

# PART 11 - EPHESIANS 6 – This is how you fight your battles

## FOUNDATIONAL TEXT

**John 1:16-17 AMP** - *For out of His fullness (abundance) we have **all received** [all had a share and we were all supplied with] one grace after another and spiritual blessing upon spiritual blessing and even favour upon favour and gift [heaped] upon gift. For while the Law was given through Moses, **grace** (unearned, undeserved favour and spiritual blessing) and **truth** came through Jesus Christ.*

1. Revelation – What does Chapter 6 tell us?
2. Interpretation – The word of God
3. Application - How do apply this preaching from Ephesians Chapter 6?
4. Key Messages from this preaching

1. Revelation – What does Chapter 6 tell us?

- Be kind and compassionate to one another, forgiving each other just as Christ God forgave us
- Our armour should always be on. We should never take it off. We need to ensure we are girded in truth to carry the weight of righteousness, faith, salvation and the word.
- We are not alone in wearing the armour of God. We are in a community of other people wearing the same armour to come along side us, to help each other fight.

### *Ephesians – Recap*

This is where Paul brings all that doctrine from the first 3 chapters, the ‘how to live worthy’ in chapters 4 and 5 and then tops off with the crown of it all; ***it’s not our fight, it’s our victory. It’s not us that fight, but Him that has already fought for us and won. And this little chapter 6 tells us how.*** Paul is letting us know how to stand firm; how to stand in the victory until our commander enforces the terms of surrender. Paul has set us up perfectly to know how to live a life worthy of our call. First, to know the doctrine, the foundations, pillars we build on to be able to live a life worthy; and then how it should look in our lives.

***Ephesians 6:1-9 [read commentary in extended notes]***

2. Interpretation – The word of God

Verses 10-20 NKJV	<i>“Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armour of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armour of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints— and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.</i>
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Verse 14	<i>"..Having girded you waist with the belt of truth</i>
<p>Paul is referring to the belt that girded the under tunic of the Roman soldier and carried the weight of the other bits of armour. The truth that girds up all the other pieces of our armour is Jesus. Not necessarily referring to telling the truth and not lying, it's referring to the gospel of truth, the good news of truth; the truth of God's word.</p>	
Verse 14	<i>"..Having put on the Breastplate of Righteous"</i>
<p>Our breastplate is the breastplate of righteousness; not ours but Jesus'. We do not go into battle with the enemy with our self-righteousness attitudes or opinions or what we think etc. No! We go into battle with the righteousness that was imputed to us through Jesus. This is the breastplate we bear. It has His name on it, not ours. It is this righteousness that will protect our heart.</p>	
Verse 15	<i>"..Having shod your feet with the preparation of the gospel of peace"</i>
<p>Paul used these shoes as an example to the Ephesians and all of us of how prepared we need to be. The Roman army knew they had a lot of ground to cover and a lot of different obstacles to march over. <b>We</b> have a lot of ground to cover and a lot of different obstacles to march over. We need to be ready or prepared to take the gospel of truth wherever God says. We need to have <b>'shod our feet with the preparation of the Gospel of peace'</b>.</p>	
Verse 16	<i>"..Taking the shield of faith'</i>
<p>Our faith shields must be built on the foundation of Jesus as our Lord and saviour first and foremost. That is the basis, the wood. Then we ensure we know God's word so that when a particular fiery dart is cast our way, our shield will deflect it and it will be extinguished; it will not penetrate.</p>	
Verse 17	<i>"..The helmet of salvation"</i>
<p>At the beginning of this passage of scripture in Ephesians, Paul tells us who our enemy is and who we are fighting. Satan only really has one trick - deception. If he can get us to doubt God and what He says; if he can get us to question who we are and who we belong to; if he can get us to believe even just the smallest of lies, he wins.</p>	
Verse 17	<i>"..The sword of the spirit"</i>
<p>Paul tells us that our sword, the word of God is sharper than any roman sword. In Hebrews it tells us it divides right down to our inner most being.</p>	

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Verse 18-20

*"praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints— and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak."*

Prayer is how we fight. Our fight is not against anyone we can see, touch, hear or smell. It is: ***"against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places"***

### 3. Application - How do we apply this preaching from Ephesians Chapter 6?

#### What is God saying to you out of the book of Ephesians

Remember the importance of love in our journey. The love that Christ has for us. The love that we are to have for our fellow brothers and sisters. The love that we are to have for our partner and how that love leads to the unity that is outlined in Ephesians 4, and how that brings that journey together so that we can be presented as holy and blameless to Jesus [our bridegroom].

#### ACTION:

- ***Gird your waist with truth.*** The truth of who Jesus is; do we really believe he is who He says he is?
- Put on the ***breastplate of righteousness.*** It is the righteousness imputed through Jesus that will protect our heart. How?
  - Be careful what you spend your time reading, listening to and watching
  - How do we keep guard of our heart? We put off our old selves and put on Jesus.
- We need to be ready or prepared to take the gospel of truth wherever God says. We need to have ***'shod our feet with the preparation of the Gospel of peace'***
  - This is done first because of our peace with God
  - Being prepared to go and share the gospel means we are ready to stand and then above all else 'stand'.
- When we know God's word and ***believe it,*** then our ***shield of faith*** has the covering that will not allow those fiery darts to burn or penetrate. They are extinguished.
- The ***sword*** of God is a weapon, and if we want to be able to wield our swords, we have to learn how. Train yourselves on how to use it effectively
- We need to protect our minds from the flying debris the enemy throws around. By ensuring we know the **TRUTH** of God's word by studying and meditating on God's word, knowing God's doctrines, then our ***helmet*** is in place and will protect us from the enemies lies.
- Prayer is the key to everything. Ensure your communication with God is always on. So ***pray always with all prayer and supplication in the spirit,*** being watchful to this end with all perseverance and supplication for all the saints.

