



PITWM VERSE BY VERSE

EPHESIANS 6:10-24

LESSON: SPIRITUAL ARMOR—February 4, 2024

INTRODUCTION:

Chapter 6:5-9 The concern in these verses is the relationship between slaves/servants and masters, or in every age employees and employers, for the apostles insisted that the slaves were the source of trouble. It was not an economic problem, but it's a spiritual problem. There were millions and millions of slaves in the Roman Empire during the days of Paul. Since many slave owners and slaves became Christians, the early church had to deal straight-forwardly with the question of master/slave relations; how to live together in Christian households. The Spirit of God leads in every area. Christ's authority and Christ alone shows us how. Six instructions are given to the Christian workers:

6:5 Servants, be obedient to them that are your masters according to the flesh, with fear and trembling, in singleness of your heart, as unto Christ.

SUBMIT: TO ARRANGE YOURSELF UNDER IN THE FEAR / RESPECT OF GOD.

OBEY: TO COMPLY WITH; SUBMIT AND FOLLOW THE DIRECTION OF INSTRUCTIONS.

Christ Jesus was obedient all the way to the cross. He submitted to the Heavenly Father and His Mary and Joseph when they were looking for Him at 12yr old. Obey is a command. Submit is a sign of respect!

1. As Christian workers; godly servants we are to work with fear and trembling; not with dread, As but with respect for authority and anxious to leave no duty undone.
2. Christian workers; godly servants we are to work in a singleness of heart, as unto Christ. "Singleness of heart" means with purpose and focused attention, in sincerity and without any pretense or hypocrisy or slack. He is totally committed to his work. There is no fakeness, no pretending to be a good workman. The reason is that you are offering your labor to the Lord. "If ye be willing and obedient, ye shall eat the good of the land" Is.1:19 (6:5b).

6:6 Not with eyeservice, as men pleasers, but as the servants of Christ, doing the will of God from the heart.

3. The Christian workers / godly servants are not to work with eyeservice (SERVING THEM BETTER WHEN UNDER THEIR EYE THAN AT OTHER TIMES) AS A MANPLEASER (RATHER PLEASE MAN); not to work only when the boss is looking. If Jesus Christ were your Supervisor how would you act? But instead, "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven" Matt.5:16 (6:6a).
4. The Christian workers / godly servants are to work as the servant of Christ, doing the Will of God from the heart. From the heart means with interest and energy. It was God's Will that placed you there, whether it looks like it or not. Don't let the wrong thinking outweigh the good you've done, for it is the will of God that's done from the heart? (6:6b).

6:7 With good will doing service, as to the Lord, not unto men. Just take man out of the equation.

5. The Christian workers / godly servants are to work with good will, and it must be done as to the Lord, and not to men. This would mean not with resentment, but with enthusiasm and a generous spirit (6:7).

6:8 Knowing that whatsoever good thing any man doeth, the same shall be receive of the Lord, whether he be bond or free.

6. The result of such diligent labor is to be a reciprocated (shared) reward. The Lord is the One doing the giving! It is Him we should try to please. No matter who's trying to block you, Am I pleasing you Lord?
 - If you have diligently worked as though you were working for Christ, you shall be abundantly rewarded.
 - If you have been working for men and for self, you shall go the way of all men and end up eternally lost.





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- If you have been sometimes slack and sometimes diligent, then you are going to receive a reward (paid by the number of items produced instead of time spent; your pay rate is decreased) (6:8).

6:9 And, ye masters, do the same things unto them, forbearing threatening: knowing that your Master also is in heaven; neither is there respect of persons with him. There is to be mutual honor and respect between masters and slaves. The employers are not exempt from their treatment of the employee. The employer (1) is to treat his employees with respect; (2) forbear threats; leave off the evil practice of threatening shorter hours, lower wages, and loss of employment by such harsh compulsions and retain them like possessions. The reason is, knowing that God is going to judge everyone for He is Master. He is ruling and reigning, and He keeps excellent records. There is no respect of persons with Him, meaning, God does not have a double standard. He weighs the unfaithfulness in servants and the unkindness in masters in the same scales of divine equity and justice. In this lesson Paul tells you how to be STRONG and who you're fighting against!

LESSON:

I. EPHESIANS 6:10-12

6:10 Finally, my brethren, be strong in the Lord, and in the power of his might. After all of that Paul says Finally! A final note to his letter, Paul says, here is a charge to prepare you as Christian soldiers; the brethren that is in this world, but not of this world.

1. The strength is not in you, but in the Lord. It's the Lord's power and the Lord's might that we are strong. Stop depending upon your own strength. God's strength is mightier than yours! He has unlimited power and dominion over all! His might and force is perfect.
1. The critical point is that it's found in a living dynamic relationship with the Lord. It's a drawing we get from Him when we get in prayer. Then we can say "I can do all things through Christ which strengthens me" **Phil.4:13.**

6:11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

2. You must put on the whole armour of God, not half or part that leaves you exposed to the enemy. Why? So that you may be able to STAND, and not retreat against the strategies; the schemes of the adversary. **Stand** by being unmovable and **Stand** steadfast; and **Stand** having an unshakeable posture! You must believe that this is a spiritual war! And not a fleshly war. You are covered from hurt and/or danger by putting on the armor.

The enemy is the devil/Satan will do everything he can to deceive and capture the believer. HE COMES TO STEAL YOUR JOY; KILL YOUR PROGRESS, AND DESTROY YOUR DREAMS

- a. There are strategies that appeal to the lust of the eyes. Satan will see to it that something crosses the eyesight of the believer, something that is very appealing to the flesh and the pride of life.
 - i. Food – an attractive person – exposure of the body – cars, houses – positions – authority and power.

But God! "*For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind*" 2Tim.1:7. "*Fear thou not; For I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness*" **Is.41:10.** "*For with God nothing shall be impossible*" **Lk.1:37.**

6:12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Warfare takes place in the mind against the Believer. So, verse 11 we stand against the wiles of the devil by putting on the whole armour of God. This verse 12 we wrestle against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. The warfare is not human or physical, but spiritual.



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One we **stand** (against the tricks of the devil); One we **wrestle** against spirits, meaning one has to do with **our position**, and the other has to do with **our struggle**. We wrestle because first of all, it's a struggle. The enemy does not want to turn loose. Although we have authority, we still have adversaries in the spiritual realm, because of whose we are! His Word says, "Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy..." **Lk10:19**.

- **against principalities**: high ranking hierarchy of demonic authority.
- **against powers**: invested with authority.
- **against the rulers of the darkness of this world**: rulers in revolt against God and limited to this darkness here on earth. "Darkness" in the Bible means the ignorance of truth and reality, of the real nature and purpose of things. The rulers blind the minds of men lest they believe the glorious gospel of eternal salvation. "Light" is knowing God and His Son, Jesus Christ, and that He is truth!
- **against spiritual wickedness in high places**: the army of invisible wicked spirits in the heavenlies.

All are spiritual forces; fallen angels and demons over whom Satan has control, and they possess unbelievable power that he sends against us and we wrestle against. We are soldiers in a battle with evil, but God has given us every piece of armor, defensive and offensive, which we need to survive and win. As we speak the Word; apply the Word to the forces of the enemy, for we are victors in this fight because of the One who gives us the power within to stand; enabling us to come against, never in our own strength, but in His power and might. So, **concentrate on the armor and the power of Christ, not on the demons.**

II. EPHESIANS 6:13-17

6:13 Wherefore take unto you the **whole armour of God**, that ye may be able to withstand in the evil day, and having done all, to stand. Paul emphasized this again: **Take it and Put it on!** It's no good if you're driving and you leave your driving license at home. Same thing! You appropriate God's full spiritual armor by obedience. Why? **the evil day.** "What is the evil day? Its unusual temptations and trials that are in the world today. And having fought to the end, you still stand your ground; stand firm against the enemy; stand without wavering or falling.

6:14 Stand therefore, having your loins girt about with **truth**. We must remember that Paul was in prison under constant guard when writing the letter to the Ephesians. For day in and day out, he was able to see the soldier's armor. He made it practical. How? **Stand!** "Having your loins girt about with truth, and having on the breastplate of righteousness." There's a belt used to hold the soldier's clothing. The "loins" are the hip area and abdominal region of the body. The soldier wore a tunic of loose-fitting cloth. This kept his loose-fitting clothing from flapping about, and allowed him freedom of movement. In other words, it was meant to belt one's robe; pull in the loose ends in around the waist to shorten them in preparation for running and for battle. **Something loose is a distraction!** The belt strengthened and supported the body. In other words man up; prepare yourself for action, boldly and courageously! For the Christian believer it is called the "belt of truth." What is God's truth that the believer is to stand with? **STAND WITH TRUTH—THE PERSON - WHO IS JESUS CHRIST!** 1. **Jesus is the Truth.** 2. **The Word of God is Truth.** 3. **Speak the Truth!**

- I AM THE WAY, THE TRUTH, AND THE LIFE. JH.14:6
- HIS TRUTH SHALL BE THY SHIELD & BUCKLER (PS.91:4C)
- YOU SHALL KNOW THE TRUTH AND THE TRUTH SHALL MAKE YOU FREE. JH.8:32
- PUT AWAY LYING, SPEAK EVERY MAN TRUTH WITH HIS NEIGHBOR. EPH.4:25

Truth does several things for the believer:

- It keeps him from flapping about from one thing to another, from being tossed to and fro by every attack of the enemy.
- It keeps him from becoming entangled with the affairs of this life. And...
- It supports him in the battles and trials of life.

Therefore, **the sign of a Christian/ Soldier is Truth.** If you don't stand for the truth, you'll stand for a lie!

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6:14B ...and having on the breastplate of righteousness;— The breastplate covered the soldier's full torso from the neck to the thighs, and other vital organs both front and back, made of metal plates or chains or a tough sleeveless piece of leather or heavy material with animal horn or hoof pieces sewed on covering the soldier. It was used to protect the heart. When a man accepts Jesus in his heart, he is saved, and God imputes the righteousness of Jesus Christ to him, or to say it another way, God counts him righteous. And now we must live righteously as we stand in Jesus' truth; not losing focus. Your heart has to be right. Stop looking out the window and start looking in the mirror!

6:15 And your feet shod with the preparation of the gospel of peace;— The sandals or boots on the soldier were a sign of readiness to march and to do battle. These sandals or boots were made with nails gripped the ground firmly, even when the ground was sloping or slippery. YOU'RE GOING SOMEWHERE, SO BE READY. You need to have a Readiness (being equipped; prepared to march) with a firm footing and sure steps; prepared to do God's Will; ready for duty to bear witness of the glad tidings of the gospel of Christ which brings peace. Are you at peace with God and know that He's on your side to assure others of His message? By knowing Christ and believing Christ, you can make Him known to others wherever He takes you to cause change! I need to add, Are you at peace with others? Isaiah wrote, "*How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace; that bringeth good tidings of good, that publisheth salvation; that saith unto Zion, thy God reigneth!*" Is.52:7. Satan will conquer through guilt and discouragement, but God conquers through His Good News of Peace and Hope!

6:16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. The shield the soldiers depended upon was a great oblong wooded shield held in front of him to protect his body from the spears, arrows, and fiery darts thrown by the enemy. These darts were dipped in pitch (*burning tar*) or some other combustible material and set afire. The edges of these shields were so constructed that an entire line of soldiers could interlock shields and March into the enemy like a solid wall. The "shield of faith" quenches every fiery dart of the wicked. "But without faith it is impossible to please him: for he that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him" Heb.11:6. "For whosoever is born of god overcometh the world: and this is the victory that overcometh the world, even our faith" 1Pt.5:4. This is not "saving faith" but this is living action faith; a trust in the promises and power of God. You put it before you! You are "being fully persuaded that, what He had promised, He (is) able also to perform" Rom.4:21. "So, faith comes by hearing and hearing the Word of God" Rom.10:17. Remember, "No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the Lord, and their righteousness is of me, saith the Lord" Is.54:17. Therefore, what you hear, you speak. To quench the fiery darts of the enemy, you shield those darts by speaking God's Word; His promises, and by applying the Blood of Jesus over you and your home! Such fiery darts often assault the mind—one after the other (doubting and evil thoughts). The fiery darts of Satan are those things that cause the believer...

- to question his salvation; his call; if he is worthy; if he can really serve; to doubt and wonder; to become discouraged, depressed, and defeated; or to burn with passion and desire when the shield was down.

Faith is the victory that overcomes whatever the world throws at us! Therefore, stay in Faith

6:17 And take the helmet of salvation,— (*deliverance*). The helmet covered the head and the mind of the soldier. The mind of the unsaved man is focused upon this earth. The unsaved man sees nothing wrong with being his own person and doing his own thing just so he is reasonably considerate of others. But, it is not so of the saved man, for the helmet of salvation means knowing that we are saved and that

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glorious day will be with the Lord!

ARE YOU ABLE TO SPEAK SALVATION TO A CO-WORKER? IF YOU'VE BEEN PRAYING FOR THEM, GOD WILL MAKE A WAY FOR YOU TO SHARE THE GOSPEL WITH THEM, FOR THEN THEY WOULD BE ABLE TO RECEIVE IT.

- It Stirs us to Keep our minds and thoughts upon Christ and off of sin and this world.
- It Stirs us to Focus on the mission Christ has left for us: to carry the gospel to a needy and dying world.

Remember, we are in a saved relationship with God (*those who have accepted Him*). Satan cannot take anything that God has unless you allow him! Rom.8:38-39.

6: 17B ...and the sword of the Spirit, which is the word of God: The sword was a weapon used for both defense and offense. The sword was used both to protect and to fight off and slay the enemy.

1. **Defensive Warfare** involves guarding yourself against the tactics or schemes of the devil.
2. **Offensive Warfare** involves tearing down the strongholds that the enemy has formed in your mind through deception and accusations.

Remember Jesus Christ Himself overcame the onslaught of the devil by using Scripture. The written Word is the one weapon that assures victory for the Christian soldier. For the Word of God is living and active and sharper than any two-edged sword.

III. EPHESIANS 6:18-24

6: 18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; – This is a constant supernatural weapon! With Prayer there is no period or season of life that we should be without prayer, especially in a battle. And as we enter into conflict fully dressed and armed, a constant spirit of prayer is going forth with great confidence, assurance, and courage.

1. **Pray Always**, meaning, don't allow your connection with God's presence and care to be broken. Maintain openness. 1Thess.5:13 says, "Pray without ceasing." Why? Because you are in a battle! Therefore...
 - a. Keep the lines of communication open to the Captain of your salvation.
 - b. Prayer and the Word should never be separated because you are praying His Will to be done, and not your own. Why do we think His Word is there in the Bible? It's important! It is life to us, and for those we're praying for.
 - c. The Spirit will hear your groanings, but not your eloquent words which may be selfish or out of God's Will. They sound good. **But**, it will take your sincere heart that He listens to perform. Remember, His Word does not fall short or come back void as you make your request known while giving thanks.
2. **Pray In the Spirit**, that is, under the influence of the Holy Spirit; all prayer and supplication is in the Spirit! When Praying His Word, you are praying in the Spirit. It is the Holy Spirit who prays in and through us, and for us. It is the Lord who has won the battle! You are a participant for what God wants to do. Also when you are praying in tongues, you are praying in the Spirit! Prayer itself is the language of heaven. It is the Spirit who leads and guides. **Rom.8:26-27** says "*Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. And He that searcheth the hearts knoweth what is the mind of the Spirit, because He maketh intercession for the saints according to the Will of God*". We can pray and we can sing in the Spirit.
3. **Pray Watching**, that is, keep alert, concentrating.
4. **Pray Persevering**, that is to stick to it and not quit. When you really want something to happen, you will keep at it. And that is to say, how bad do you want it? The enemy's job is not to turn loose so easily, and that should be yours also. Prayer is not getting man's will done in heaven; it's getting God's Will done on earth.

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5. **Pray Unselfishly.** The soldier is not in battle alone. Many are engaged in the same warfare. Therefore, pray intensely for your fellow soldiers and for yourself!

6:19 And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel,— Paul requires prayer for himself. Why? Not that the chains would be removed, but, "That utterance may be given him"; "a bold speech when he opens his mouth when he makes known the mystery (truths hidden and later revealed) of the gospel" to others. Even as we pray for a change in our circumstances, we should also pray that God will accomplish His plan through us right where we are.

6:20 For which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak. Paul and the other apostles were sent out by Christ the way kings and governments send out ambassadors (Representative) to represent them and convey messages.

6:21 But that ye also may know my affairs, and how I do. Tychicus, a beloved brother and faithful minister in the Lord, shall make known to you all things. Paul wants the Ephesian believers to know all things while he is an ambassador in bonds, so he will send Tychicus to relay his affairs to the people. Paul trust Tychicus for he calls him 1) a beloved brother, and 2) a faithful minister of the Lord! He's a brethren because he believed in Jesus Christ. He's a faithful minister because he is faithful in the Lord to do what the Lord needs!

6:22 Whom I have sent unto you for the same purpose, that ye might know our affairs, and that he might comfort your hearts. The message Paul will send would comfort the people's hearts that they might know his heart.

6:23 Peace be to the brethren, and love with faith, from God the Father and the Lord Jesus Christ. Lord speaks of His Deity. Jesus speaks of His Humanity. Christ speaks of His Servanthood—He is

6:24 Grace be with all them that love our Lord Jesus Christ in sincerity. Amen. This was addressed to all the Christian brothers from God the Father and the Lord Jesus Christ where ...

- Paul invoked peace upon them.
- He invoked love upon them.
- He invoked faith upon them.
- And he invoked grace be with all of them that love the Lord Jesus Christ in sincerity.

{ Christ's
Gifts. }

SUMMARY:

¹We are to be strong in the Lord because spiritual battles require spiritual strength (6:10). Put on all the armor that God gives, so you can defend yourself against the devil's tricks (6:11). The word "wrestle" indicates hand to hand battle, not just being a spectator. We wrestle against spiritual beings and not flesh and blood (6:12). (6:10-12).

We have to **put on** God's complete armor so that we may **stand** our ground firmly and completely in the day of evil attacks (6:13). To "**stand**" implies urgency and in place with Truth (6:14). The "breastplate" of

¹ <http://www.family-times.net/commentary/ephesians-614/>
<http://www.pitwm.net/pitwm-versebyverse.html>

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Righteousness to protect his chest/heart from the enemy's attacks (**6:14**). Our beautiful "feet" carries us to share the Gospel of Peace (**6:15**). Satan's "fiery darts" are full of the flaming arrows of adversity and his quiver is full of them (**6:16**). Frequently he fires a round of problems at us (sickness, financial loss, broken relationships), and when our guard is down, he will hit us with fear, doubt or depression. However, the "shield of Faith" is trust in the promises and power of God that protects us from the enemy. Since Satan wants to capture us at our weakest area we must use the shield of Faith and walk by faith and not try to handle the enemy ourselves. Notice we are to **take** the "sword" (Word) and the "helmet" (Salvation)(**6:17**). The helmet protects our minds when our minds are controlled by God. A physical sword wounds to hurt and kill; while the sword of the Spirit wounds to heal and give life (**6:13-17**). Whom the Son sets free is free indeed!

Prayer is the energy that enables Christians to engage in the battle of life. We can never fight this battle in our own power, no matter how strong we may think we are. Remember that many men greater than we have fallen before us. Paul tells us how to pray in order to defeat Satan. **21**Paul wants the Ephesian believers to know all things while he is an ambassador in bonds, so he will send Tychicus to relay his affairs. **22**The message Paul will send would comfort the people's hearts. **23-24**He ends his letter with peace, love and faith to all the brethren from the Lord Jesus Christ, and a prayer of grace to all that love the Lord Jesus Christ in sincerity. Amen (**6:18-24**).