



Week 9

Dressed for Spiritual Warfare

Memory Verse:

*Finally, be strong in the Lord and in his mighty power.
Put on the full armour of God, so that you can take
your stand against the devil's schemes.*

Ephesians 6:1-11 (NIV)

PERSONAL STUDY

Read Ephesians 6:10-24

OPENING REMARKS:

Paul concludes his epistle by describing the spiritual battle against evil in the heavenly realms. This passage has three sections:

- Be strong in the Lord (verses 10-13),
- Stand firm with the armour (verses 14-17), and
- Pray constantly (verses 18-20).

The faithful Christian life is a battle, because when God begins to bless His people, Satan begins to attack. If we are walking worthy of our calling, then we can be absolutely certain that we will have opposition and conflict.

The good news is that God does not leave His children unprepared or unprotected. He has given us all we need. In Christ we not only withstand the devil's assaults, but we can defeat the diabolical forces against God and His church. Nothing can stand against us!

STUDY QUESTIONS:

What do you think of when you hear the words “spiritual warfare”?

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Read Ephesians 6:10-12. What is the source of a Christian’s strength? (Also refer to Isaiah 40:31 and Romans 8:31).

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For what reason must we put on the full armour of God? What happens to a soldier of the Lord who is not fully protected? (Also refer to 2 Timothy 2:3-4)

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Paul states that our struggle is not with flesh and blood. What does this mean? (Also refer to Romans 8:38-39).

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Read Ephesians 6:13-17. What does each piece of armour represent and protect?

Armour	Represent/Protect
Belt	
Breastplate	
Foot armour	
Shield	
Helmet	
Sword	

Read Ephesians 6:18. What final piece of “armour” does Paul identify in verse 18?

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What is our responsibility towards fellow Christians according to verse 18?

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Read Ephesians 6:19-20. For what does Paul ask in verse 19 and 20? Can we ask for the same thing? (Also refer to Colossians 4:2-4)

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Paul is a prayer warrior. How has his examples of prayer and prayer requests inspired your prayer life?

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Read Ephesians 6: 21-24. Paul uses three words in his final farewell that sum up what we have seen about God throughout the letter. How are these three words great summaries of what we know about God?

Peace (verse 23)	
Love (verse 23)	
Grace (verse 24)	

Closing remarks:

In a war of bullets, careful aim and heavy armour win battles. In a war of words, eloquent speech and sharp pens and expansive social media cover overcome the opposition. But if the fight is outside the realm of sight, sound and touch, how are victories won? How do we stand firm against the spiritual forces of evil?

There are two primary errors when it comes to spiritual warfare—over-emphasis and under-emphasis. Some blame every sin, every conflict, and every problem on demons that need to be cast out. Others completely ignore the spiritual realm and the fact that the Bible tells us our battle is against spiritual powers. The key to successful spiritual warfare is finding the biblical balance. Jesus sometimes cast demons out of people; other times He healed people with no mention of the demonic. The apostle Paul instructs Christians to wage war against the sin in themselves (Romans 6) and warns us to oppose the schemes of the devil (Ephesians 6:10–18).

Ephesians 6:10-18 teaches us some crucial truths: we can only stand strong in the Lord's power, it is God's armour that protects us, and our battle is ultimately against spiritual forces of evil in the world.

We are to know the truth, believe the truth, and speak the truth. We are to rest in the fact that we are declared righteous because of Christ's sacrifice for us. We are to proclaim the gospel no matter how much resistance we face. We are not to waver in our faith, trusting God's promises no matter how strongly we are attacked. Our ultimate defence is the assurance we have of our salvation, an assurance that no spiritual force can take away. Our offensive weapon is the Word of God, not our own opinions and feelings. And this should all be covered in prayer.

GROUP DISCUSSION

Prayer

Memory verse:

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Reflection:

Share with the group members how God worked in your life during this week.

Scripture Reading:

Ephesians 6:10-24

Discussion questions

Read Ephesians 6:10-12. What does Paul mean when he states categorically that our fight is “not against flesh and blood”? Discuss in the group.

Have you, or someone you know, experienced what you would call “spiritual warfare”? If so, how did you or they, respond? Discuss in the group.

Read Ephesians 6:13-17. What protective (defensive) pieces of armour are children of God given in their ongoing spiritual battle? What offensive weapons are we given with which to wage war? Discuss.

Protective weapons	Defensive weapons

Why does Paul emphasize the concept of standing in verses 11, 13 and 14? Discuss in the group.

Read 2 Corinthians 10:3-5. What extra insights into spiritual battle do you find in this passage? What is the tone of this passage? Discuss.

Read 1 Thessalonians 5:6-8. What should be the Christian's frame of mind regarding the ongoing spiritual warfare? What does this mean for our everyday life?

How does this week's passage contribute to the theme of the church glorifying God through visible unity? Discuss in the group.

Read Ephesians 6:18-24. In this short passage, what does Paul teach us about the variety of prayer, the frequency of prayer and the power and manner of prayer?

How do these verses contribute to your understanding of prayer as a weapon in our war against Satan?

Take ample time to pray for each other in the group.

Close in prayer