



Put on the
full armour
of God
Ephesians
6:10-18

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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. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

In about A.D. 60, from a prison cell in Rome, the apostle Paul wrote these words to the church in Ephesus. Guarded by Roman legionaries who stood tall and confident, bristling with armour and weapons, the apostle saw in them a graphic picture for the Christians at Ephesus and indeed Christians everywhere in every generation.

It would have been natural for the apostle to focus on the physical, but he saw that his situation was as much a spiritual situation as it was a physical one. He knew that his battles should always be fought first and foremost in the spiritual. He wanted to convey this to the Christians at Ephesus and God wants you to know this as well – we wrestle not against flesh and blood, but against spiritual forces and we will be successful provided we put on our spiritual armour. This booklet will help you do just that.

The Roman soldier was the driving force behind one of the greatest empires of the ancient world. In the early years the Romans fought wars to defend their land against invaders but as they developed their armour, weapons and learnt the art of war they took land from their enemies. The apostle Paul recognised the need for Christians to clad themselves in God's armour, to equip themselves with God's weapons and to learn to fight a spiritual war. As you do this my prayer is that you will not only learn to defend yourself and stand your ground against attacks from the evil one but may you begin to take ground from the enemy. Ground which is yours to take, in a war that has already been won through Jesus' death and resurrection.

Live in the victory of Jesus Christ



Ephesians 6:18

With this in mind, be alert and always keep on praying for all the saints.

Do you remember the catchline “*be alert but not alarmed*”? That catchline was part of the Government's counter-terrorism advertising, back in 2003, where the government wanted us to be watchful for anything suspicious and to phone in the details. It was a slogan that proved very successful with numerous terrorist plots foiled by people reporting suspicious activities. We Christians would do well to adopt this slogan in order to counter the activity of Satan in our Churches.

As the apostle concludes his teaching on the armour of God he asks us to be alert to possible attacks on our brothers and sisters in the Lord (saints) and to be praying the armour of God on them. Why do we always wait until someone is in the grip of Satan before we pray for them? We should be praying their armour on everyday. We should be anticipating attacks through the leading of the Holy Spirit. If we all start doing this we will see fewer people slipping away and even fewer falling victim to Satan's attacks.

Let me give you an example if someone in your fellowship loses a loved one. It is likely that the evil one will use that opportunity to attack their faith in God. As they grieve for their lost loved it is likely that a demon will whisper in their ear; “you can't trust God, He doesn't care for you”. Continual bombardment with these lies can cause them to stumble in their faith. We should anticipate such an attack and pray for the strengthening of their shield of faith and belt of truth.



How do I "put on" God's Armour?

Taking ground from the evil one and standing firm against his attacks requires the Christian to learn about each part of the armour and to be regularly affirming his or her commitment to it. When we put on our armour it makes us more resilient to the *flaming arrows of the evil one* and better equipped to discern his tricks, lies, and distortions.

The belt of Truth

Ephesians 6 tells us to put on the **belt of truth**: This means to be committed to God's truth. There are lots of ideas in our world today, lots of 'truth'; truth which comes and goes, but only God's truth is true. This enduring truth is written in the Bible, revealed by the Holy Spirit, and realized through Jesus Christ. It cuts through all the world's distortions, deceptions, and compromises. When we study, memorize, live, and follow God's truth, it will lead us into abundant, fruitful life in Christ. Putting on the first piece of the armour means feeding on truth through daily Bible reading and making it part of you.

Regularly pray something like this:

“Thank you, Jesus for showing me the truth about you and your way for me. You are my Shepherd who leads me. You are my wisdom, and my counsellor. Show me your truth and only your truth”.

As you commit yourself to God's truth and affirm this through prayer you are putting on the belt of truth. Essentially what happens is God's presence guards you in against the devils lies.

Its important that we pray this prayer regularly because we can be easily deceived. Spirits of Antichrist speak words that sound true but are not God's truth and if followed will lead us into error and sin. Read Matthew 4:2-11 and see how subtle and persuasive the tempter can be.

But when he, the Spirit of truth, comes, he will guide you into all truth. John 16:13



The breastplate of righteousness:

The Greek word for righteousness in this scripture is dikaiosune essentially its meaning is the condition acceptable to God. The breastplate is God's presence which protects our heart (emotions) against feelings of unworthiness.

Feelings, which come from demons, that say; "you are unacceptable to God.

The bible says that there is only one way we can be acceptable in God's sight (righteous) and that is through faith in Jesus Christ.

*Philippians 3:8 I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, that I may gain Christ and be found in him, **not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God and is by faith.***

One of Satan's favourite weapons is to make you feel unacceptable in his sight. If you get thoughts like; "I am a sinner, my life is far from good, how can God love me, how can he use a sinner like me." You must reject these thoughts and all other thoughts of condemnation, worthlessness weakness. They are thoughts implanted by demons to stop you moving forward or designed drive you back. Reject them by standing on the truth that you are right before God through the death and resurrection of Jesus.

Regularly pray something like this:

"Thank you for taking my sins to the cross and offering me your righteousness. I am totally unworthy but I receive your righteousness which was won on the cross. Lord, show me any sin that I need to confess right now, so that nothing will hinder me from being filled to overflowing with your Spirit. [Take time for confession]. Wash my conscience clean with your blood (Hebrews 9:14) and remove any holds that the devil had in me. Thank you that you see me not in my filthy rags but in the rich robes of righteousness (Zechariah 3).



or
to

temptation, we will likely have plenty of scriptures that we can speak that apply.

The Sword of the Spirit: *Rhema* is the Greek word used in the Sword of the Spirit passage (Ephesians 6:17 - "**..the sword of the Spirit, which is the *word* of God**"). Therefore, we use the Sword of the Spirit by:

1) Standing in faith on the word God has given us for our particular situation and confessing it in the face of the enemy's attacks

and/or

2) Speaking or singing scriptures (*logos*) that apply to the situation we are facing

It is especially helpful to find a quiet spot and speak it out loud in the same way Jesus did in the wilderness. Demons cannot read our mind so when we speak out the word of God they hear it and recoil.

When praying for the sword of the spirit pray something like this:

Thank you for the scriptures you have given me to memorize. Please show me which one(s) you want me to use to cut through deceptions and gain your victory in any battle I may face today.

The more you know the stronger you will become.

As you commit yourself to reading, studying and memorising Gods word and as you affirm your commitment to his word in prayer you are putting on the sword of the spirit. And the evil one has one less area where he can attack you.

The sword of the spirit - the Word of God:

Matthew 4:2-11 tells us that when the tempter came to Jesus and tried to cause him to sin, Jesus fought him off using the word of God. Even when Satan tried to twist the word of God, Jesus' knowledge of the bible was such that He could not be tricked. God's Word counters spiritual deception and accusations. The Bible will help you to see beyond the attractive "bait" to the painful "hook" in sinful temptations.

In the original language the word of God can be either *Logos* and *Rhema*.

Logos - the word of God is often used to identify the written scriptures in the Bible, which were given to people under the inspiration of God (Timothy 3:16, 1 Peter 1:10-11). Collectively, the Bible, as God's "word," is the written, divine expression or revelation of God to humanity. Jesus completed this expression as the literal embodiment of God's word, *logos* (John 1:1-5,14). We can shape our lives on the logos word of God knowing it is the will of God for us.



Rhema - the word of God the spoken word of God. *Rhema* carries a spiritual connotation that differentiates it from *logos*. It also bears application to the specific context of our lives. For example, we may be wrestling with an issue in our life and during our quiet time we read a verse that "speaks" directly to the situation we are dealing with. That portion of the scripture becomes a "*Rhema* word" from God for us regarding our situation. We can then stand in faith on the *Rhema* God has given us and confess it whenever the devil tries to attack us.

Another way of using the *Rhema* is to apply specific scriptures (*logos*) to the situations we are facing. This is perhaps the most common of way of diffusing temptations. While we may not have a special or emergent *Rhema* revelation from God regarding a

The sandals of the gospel of peace:

Made of leather, the Legionaries sandal were more like boots. Elaborately cut out from a one-piece upper with separate sole, they were finished with conical iron hobnails which were ergonomically placed. The boots were designed for marching long distances and providing a sure footing in battle. When a legionnaire laced his boots up he knew that he would soon be marching to war.

The Gospel of Peace" refers to the peace we have with God through our Lord Jesus Christ. (Romans 5:1-2) an ever increasing, ever vivifying experience of righteousness, joy and **peace** in the immediacy of the sweet fellowship of the Holy Spirit. But we should not be selfish with this, God wants us to share the Good News with others. We must recognise we have been commissioned by Jesus to **go** and make disciples of all nations (Matthew 28:19).



Demons will try and dissuade us from this duty. Putting on the sandals of the gospel of peace means to be committed to evangelism, to social justice, to addressing the effects of sin in people's lives—we must share the message of peace: Peace with God, peace of mind and peace with our fellow man.

The devil will try to steal our peace, using the cares of the world, the desire for riches, fear and any other tools to get our minds off of God. He will rob us of our peace and our desire to share the gospel message. If we give in and begin to worry and get anxious about things, we'll lose the protection that comes with God's peace. (Philippians 4:6-7)

Regularly pray something like this:

Thank you for the peace you give me when I trust and follow you. Show me how to help others find that peace.

As you commit yourself to evangelism and affirm this through prayer you are putting on the sandals of the gospel of peace. And the evil one will not be successful in his attempts to hold others in bondage to sin or draw you away from your duty. (Romans 5:1-2)

The shield of faith:

Roman soldiers used a large curved shield called a scutum. It was made of plywood covered in leather with a metal disc, or boss, in the middle. The scutum wasn't just used for protection. Legionaries also used the shield boss to punch their opponents in the face before stabbing them in the stomach.

For the Christian, faith both protects us, and helps us attack. It protects our relationship with Jesus and helps us attack our enemy as we pray into situations.

Often our prayers aren't answered straight away; Jesus reminded his disciples that they needed to faithfully persist in prayer. In Mark 9:14-29 the disciples couldn't cast out a demon, well they thought they couldn't, but Jesus rebuked them for their lack of faith and said "this one can only come out after prayer" (older manuscripts say prayer and fasting). Jesus' point was that sometimes the battle is long and requires much faithful persistence.

Sometimes demons who have been afflicting people for a long time don't give them up easily or quickly and they attack us by filling our minds with doubt. We must reject the doubt and persist in prayer.

How the shield protects against flaming arrows:

The flaming arrows (i.e. Thoughts of doubt) seek to wound and stop us ministering to others, sharing the gospel message or praying. If our faith is operating effectively, the enemy's temptations will not be able to stop us, because we don't believe the lies behind them.

Regularly pray something like this:

Thank you for helping me have faith in you. I choose to count on everything you have shown me about yourself--and everything you have promised me in your Word. Though I may not feel your presence I will have faith in your presence. Though I may not see your power immediately I will faithfully persist in prayer and wait for your power to come.



The helmet of salvation:

Our pathway away from God has brought its consequences. "The wages of sin is death" (Romans 6:23a). The Bible compares sin to a cruel slave master. There is no mercy in suffering, no freedom from bondage, no lasting joy, and no hope for the future. Most frightening is the final consequence of sin. The Bible warns that without God's salvation that comes only through Jesus, death is the doorway to eternal punishment (Hebrews 9:27).

It is from this that we need to be saved. From our own sin, from its bondage, from its consequences, from demons who tempt us to sin. "

1 Corinthians 15:1-2 says: "Now, brothers, I want to remind you of the gospel I preached to you, which you received and on which you have taken your stand. By this gospel you are saved". In his commentary on this passage Leon Morris rightly points out that the Greek word for saved is present continuous, the meaning being, 'you are being saved.' There is a sense in which salvation is once for all (as in the 'which you received' of verse 1), and there is also a sense in which it is progressive. We must always remember Salvation is freedom from the consequences of sin in our mind, body and spirit. It includes physical healing, emotional healing and spiritual healing and we look to Jesus regularly to save us. This is why we must put on our helmet of salvation.

Regularly pray something like this:

Thank you Jesus for promising me salvation both for today's battles and for all eternity. And thankyou that I belong to a church where others can pray with me to secure my salvation. Jesus you are my saviour and I will always look to you and you alone.





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Dean is committed to helping people live in joy
and peace and **victory** through **Jesus**.



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Sunday morning service: 9:30 am - Sunday evening service: 5:00 pm