

Prepared for Battle

Ephesians 6:10-23

Series “Ephesians”

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In the unseen realm, a battle rages—one not fought with swords or shields, but with truth, faith, and perseverance. This is the essence of *spiritual warfare*, a profound reality that the Apostle Paul unveils in his letter to the Ephesians. Today, we’re going to close out our study of Paul’s letter to the Ephesians by looking at chapter 6:10-23.

The first three chapters are mostly doctrinal and covers the essence salvation, grace, faith, and the hope we have in Christ. Then, in verse one of chapter 4, Paul transitions with the phrase, “I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called...” In other words, this is how you live out the things that have been discussed.

1. Realize that you are in a spiritual battle (10-11)

Finally, be strong in the Lord and in the strength of his might. ¹¹ Put on the whole armor of God, that you may be able to stand against the schemes of the devil.

James 4:7, “*Submit yourselves therefore to God. Resist the devil, and he will flee from you.*”

2. Recognize the Enemy (12)

For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

This battle is constant, often subtle, and many times relentless! It’s manifested in thoughts, temptations, discouragement, and doubt.

**Interestingly, the event recorded in Acts 19 where a demon possessed man jumped seven sons of a Jewish high priest named Sceva, who were acting as itinerant exorcists and didn’t have a genuine faith in Christ, happened in Ephesus.

Can the devil actually put thoughts in our heads? Yes, he can, and he does. But more importantly that trying to figure out how he does it is to recognize that he does. Here’s a couple examples from Scripture.

- **Acts 5:3** – “*But Peter said, “Ananias, why has Satan filled your heart to lie to the Holy Spirit and to keep back for yourself part of the proceeds of the land?”*”

- **John 13:2** – *“During supper, when the devil had already put it into the heart of Judas Iscariot, Simon's son, to betray him.”*

The devil is not omnipotent (all-powerful), omnipresent (present everywhere), or omniscient (all knowing) like God. However, he and his demons are great students of human nature and our own sinful tendencies and impulses. The devil knew that Ananias was greedy and selfish, and that Judas was a thief. He simply exploited their sinful desires.

Paul alluded to this in Ephesians 4:26-27, *“Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.”*

Can we get real here? We would love to blame everything on the devil, but sometimes, the battle is between our flesh and the Spirit. All of the kindling for a raging fire is already within us, and all the devil has to do is to light it to set it ablaze.

Galatians 5:17, *“For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.”*

James 4:1, *What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you?”*

3. God's Provisions for the Battle (13-17)

Therefore, take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. ¹⁴ Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, ¹⁵ and, as shoes for your feet, having put on the readiness given by the gospel of peace. ¹⁶ In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; ¹⁷ and take the helmet of salvation, and the sword of the Spirit, which is the word of God,

God has not left His people defenseless—He has provided spiritual armor, a divine protection designed to help believers stand firm in faith. The *armor of God* is both metaphorical and deeply practical, a daily call to intentional living and spiritual alertness.

- **The belt of truth**, which grounds us in God's Word, anchoring us in the reality of who God is and who we are in Him. Deception is one of the enemy's primary tactics, and only truth can expose and defeat lies.

John 8:31-32, *“If you abide in my word, you are truly my disciples, ³² and you will know the truth, and the truth will set you free.”*

- **The breastplate of righteousness**, symbolizing a life aligned with God's standards. It's not our own righteousness, but the righteousness of Christ imputed to us and expressed through holy living.
- **Shoes of the gospel of peace**, empowering us to stand firm and move forward with the message of hope and reconciliation.
- **The shield of faith** extinguishes the fiery darts of fear, accusation, and temptation. Faith is not blind optimism but a resolute trust in God's character and promises.

1 Thessalonians 5:8, *“But since we belong to the day, let us be sober, having put on the breastplate of faith and love, and for a helmet the hope of salvation.”*

- **The helmet of salvation** protects our minds—our thoughts, decisions, and identity—reminding us that we belong to God and have been rescued by grace.
- **The sword of the Spirit, which is the Word of God**. With it, Jesus Himself countered Satan’s temptations in the wilderness. It is powerful, living, and sharp—able to cut through confusion and falsehood with divine authority.

But sometimes we need to take this sword, if you will, and use it as a sort of scalpel on ourselves.

Hebrews 4:12, *“For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.”*

2 Timothy 3:16, *“All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness.”*

4. Pray all the time (18-20)

...praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,¹⁹ and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel,²⁰ for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

It’s a call to vigilance, to community, and to boldness—not in our strength, but in the might of the Lord.

5. Final Greetings (21-24)

*“So that you also may know how I am and what I am doing, Tychicus the beloved brother and faithful minister in the Lord will tell you everything.²² I have sent him to you for this very purpose, that you may know how we are, and **that he may encourage your hearts.**²³ Peace be to*

the brothers, and love with faith, from God the Father and the Lord Jesus Christ. ²⁴ Grace be with all who love our Lord Jesus Christ with love incorruptible.”

Spiritual warfare is real, but so is the victory already won in Christ. With God's armor, we do not merely survive the battle—we *stand firm, press forward, and shine* as lights in a dark world.

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