

Read Eph. 5:15-21, 6:10-18. In :10-13, we have 3 commands: **:10 Be strong** in the Lord and in the strength of His might. **:11 Put on** the full armor of God. **:13 Take up** the full armor of God. Why? So you'll be able to stand firm against and resist the schemes and attacks of the devil and his wicked forces.

In :14-16, we have the first 4 pieces of armor. The 1st 3 are permanently on. Jesus is these pieces of armor: He is the Truth, our righteousness/justice, our peace. Similar to **Rom. 13:14**, "**Put on the Lord Jesus Christ...**" The second 3 pieces are to be taken up with each evil day/struggle. Recognize each piece is always there and remind ourselves of what each means, using God's powerful weapons for victory—prayer, armor, fixing eyes on Jesus. As we keep these details in mind, it will help us Biblically deal with the struggles of life, with those evil days, even when the devil himself is the attacker.

Read :10-17. :14-15 Stand firm therefore [a command, urgent, is followed by 3 aorist middle, which means they are already done], **having girded your loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace.**

Already on, the belt of truth is the foundational piece for us: **Having truth as a belt around your waist.** The belt: the six-to-eight inch leather belt the Roman soldier wore was to hold his tunic in place while fighting and also to which was attached the breastplate and the sheath for the sword.

It's the belt of 'truth'! See **4:21**. Jesus said, "**I am the truth**" (**Jn. 14:6**). We also know God's Word is truth (**Jn. 17:17**). *This is the truth of God as revealed in Jesus and in the Bible.* To practically use this Truth, we begin by growing in our knowledge and understanding of Jesus and the Word and how He works in our daily lives. "What has GOD revealed in His Word?" is the question to be asked when attacked in this area. If this issue isn't settled for you, no sense to go on. You'll lose every struggle!

We shouldn't be surprised at the devil's attacks and schemes. That's his character! Satan's attacks: When the devil attacks the truth, he tries to deceive through error, ignorance, saying that there is no such thing as absolute truth, no final authority, no one or word you can absolutely trust, denial, doubt ("God's Word isn't true or isn't enough or is outdated."). Remember, he's a deceiver and wants to lead us away from Jesus and any absolute Standard.

How to practically use the belt of truth: Remember this piece is already on. **Read Jn. 8:31-32, Heb. 4:12.** These verses are foundational. We can trust God's truth as revealed in Jesus *and* in His Word. Our minds are to be renewed by what GOD has spoken. We must be convinced that Jesus and God's Word are our foundation piece, the basis for every thought we think and action we take. God's truth gives strength and freedom of action, and therefore proper confidence as we enter into each skirmish. When attacked, **stand firm** and continue in the Person of Jesus *and* the authority of God's truth revealed in the Bible. There IS an absolute authority, a Person and Place we can go to get pure truth. Jesus and His Word are our absolute Authority.

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armor) of the Roman soldier was made from large pieces of metal, like a sleeveless vest. Made of bronze backed with tough pieces of hide, it was molded to each individual; it was made to fit. It went from the neck to the middle of the hips. It protected the essentials like the heart and stomach.

Of 'righteousness': *Righteousness or justification means that all the demands of Divine law and justice have been fully satisfied.* Because of Jesus' Person and work, we have been made righteous, just, fit for God! Wow! We're to stand firm in Jesus and His justifying work. The case against us because of (1) sins, being sinners by (2) nature and (3) heredity, and (4) sin in the flesh has been fully dealt with; it's settled. GOD is satisfied! Based on what our Lord Jesus did on the Cross and our acceptance by faith of Him and His payment, we're no longer in God's court room. We've moved to the family room instead, where all is right with our Father. Our righteousness is based entirely on who Jesus is and what He did; it's not dependent on us at all. If this issue isn't settled for you, no sense to go on. You'll lose every struggle!

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How to practically use the breastplate of righteousness: Remember this piece is already on! Recognize we don't appear to God in our own merit; we never have; we never will. **Read Gal. 2:16, Phil. 3:7-11, Rom. 3:19-24, 28, 8:31-35a.** Jesus is the righteous One who died in our place and for each of our sin issues! All demands of God's justice are satisfied. Believe it! Act on it! What a valuable piece when false guilt or feelings and thoughts of unworthiness are the enemy's attack.

:15 And having shod your feet with the preparation of the gospel of peace. **:15** The sandals of the Roman soldiers were like cleats, sandals studded with short nails to give secure footing. Soldiers needed firm support as they strode forth to meet the enemy and engage in combat. Why would the preparation of the gospel of peace be associated with sandals? A couple of word studies help us understand. 'Preparation' = readiness or sometimes firm foundation. 'Gospel' = good news. So what Paul is telling us is that the Christian already has his feet shod with the firm foundation of the good news of peace.

What is peace? *Peace is rest and contentment, wholeness, calmness of soul even in the midst of attacks.* It is God's peace in the face of the Christian's

enemy. **Read Jn. 14:27.** Peace is recognizing that God is in control, and we can trust Him in the middle of any situation or attack. His peace: In the midst of life's uncertainties, even when under attack from the evil one. If this issue isn't settled for you, no sense to go on. You'll lose every struggle!

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How to practically use the sandals of peace: Again, recognize that this part of the armor is permanently in place. Jesus is who we need to take us through any situation. **Isaiah 9:6** says Jesus is the Prince of Peace. **Read Rom. 5:1** and **Phil. 4:6-9.** For worry and discontentment, the answer is the God of peace and the peace of God. These sandals of peace are our readiness for battle, enabling us to have stable footing in the midst of vicious, destructive attacks. We have firm footing (Jesus) and the God of peace and the peace of God!

Often just reviewing these first three pieces is enough for victory. But God has supplied even more! We'll see them in **:16-17.** But before we go on, let's look at how we each applied these three pieces of armor to our own lives. Belt of truth? Check! Breastplate of justice? Check! Sandals of peace? Check! They're already on. Let's use them whenever evil days come.

READ :16-17. These last three pieces are to be 'taken up' with each battle. **:16 In addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one.** The Roman shield (which means door) was big, 4' by 2½' in size. This shield was covered with leather to extinguish flaming arrows of the enemy. It was so big because it was used to ward off blows as well as kneel behind when volleys of flaming arrows were launched. The enemy would dip their arrows in pitch, set them on fire, and shoot from a distance. Their goal was not only to pierce the body but to spread the flames. The Roman soldiers would kneel down together to provide a solid wall of protection.

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How would our enemy attack faith? The devil attacks with a steady rain of temptations, launched to shake our confidence in God. Can you imagine the fear of those incoming arrows if you didn't have the shield? Fear would be one tactic. Can you imagine the confusion of those incoming arrows? Evil thoughts that seem to come out of nowhere or from your own mind; you wonder where in the world did that idea come from? Pride or false humility would be another deception, trying to make us believe we can/can't handle it

alone, in our own strength. Of course, Satan also tries to get us to focus only on the incoming missiles rather than the shooter of those arrows.

How to practically use the shield of faith: **Read 1 Pet. 5:8-9 and Gal. 2:20.** Faith is always based on Biblical facts; evaluate the attacks by what GOD has revealed in His written Word! "Yes, I believe the Lord Jesus is the truth, my righteousness, my peace. THEREFORE, this attitude/choice/action/word should follow and I'll choose to trust Him in the midst of struggles." Use the faith God has given to each person (**Rom. 12:3**). Also increase your faith. One does this by getting to know the facts of Scripture, believing them, and acting on them. **Rom. 10:17** says, "**So faith comes from hearing, and hearing by the word of Christ.**" We must know the facts and choose to rest in God and His Word before we can consistently exercise Biblical confidence. Yet how confident we can be, knowing the Lord of the Word as well as His Word itself; then consciously choosing to rely on Him and His words.

In our last study, we'll complete looking at our final two pieces of armor and conclude this valuable letter.

Practical Ways to **Apply** God's Word:

1. START WITH JESUS (**Mt. 11:28-30**) and fix your focus on Him (**Heb. 12:1-3**). Practice ECRAT: Examine, Confess, Review, Allow, and Thank.
2. AS PART OF YOUR IMMEDIATE FAMILY, you have a responsible role to play as a husband/wife/parent/child. Be sure you're remaining true to who you are.
3. THEN AS PART OF THE FAMILY OF GOD, pray for, love, be hospitable to, and serve one another, using your Spirit-given gifts (**1 Pet. 4:7-11**). Also, consider how to stimulate one another to love & good deeds (**Heb. 10:24-25**).
4. FINALLY AS AN INDIVIDUAL CHRISTIAN: **Rom. 12:9-21, 1 Cor. 13:1-8a, Eph. 4:20-6:18, and 1 Pet. 2:11-3:17** spell out how Jesus will live out His life and love uniquely through you as you trust Him, rest in Him.
5. Be careful who you listen to and what you watch and read, what you're continually thinking about. Choose & be a good role model. Be sure there's a steady input from God's Word. Pray without ceasing. Realize there's a glorious, certain, guaranteed future for you and every other Christian.

Remember, this is a life and love only Jesus through the Holy Spirit can live in/through you! Yet He will as you by faith run the race set before you (**Heb. 12:1-2a**).

Lessons you learned? Applications you made? Questions you have? What impact does this passage have on your daily walk with Jesus?

Marla's notes on **Eph. 6:14-15**

Because the first three pieces of armor represent Jesus and His work on our behalf, it seems like the definition of Jesus as the Truth, our Righteousness, and our Peace should reflect the permanence and unchangeableness of these facts whether I, as a believer, understand or believe or apply them. Jesus is the truth, righteousness, and peace whether I believe those facts or not. Those facts are permanent and unchanging. As a believer, I need to grow in my understanding of those facts as well as how to apply them when I'm attacked.

For example: TRUTH: Jesus is the truth (**Jn. 14:6, Eph. 4:21**), and God's Word is the truth (**Jn. 17:17, Ps. 119:160**). Jesus and the Word are my absolute authority, and they never change (**Heb. 13:8, 1 Pet. 1:25**). How I personally apply the belt of truth: When I am under attack, I must always start with the TRUTH because spiritual warfare is not a POWER encounter; it is a TRUTH encounter. Everything hangs on TRUTH, so I must stand firm (gird up my loins) with the authority of Jesus and the Word of God because Jesus and the Word are THE truth. They are absolute. They never change. They are my final authority, the plumb line, the straight edge, the unchanging standard that I use to measure everything by. Jesus spoke the truth. He demonstrated the truth. He IS the truth. His truth holds everything in its proper place in my life and gives me freedom of movement. Therefore, if I want to stand firm in the battle, I must grow in the knowledge and understanding of Jesus and His Word and how He works in my daily life.

PEACE: To stand firm in warfare I must be convinced that I am not only at peace WITH God (**Rom. 5:1**), but that the GOD OF PEACE is on my side (**Rom. 8:31**). God's peace comes from knowing that He accepts me and is pleased with me because I am right with Him (**2 Cor. 5:21**). Formerly I was an enemy of God, but now I am a friend of God. Formerly the devil was my father; now GOD is my Father. We are at peace with one another forever. Forever in the family room. Therefore my feet are shod (prepared and ready) to face the enemy because I have the firm foundation of the gospel (good news) of peace (with Christ) to stand upon. I can experience the peace of God (**Phil. 4:6-9**) whenever I give my worries and cares over to Him in the midst of the battle. Knowing the God of peace is on my side (the winning side) will give me sure-footed stability against the enemy, who constantly attempts to knock me off balance. The God of peace and the peace of God can calm my anxious, discontented soul. The devil tries to knock me off balance.

I need to call to mind that (1) I have the truth of Jesus and the Word as my authority. (2) I am righteous in Christ. I can never earn God's righteousness; therefore, I can never lose it because my right standing with God does not depend on MY performance for Him but on CHRIST'S performance for me. My acceptance before God is Jesus-based, not performance-based. (3) Because I have peace WITH God, I have the GOD OF PEACE on my side. Therefore, no ground I encounter will be too rough or unstable for Christ to tread upon because nothing is too difficult for Him. Jesus is my peace and my source of calm in the midst of any storm. He is in control and that fact gives me solid footing, so I have nothing to be anxious about. I need to remember that God uses even the pressures in life to help me grow spiritually.

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Already on, the belt of truth is the foundational piece for us: **Having truth as a belt around your waist.** The belt: the six-to-eight inch leather belt the Roman soldier wore was to hold his tunic in place while fighting and also to which was attached the breastplate and the sheath for the sword.

It's the belt of 'truth'! See **4:21**. Jesus said, "**I am the truth**" (**Jn. 14:6**). We also know God's Word is truth (**Jn. 17:17**). This is the truth of God as revealed in Jesus & in the Bible. Truth is a growing knowledge & understanding of Jesus (and the Word) and how He works in our daily lives. "What has GOD revealed in His Word?" is the question to be asked when attacked in this area. If this issue isn't settled for you, no sense to go on. You'll lose every struggle!

We shouldn't be surprised at the devil's attacks and schemes. That's his character! Satan's attacks: When the devil attacks the truth, he tries to deceive through error, ignorance, saying that there is no such thing as absolute truth, no final authority, no one or word you can absolutely trust, denial, doubt ("God's Word isn't true or isn't enough or is outdated."). Remember, he's a deceiver and wants to lead us away from Jesus and any absolute Standard.

How to practically use the belt of truth: Remember this piece is already on. **Read Jn. 8:31-32, Heb. 4:12.** These verses are foundational. We can trust God's truth as revealed in Jesus *and* in His Word. Our minds are to be renewed by what GOD has spoken. We must be convinced that Jesus and God's Word are our foundation piece, the basis for every thought we think and action we take. God's truth gives strength and freedom of action, and therefore proper confidence as we enter into each skirmish. When attacked, **stand firm** and continue in the Person of Jesus *and* the authority of God's truth revealed in the Bible. There IS an absolute authority, a Person and Place we can go to get pure truth. Jesus and His Word are our absolute Authority.

Having put on the breastplate of righteousness. The breastplate (body armor) of the Roman soldier was made from large pieces of metal, like a

sleeveless vest. Made of bronze backed with tough pieces of hide, it was molded to each individual; it was made to fit. It went from the neck to the middle of the hips. It protected the essentials like the heart and stomach.

Of ‘righteousness’: *Righteousness or justification means that all the demands of Divine law and justice have been fully satisfied.* Because of Jesus’ Person and work, we have been made righteous, just, fit for God! Wow! We’re to stand firm in Jesus and His justifying work. The case against us because of (1) sins, being sinners by (2) nature and (3) heredity, and (4) sin in the flesh has been fully dealt with; it’s settled. GOD is satisfied! Based on what our Lord Jesus did on the Cross and our acceptance by faith of Him and His payment, we’re no longer in God’s court room. We’ve moved to the family room instead, where all is right with our Father. Our righteousness is based entirely on who Jesus is and what He did; it’s not dependent on us at all.

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Satan’s attacks: He attacks by making us doubt our standing with God, by making us ‘feel’ unworthy, by false guilt. There is such a thing as ‘true’ guilt; that is when we have sinned and whether we ‘feel’ guilty or not, we are still guilty. We must deal with that by confessing our sin, making personal for that sin the forgiveness Jesus won on the Cross, and then go on His strength. But ‘false’ guilt is often based on non-Biblical standards that we or others have set up, or sins that have already been dealt with before the Lord. Satan tries to make us ‘feel’ unforgiven or useless or not right/just with God or unworthy of such justice. “When the slanderer accuses us; when he hisses at us that we are no good, not just; when he tries to bury us with a vague sense of guilt but you can’t put your finger on it; when he tries to make us ‘feel’ worthless or like a failure and that God is certain to reject us”—*it’s all a lie!!*, from the father of lies. Remember, there is NO truth in him!

How to practically use the breastplate of righteousness: Remember this piece is already on! Recognize we don’t appear to God in our own merit; we never have; we never will. **Read Gal. 2:16, Phil. 3:7-11, Rom. 3:19-24,28, 8:31-35a.** Jesus is the righteous One who died in our place and for each of our sin issues! All demands of God’s justice are satisfied. Believe it! Act on it! What a valuable piece when false guilt or feelings and thoughts of unworthiness are the enemy’s attack.

:15 And having shod your feet with the preparation of the gospel of peace.

:15 The sandals of the Roman soldiers were like cleats, sandals studded with short nails to give secure footing. Soldiers needed firm support as they strode forth to meet the enemy and engage in combat. Why would the preparation of the gospel of peace be associated with sandals? A couple of word studies help us understand. ‘Preparation’ = readiness or sometimes firm foundation. ‘Gospel’ = good news. So what Paul is telling us is that the Christian already has his feet shod with the firm foundation of the good news of peace.

What is peace? *Peace is rest and contentment, wholeness, calmness of soul even in the midst of attacks.* It is God’s peace in the face of the Christian’s enemy. **Read Jn. 14:27.** Peace is recognizing that God is in control, and we

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can trust Him in the middle of any situation or attack. His peace: In the midst of life's uncertainties, even when under attack from the evil one. If this issue isn't settled for you, no sense to go on. You'll lose every struggle!

How would the Christian's enemy attack this area? Satan would tend to attack by trying to knock us off balance: worry, discontentment, tension, disharmony, disunity to deceive and/or destroy us. He tries to make us think we're still in the courtroom. Unrest—whether from bills, children, needs or wants—these are possible methods used by Satan to cause us to grow anxious, troubled, distracted, divided in mind. Aren't attacks in these areas common?

How to practically use the sandals of peace: Again, recognize that this part of the armor is permanently in place. Jesus is who we need to take us through any situation. **Isaiah 9:6** says Jesus is the Prince of Peace. **Read Rom. 5:1 and Phil. 4:6-9.** For worry and discontentment, the answer is the God of peace and the peace of God. These sandals of peace are our readiness for battle, enabling us to have stable footing in the midst of vicious, destructive attacks. We have firm footing (Jesus) and the God of peace and the peace of God!

Often just reviewing these first three pieces is enough for victory. But God has supplied even more! We'll see them in **:16-17**. But before we go on, let's look at how we each applied these three pieces of armor to our own lives. Belt of truth? Check! Breastplate of justice? Check! Sandals of peace? Check! They're already on. Let's use them whenever evil days come.

READ :16-17. These last three pieces are to be 'taken up' with each battle. **:16 In addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one.** The Roman shield (which means door) was big, 4' by 2½' in size. This shield was covered with leather to extinguish flaming arrows of the enemy. It was so big because it was used to ward off blows as well as kneel behind when volleys of flaming arrows were launched. The enemy would dip their arrows in pitch, set them on fire, and shoot from a distance. Their goal was not only to pierce the body but to spread the flames. The Roman soldiers would kneel down together to provide a solid wall of protection.

Of 'faith': *Faith is choosing to believe what God has said, firmly persuaded of the truth of God, and committing ourselves to live by (act on) what we believe,* based on the Person of Jesus and the truth of His Word. It includes both belief of and acting on the facts. Faith is only as reliable and helpful as the trustworthiness of its Object, our Lord Jesus.

How would our enemy attack faith? The devil attacks with a steady rain of temptations, launched to shake our confidence in God. Can you imagine the fear of those incoming arrows if you didn't have the shield? Fear would be one tactic. Can you imagine the confusion of those incoming arrows? Evil thoughts that seem to come out of nowhere or from your own mind; you wonder where in the world did that idea come from? Pride or false humility would be another deception, trying to make us believe we can/can't handle it alone, in our own strength. Of course, Satan also tries to get us to focus only

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on the incoming missiles rather than the shooter of those arrows.

How to practically use the shield of faith: Read 1 Pet. 5:8-9 and Gal. 2:20. Faith is always based on Biblical facts; evaluate the attacks by what GOD has revealed in His written Word! “Yes, I believe the Lord Jesus is the truth, my righteousness, my peace. THEREFORE, this attitude/choice/action/word should follow and I’ll choose to trust Him in the midst of struggles.” Use the faith God has given to each person (**Rom. 12:3**). Also increase your faith. One does this by getting to know the facts of Scripture, believing them, and acting on them. **Rom. 10:17** says, “**So faith comes from hearing, and hearing by the word of Christ.**” We must know the facts and choose to rest in God and His Word before we can consistently exercise Biblical confidence. Yet how confident we can be, knowing the Lord of the Word as well as His Word itself; then consciously choosing to rely on Him and His words.

In our last study, we’ll complete looking at our final two pieces of armor and conclude this valuable letter.

Practical Ways to **Apply** God’s Word:

1. START WITH JESUS (**Mt. 11:28-30**) and fix your focus on Him (**Heb. 12:1-3**). Practice ECRAT: Examine, Confess, Review, Allow, and Thank.
2. AS PART OF YOUR IMMEDIATE FAMILY, you have a responsible role to play as a husband/wife/parent/child. Be sure you’re remaining true to who you are.
3. THEN AS PART OF THE FAMILY OF GOD, pray for, love, be hospitable to, and serve one another, using your Spirit-given gifts (**1 Pet. 4:7-11**). Also, consider how to stimulate one another to love & good deeds (**Heb. 10:24-25**).
4. FINALLY AS AN INDIVIDUAL CHRISTIAN: **Rom. 12:9-21, 1 Cor. 13:1-8a, Eph. 4:20-6:18, and 1 Pet. 2:11-3:17** spell out how Jesus will live out His life and love uniquely through you as you trust Him, rest in Him.
5. Be careful who you listen to and what you watch and read, what you’re continually thinking about. Choose & be a good role model. Be sure there’s a steady input from God’s Word. Pray without ceasing. Realize there’s a glorious, certain, guaranteed future for you and every other Christian.

Remember, this is a life and love only Jesus through the Holy Spirit can live in/through you! Yet He will as you by faith run the race set before you (**Heb. 12:1-2a**).

Lessons you learned? Applications you made? Questions you have? What impact does this passage have on your daily walk with Jesus?

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Marla's notes on **Eph. 6:14-15**

Because the first three pieces of armor represent Jesus and His work on our behalf, it seems like the definition of Jesus as the Truth, our Righteousness, and our Peace should reflect the permanence and unchangeableness of these facts whether I, as a believer, understand or believe or apply them. Jesus is the truth, righteousness, and peace whether I believe those facts or not. Those facts are permanent and unchanging. As a believer, I need to grow in my understanding of those facts as well as how to apply them when I'm attacked.

For example: TRUTH: Jesus is the truth (**Jn. 14:6, Eph. 4:21**), and God's Word is the truth (**Jn. 17:17, Ps. 119:160**). Jesus and the Word are my absolute authority, and they never change (**Heb. 13:8, 1 Pet. 1:25**). How I personally apply the belt of truth: When I am under attack, I must always start with the TRUTH because spiritual warfare is not a POWER encounter; it is a TRUTH encounter. Everything hangs on TRUTH, so I must stand firm (gird up my loins) with the authority of Jesus and the Word of God because Jesus and the Word are THE truth. They are absolute. They never change. They are my final authority, the plumb line, the straight edge, the unchanging standard that I use to measure everything by. Jesus spoke the truth. He demonstrated the truth. He IS the truth. His truth holds everything in its proper place in my life and gives me freedom of movement. Therefore, if I want to stand firm in the battle, I must grow in the knowledge and understanding of Jesus and His Word and how He works in my daily life.

PEACE: To stand firm in warfare I must be convinced that I am not only at peace WITH God (**Rom. 5:1**), but that the GOD OF PEACE is on my side (**Rom. 8:31**). God's peace comes from knowing that He accepts me and is pleased with me because I am right with Him (**2 Cor. 5:21**). Formerly I was an enemy of God, but now I am a friend of God. Formerly the devil was my father; now GOD is my Father. We are at peace with one another forever. Forever in the family room. Therefore my feet are shod (prepared and ready) to face the enemy because I have the firm foundation of the gospel (good news) of peace (with Christ) to stand upon. I can experience the peace of God (**Phil. 4:6-9**) whenever I give my worries and cares over to Him in the midst of the battle. Knowing the God of peace is on my side (the winning side) will give me sure-footed stability against the enemy, who constantly attempts to knock me off balance. The God of peace and the peace of God can calm my anxious, discontented soul. The devil tries to knock me off balance.

I need to call to mind that (1) I have the truth of Jesus and the Word as my authority. (2) I am righteous in Christ. I can never earn God's righteousness; therefore, I can never lose it because my right standing with God does not depend on MY performance for Him but on CHRIST'S performance for me. My acceptance before God is Jesus-based, not performance-based. (3) Because I have peace WITH God, I have the GOD OF PEACE on my side. Therefore, no ground I encounter will be too rough or unstable for Christ to tread upon because nothing is too difficult for Him. Jesus is my peace and my source of calm in the midst of any storm. He is in control and that fact gives me solid footing, so I have nothing to be anxious about. I need to remember that God uses even the pressures in life to help me grow spiritually.

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