Passage Outline:
Vs. 10-12
Finally ...
- Be empowered in the Lord
- Put on the armor
- To stand against the devil’s methods
- The fight is in the Heavenlies

Vs. 13
On account of this:
- Take up the armor ... to stand

Vs. 14-17
Stand therefore:
- Girded in Truth
- Breastplate of righteousness
- Shod with Gospel of Peace
- Shield of faith
- Helmet of salvation
- Sword of the Spirit

Key words and Thoughts: armor (πανοπλία); stand (ίστημι); trickery (μεθοδεία); devil (διάβολος); wrestling (πάλη); evil (toil) (πονηρός); heavens (ἐπουράνιος); withstand (ἀνθίστημι); gird/truth (περιζώνυμι/ ἀλήθεια); breastplate/righteousness (θώραξ/ δικαιοσύνη); feet/peace (πούς/ εἰρήνη); shield/faith (θυρεός/ πίστις); evil one (πονηρός); quench (σβέννυμι); helmet/salvation (περικεφαλαία/ σωτηρία); sword (dagger)/word (μάχαιρα/ ῥῆμα)

Questions:
According to Paul, against whom do we essentially wrestle? Why is this distinction necessary?

Given the armor pieces of our passage, and given your struggles, which piece might best aid you?

Do you like to fight? Why/why not?

Is the Christian life a fight? If so, why do you think so?