spiritual battle is real, but the armor of God is sufficient! The commands in verses 11-13 direct the believer to take advantage of what the Lord provides them in their new life in Jesus. Take up all the armor that God's provided. Put it on! In other words, make sure that you are

covering your life with the strength and might of the Lord. His armor is sufficient to enable his people to stand firm and to make it through the battle.

1. When you think about the schemes of the devil and the spiritual battle that's real, how are you experiencing these realities in your life, family, and church?
2. All God commands you to do is to take up and put on the armor he's provided, and his armor enables you to stand firm (not charge and attack). So what does this reveal about who's fighting the battle and what's being attacked in spiritual warfare?
3. Do you know someone who's being attacked spiritually? How can you share these verses with them to encourage them to put on the armor of God?

### **Stand firm in your faith, holding on to your salvation and to the Word of God (14-18a).**

The Lord gives us a visual picture of a soldier suiting up for battle in order to teach us how to put on the armor that he provides, and he starts by commanding us to simply "stand." Let him fight. Let him strengthen. Let him protect. Just stand in the face of the battle, having put on these things in your new life in Jesus. The picture of the armor is a reminder of the basics of the faith: girded in truth, living in righteousness, standing in the gospel, protected by faith, and taking and holding on to your salvation and to the Word of God, all in prayer. What a picture of God's grace, and what a contrast to the world's focus on effort and activity. So let's make these commands practical and simple. What do you do when you're being attacked spiritually? You stand firm in your faith by continuing to trust and to live for the Lord every moment of every day. Focus on the situation through the lens of God's truth. Do the right thing. Ground your life in the gospel and take the gospel wherever you go. Live by faith and let the Lord use your faith to protect and to grow faith. Rest in and hold on to your salvation and to the Word of God. Putting on all these things in prayer.

1. Are these elements of God's armor outstanding or just the ordinary, basic things related to a life of faith? Why do you think God kept it so simple?
2. Have you ever been spiritually attacked and found yourself moving away from or resisting some of these basics of practicing your faith? Why?
3. Do you know someone who's under attack and not taking up and putting on the armor of God? How can you share this passage with them and encourage them to put on the armor that God's provided for the battle they are going through?

### **Pray for yourself and for others, focusing on faithfulness in sharing the gospel (18b-20).**

Paul transitioned from the reminder about prayer to the request for prayer. Believers not only pray for themselves but for others, and when it comes to spiritual battles in life, we need each other's prayers! Paul told them to pray for believers in general, but he also asked them to pray specifically for himself. His prayer was important. It's a call to action in this passage related to spiritual warfare. Paul called them to pray for his work in the gospel! He wanted to proclaim the good news of Jesus Christ in a way that was bold and effective, and to do that, he needed the strength and the might of the Lord. Today, nothing has changed. We continue the work of the gospel until the return of Jesus, and we continue to rely on the strength and might of the Lord for the battle in his work.

1. Pray for your elders and deacons that they would be faithful ambassadors and courageous proclaimers of the gospel of Jesus Christ.
2. Pray for believers around the world in places of great hardship for Christians.
3. Pray for one another.