

EPHESIANS

Lesson 10 - Chapter 6:10-15

In the first three chapters of Ephesians, we learned of our riches in Christ and how to sit in heavenly places. Next Paul taught on how to walk worthy of Christ while we are on this earth, a walk that will draw attack from the enemy. In this last section of this letter, we will now look at God's provision for us that we may be able to stand before the enemy.

Knowing that the Christian life is a battlefield, pray for this lesson to encourage you in the understanding and use of the armor God has provided so that we may walk in victory.

Key Word(s)

Read through the entire chapter, looking for words or themes that are repeated. Make note of those words and their significance here.

Memory Verse – This week's memory verse is Ephesians 6:10.

"Finally, my brethren, be strong in the Lord and in the power of His might."

Read Ephesians 6:10.

Ephesians 6:10 begins with the word "*finally*". This ties the instruction to follow with the important instruction Paul has already given in this letter.

1. What was the instruction given in Ephesians 6:10?
2. Notice there are two places we are told to find our strength. Why are these critical to our success in standing strong against the enemy?
3. Notice that this is something we are told to do – to be. This implies that we must choose and take action. Read Joshua 1:6-9. This section begins and ends with this same command to *be strong*. What do the verses in between add to your understanding of what is involved in doing this?

4. Remember the instruction Paul has already given in this letter of all the riches we have in Christ and how we are to walk in them. How does that instruction prepare us for this last command to *be strong in the Lord*?

Read Ephesians 6:11-13.

1. We are given another command in Ephesians 6:11.

a. What are we told to do?

b. Why?

c. Define *wiles*.

d. What does 1 Peter 5:8 tell us about the enemy?

2. It is important in any battle to know your enemy. What does Ephesians 6:12 say about who we are in battle against?

a. How does this change the way you look at the battle?

b. How does this change the way you fight the battle?

c. What does 2 Corinthians 10:4 add to this thought?

3. Ephesians 6:13 begins with the word *therefore*, meaning it refers to the previous verse – the statement that our battle is spiritual. Write the three things that follow *therefore* in this verse.

a.

b.

c.

4. Consider the following thoughts from verse 13:
 - a. What does it mean to you that we must put on the armor?

 - b. Why does it say to put on the whole armor of God?

 - c. What does it mean by *stand*? And in what are we to *stand*?

5. We see two similar words in this verse, *stand* and *withstand*.
 - a. What is the difference?

 - b. In James 4:7, the same root word for *withstand* is translated *resist*. What does this verse say will be the result of resisting the devil?

6. We are told to *stand* in both Ephesians 6:13 and 6:14, but we are not expected to stand in our own strength. The instruction to put on the whole armor of God, and the explanation we are about to study of what that includes, tells us what we must do in order to *stand*. And don't forget where we started in this section with Ephesians 6:10. As a reminder before we move on, write Ephesians 6:10 again below.

Read Ephesians 6:14-15.

Ephesians 6:14 begins with the command again to ***stand***, but continues with each step we are to take in preparation to *stand*. Now we will look more closely at the three parts of the Armor of God we are to “*put on*”. As we do, keep in mind the description Malcolm Wild gives for the Armor of God: the armor consists mainly in the correct understanding of doctrine and right use of it.

⇒ ***...having girded your waist with truth***

1. The *girdle* or *belt* served the purpose to bundle up or gather all loose material before going into battle.

a. What *loose material* in our lives might need to be secured by *truth* before we stand in battle?

b. What does 2 Timothy 2:4 add to this?

2. The word *truth* here represents the summation of all Christian truth.

a. What do the following scriptures from Ephesians have to say about truth?

1. Ephesians 1:13

2. Ephesians 4:21

b. Truth here means belief in the knowledge of the “truth” as it is in Jesus Christ. What do the following words of Jesus say about truth?

1. John 14:6

2. John 16:13

3. John 17:17

⇒ *...having put on the breastplate of righteousness*

1. The first thing we must know about the breastplate is that it is not our own integrity. What does Philippians 3:3 say about this?

2. What truth about righteousness do you find in the following?

a. 2 Corinthians 5:21

b. Ephesians 4:24

3. The breastplate protects the heart, which means it helps protect in the area of feelings.

a. List some emotions or feelings that might hinder you in battle.

b. How can the enemy use these feelings against you in battle?

4. We know that we have the righteousness of Christ but we also have to walk in righteousness, obeying God's Word and making choices to please Him. But we do fall, so God makes provision to teach us and to lift us back up. What *truth* do the following verses tell of God's provision for this?

a. 1 John 1:9

b. 1 John 3:20-21

⇒ *...having shod your feet with the preparation of the gospel of peace*

The importance of well shod feet for a soldier was three-fold:

1. To provide firmness of hold and prevent slipping.

a. To prepare your feet to not slip, you must know where you are standing. Describe where you must stand in the battle.

b. What does Psalm 56:13 say the Lord will do for us?

2. To protect feet from traps – What are some things Satan will do to trap you?

3. For mobility – We must be ready to move as needed for the battle. But many things can hold us back, for example the church can be held back by traditions. What things can you think of that weigh you down or hold you back from the purposes of the Lord?

4. Notice our feet are to be shod with the *gospel of peace*. It is the *gospel* that brought us to a place where we have *peace* with God. What do the following scriptures tell you about peace?

a. Romans 5:1

b. Philippians 4:6-7

5. How does peace in your heart help as you go to battle with the enemy?

In closing...

1. We all know that we have an enemy in this evil world, but God has given us all we need to protect us in the battle against that enemy. What will you take away from this lesson that will help you in the battle?

2. We are told over and over again to stand, but sometimes we feel we are slipping.

a. Consider Psalm 73:2-5. What things do you see that can cause your feet to slip?

b. Now look at Psalm 73:16-17. What changed the psalmist's perspective and kept him from slipping?

c. How can you apply this to your life?

Memory Verse

*"Finally, my brethren, be strong in the Lord and in the power of His might."
Ephesians 6:10*