

EPHESIANS



Rooted and Grounded
— in love —

Lesson Eleven EPHESIANS 6:10-24

Day 1



Father, please strengthen my heart with your power to understand what I am reading in your word and to see you, know you, love you and follow you more fully for my good and your glory.

- Read Ephesians 6:10-24 several times. Read through the passage *prayerfully*—responding to what you are reading with praise, thanksgiving, confession or surrender. (God speaks to us through his word and we respond back to him through prayer.)
- Pick one word or phrase that stands out to you to ponder on throughout the day and week. (It may be something that resonates with you or that you want to understand better.) Write it here.
- Write one sentence summarizing the passage.

Day 2- Eph. 6:10-13

Write out verses 10-13

In chapters 4, 5 and the beginning of 6 Paul has been exhorting this new humanity that God has created, to walk in a manner worthy of our calling. Now as he wraps up his letter, he warns us that there will be fierce and dangerous opposition to this kind of life.

1. How can we tell in verse 10 that Paul is not calling on believers to draw upon our own internal strength?

For Discussion

How can we be strong *in the Lord*?

2. Paul goes on to emphasize the abundant power and strength of God in his next phrase- *be strong in the Lord and in the strength of his might*. What does verse 11 tell us the strength of his might is?

- How do we tap into God's mighty strength according to verse 11 and 13?

Picture and Ponder

"What God clothes us with is nothing less than his own armor, the same armor that Christ has already worn on our behalf in his lifelong struggle with the mortal enemy of

our souls, Satan himself...We fight and stand firm against Satan only in the strength that comes from the victory that Christ has already won for us."¹

3. What do we need God's mighty strength to do according to 11b?

- The word *scheme* in verse 11 involves *cunning arts, deceit, craft, and trickery*. How does knowing that this is the way the devil operates help us in our battle against him?

Scholar's Note: "[the] Hebrew name ('Satan') means 'adversary' and [the] Greek title (diabolos, 'devil') means 'slanderer' "2 or accuser.

Digging Deeper

Paul says in verse 12 that we don't fight against flesh and blood, but against unseen spiritual forces—the devil and his demons. Bible scholars do not know if Paul's categorization of the spiritual forces (*Rulers... Authorities... Cosmic powers over this present darkness... Spiritual forces of evil*) are rankings or hierarchies of hell, but certainly the Bible gives us all we need to know about the devil in order to be on guard against him. Read the following verses and highlight the phrases that describe the devil and his work.

Eph. 2:1-2 And you were dead in the trespasses and sins in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience.

John 8:44 You are of your father the devil, and your will is to do your father's desires. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he lies, he speaks out of his own character, for he is a liar and the father of lies.

1 Peter 5:8 Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

2 Corinthians 11:14 And no wonder, for even Satan disguises himself as an angel of light.

1 John 5:19 We know that we are from God, and the whole world lies in the power of the evil one.

2 Corinthians 4:4 In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God.

Luke 22:31-32 "Simon, Simon, behold, Satan demanded to have you, that he might sift you like wheat, but I have prayed for you that your faith may not fail. And when you have turned again, strengthen your brothers."

Picture and Ponder

The *heavenly places* are an unseen dimension that intersects with ours.³ We are seated in the heavenlies in Christ, and we wrestle against evil forces in the heavenlies. To live victoriously we must take hold of both realities.

For Discussion

If our main battle is not against flesh and blood, but against spiritual forces—the devil and his cohorts, what new perspective does this give you when you are battling with people?



We have seen throughout Ephesians that God has been the initiator in our relationship with him, accomplishing everything required and providing everything we need to become his beloved children. He has brought us near and united us with his Son; he has empowered us with his great power by his Spirit to live a life worthy of our calling and he is able to do far more abundantly than all we ask or even think. So it is not surprising to find out that he will also amply supply us with his very own strength to stand against the evil forces that fiercely oppose his children.

- ❖ When are you aware of the spiritual battle that is waged against you as a believer?

- ❖ How are you prone to depend on your own strength instead of God's?

- ❖ What danger is there in underestimating the devil? How might we overestimate him?

- ❖ Reflect on this truth: *Because God's children are human beings—made of flesh and blood—the Son also became flesh and blood. For only as a human being could he die, and only by dying could he break the power of the devil, who had the power of death.* Hebrews 2:14 (NLT)



Jesus, thank you for giving your life to break the power of Satan and death. Because of your victory I have nothing to fear. Help me to be aware of the spiritual battle and to abide in you and depend on your mighty strength.

Picture and Ponder

"Nothing teaches us the power of Satan or our utter dependence upon God more than our constant spiritual failures."⁴

Day 3- Eph. 6:14-15

Write out verses 14-15

Paul has laid out the fearsome opposition that we face and assures us that we will withstand the evil forces of Satan with God’s mighty strength if we will take hold of it—if we will put on the armor of God. It is *God’s* armor because it is the armor he wore to fight and defeat Satan. Paul shows us these warrior weapons as a picture of what we need for battling the evil spiritual forces of darkness.

Scholar’s Note: In verse 14, Paul uses the word stand (or a form of it) for the fourth time. To stand in this context is to *stand firm, to stand immovable, to stand ready or prepared, to stand unharmed, to be of steadfast mind, one who does not hesitate or waiver.*

Belt of Truth

4. Look back to Eph. 1:13 and 4:21. What is the truth Paul referred to in these verses?
 - Why is knowing and believing the truth an essential weapon in our battle against the devil?

- Look back to Eph. 4:25. What is the truth that Paul is talking about here?

- Why is living and speaking the truth so important as a weapon?



How will being utterly convinced of the truth of who you are in Christ (Eph. 1-3), help you battle the lies, trickery and deceit of Satan?

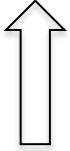
Breastplate of righteousness

Scholar's Note: righteousness- complete conformity to the holiness of God.

5. What is the breastplate of righteousness that protects us from Satan? Read following verses for help.
Romans 3:22 ...the righteousness of God through faith in Jesus Christ for all who believe.
Philippians 3:9 ...and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith...
- Look back to Eph. 4:24. What is this righteousness and how does it help us to stand against Satan?

Picture and Ponder

“The righteousness of Christ, painfully won for us at the cross, motivates us to strive hard toward an obedience that fits the new nature God is working in us.”⁵



Jesus thank you for covering me in your righteousness so that I can be counted as God’s beloved child. Strengthen me with your power to live a holy life that imitates my Father.

Gospel Shoes

6. NRSV translates verse 15 this way- *As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace.*
Paul says to Timothy in 2 Tim. 4:2 *Preach the word; be ready in season and out of season...*

And in Romans 10:13-15 Paul says, ¹³ For, “Everyone who calls on the name of the Lord shall be saved.”¹⁴ But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? ¹⁵ And how are they to proclaim him unless they are sent? As it is written, “How beautiful are the feet of those who bring good news!”

- Why is it called the gospel of peace?
- How does spreading the gospel become the ultimate weapon against Satan?

Picture and Ponder

“The task of being a herald is simple and twofold: to get the message right and to get the message out...People may or may not choose to listen to that announcement. Our task is simply to proclaim the good news of God’s peace to broken and oppressed souls, wherever and whenever we encounter them.”⁶



How are you doing at announcing the good news of peace? Write out the good news of peace in a few sentences.

Day 4- Eph. 6:16-17

Write out verses 16-17

Shield of Faith

7. The next piece of armor we need to take up to stand against Satan is the shield of faith. What is the occasion for its' use according to verse 16?

- What does this tell us?



There is never a cease-fire with the enemy. We need the shield of faith at all times to extinguish the fiery darts of the evil one. When he hurls his lies, we must deflect with confident belief in God's words to us.

- ❖ What flaming arrows does Satan shoot at you most often?
- ❖ Belief is faith put in action. What promises of God can you actively believe and use as a shield against the darts Satan shoots at you?

Picture and Ponder

"...faith lays hold of the promises of God in times of doubt and depression, and faith lays hold of the power of God in times of temptation."⁷

Helmet of Salvation

8. In 1 Thessalonians 5:8 Paul says, *having put on ... for a helmet the hope of salvation*. Hope, in the Bible is a sure confidence. How does having sure confidence that God will complete his saving work in you and you will spend eternity with God, help you to stand against Satan?

- What is the basis of your hope that you will one day spend eternity in heaven?

Picture and Ponder

"I have been saved from sin's penalty, I am being saved from sin's power and I will one day be saved from sin's presence."⁸

Sword of the Spirit

Scholar's Note: Of all the six pieces of armor or weaponry listed, the sword is the only one which can clearly be used for attack as well as defense. Moreover, the kind of attack envisaged will involve a close personal encounter, for the word used is *machaira*, the short sword."⁹

9. What is the sword of the Spirit according to verse 17?

- How can God's word be used as an *offensive* weapon in the battle against Satan?

- What are the implications of the fact that it is the sword of the *Spirit*?

Picture and Ponder

"It is interesting to note that Paul begins and ends his listing of the armor of God with related ideas. He started with the belt of truth, the foundational garment that underlies all the rest. Now he concludes with the sword of the Spirit, the Word of God. The knowledge and application of the truth as it is found in God's Word are quite literally the beginning and end of the story in our struggle to stand firm in our battle for

Digging Deeper

In Matthew 4, (on the following page) Jesus gives us the ultimate example of fighting Satan with the sword of the Spirit when he was at his weakest physically—fasting in the wilderness for 40 days, but feeding off the word of God.

- How did Jesus avoid arguing or debating with Satan?

- How did the devil respond?

- When you are physically weak—tired, hungry, sick or stressed, how does Satan tempt you?

- What scriptures could you use against Satan that pertain to your areas of weakness?

Matthew 4:3-11 And the tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.”⁴ But he answered, “It is written, “Man shall not live by bread alone, but by every word that comes from the mouth of God.”⁵ Then the devil took him to the holy city and set him on the pinnacle of the temple⁶ and said to him, “If you are the Son of God, throw yourself down, for it is written,” “He will command his angels concerning you, and “On their hands they will bear you up, lest you strike your foot against a stone.”⁷ Jesus said to him, “Again it is written, ‘You shall not put the Lord your God to the test.’”⁸ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory.⁹ And he said to him, “All these I will give you, if you will fall down and worship me.”¹⁰ Then Jesus said to him, “Be gone, Satan! For it is written, “You shall worship the Lord your God and him only shall you serve.”¹¹ Then the devil left him, and behold, angels came and were ministering to him.

God’s Armor

Paul draws his armor metaphor from the prophet Isaiah who describes Jesus as the Divine Warrior who will come to deliver his people and from the Psalms that use this imagery as well. Read through these passages thinking about how Jesus defeated sin and evil because he *is* truth, righteousness, the good news of peace, the Word made flesh, our shield and our salvation.

*Isaiah 11:5 And righteousness will be the belt around his body, and faithfulness the belt round his waist. (The Greek word for *faithfulness* in this Isaiah verse is the same Greek word that is translated in English as truth in Ephesians 6.)*

Isaiah 59:16-17a He saw that there was no man, and wondered that there was no one to intercede; then his own arm brought him salvation, and his righteousness upheld

him.¹⁷ He put on righteousness as a breastplate, and a helmet of salvation on his head...

Isaiah 52:7 How beautiful on the mountains are the feet of him who brings good news, who publishes peace, who brings good news of happiness, who publishes salvation, who says to Zion, "Your God reigns."

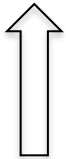
Psalm 91:3-5 For he will deliver you from the snare of the fowler and from the deadly pestilence.

⁴ He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler.

⁵ You will not fear the terror of the night, nor the arrow that flies by day...

Psalm 28:7 The LORD is my strength and my shield; in him my heart trusts, and I am helped...

Isaiah 49:2 [The LORD] made my [Jesus] mouth like a sharp sword...



Father thank you for giving me your own armor that Jesus himself wore to defeat Satan. Help me to battle Satan knowing the war is already won. Help me to use these priceless weapons well depending on your strength.

Day 5- Eph. 6:18-24

Write out verses 18-24

10. What is intricately connected with putting on and using the armor of God in our spiritual battle according to verse 18?

- How is prayer crucial in our spiritual battle? (Think back to verse 10, and to the prayers Paul has prayed in Ephesians.)
- What would be the opposite of praying in the Spirit?

Picture and Ponder

“When we pray in the Spirit, we experience being carried or driven in prayer to God by the Spirit.”¹¹

Scholar’s Note: *Supplication*- making requests, seeking, asking, or entreating.

11. In verse 18, Paul shows how comprehensive prayer must be in the life of a follower of Jesus who is engaged in spiritual battle. He uses the word *all* four times in relation to prayer. Describe why these ways to pray are vital for a Christian warrior.

Pray- at all times and with all kinds of prayer

Keep alert- with all perseverance in prayer

Make supplication-for all fellow believers



One of the reasons we don’t pray without ceasing (like Paul said) and keep watch and pray (like Jesus said) is that we don’t comprehend the fact that we are in a war. Life would make a lot more sense to us if we grasped this truth. When battles flare up, we are not ready because we have grown soft and lazy with our peace time mentality. Knowing you are in a war will spur you on to constant prayer, enabling you to take up God’s armor.

- ❖ Just as the Spirit helps us in understanding God’s word, the Spirit also helps us in prayer (Rom 8:26). When you sense the Spirit prompting you to pray, do it right then! When you come to God in prayer, ask for the Spirit’s help.

- ❖ If you are not aware of being in a war, maybe you are not fighting any battles. What could be possible reasons for this?

12. What does Paul ask for prayer for in verse 19?

- How does this encourage you?



Paul has sung the praises of God's glorious grace to us, presenting the reality of the lavish spiritual blessings that are ours in Jesus. He then went on to display what it looks like when we take hold of these truths and respond rightly to being *in Christ* people. And now as he closes this beautiful letter, we see one last sparkling gem of fitting response in the very last verse.

Grace (God's undeserved favor) be with all who love our Lord Jesus Christ with undying and incorruptible [love]. Amen (so let it be). (AMP)

So let it be, please God! Let us pray continually that our hearts will respond to Jesus with love that never fades or crumbles but is rooted and grounded and growing until he comes again.

Taking Root:

- What in this portion of Scripture swells your heart with love for God, or makes your heart treasure Jesus?
- What from this portion of Scripture spurs you on to love others?
- How are you challenged to reach God's world after living with this portion of Scripture this week?

¹ Duguid, Iain, M. *The Whole Armor of God* p.16-17 Crossway, 2019

² Stott, John. *The Message of Ephesians (The Bible Speaks Today Series)* (p. 279). InterVarsity Press. Kindle Edition

³ Burns, Scott from his sermon *Thriving Against Overwhelming Odds*, June 2, 2016

⁴ Duguid, Iain, M. *The Whole Armor of God* p.20 Crossway, 2019

⁵ Duguid, Iain, M. *The Whole Armor of God* p.45 Crossway, 2019

⁶ Duguid, Iain, M. *The Whole Armor of God* p.54 Crossway, 2019

⁷ faith lays hold of the promises of God in times of doubt and depression, and faith lays hold of the power of God in times of temptation.

Stott, John. *The Message of Ephesians (The Bible Speaks Today Series)* (p. 281). InterVarsity Press. Kindle Edition.

⁸ Merida, Tony. *Exalting Jesus in Ephesians*, B & H Publishing Group, 2014. P. 181

⁹ Stott, John. *The Message of Ephesians (The Bible Speaks Today Series)* (p. 282). InterVarsity Press. Kindle Edition.

¹⁰ Duguid, Iain, M. *The Whole Armor of God* p.90 Crossway, 2019

¹¹ Martin Lloyd Jones as quoted by Jason Meyer in his article *How to Pray in the Holy Spirit*. April 30, 2018 <https://www.desiringgod.org/articles/how-to-pray-in-the-holy-spirit>

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