

Title: Understanding Spiritual Warfare

Key Text: Ephesians 6:10-20

Ephesians 6:10-20 NKJV

¹⁰ Finally, my brethren, be strong in the Lord and in the power of His might. ¹¹ Put on the whole armor of God, that you may be able to stand against the wiles of the devil. ¹² 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.

¹³ 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.

¹⁴ Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, ¹⁵ and having shod your feet with the preparation of the gospel of peace; ¹⁶ above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. ¹⁷ And take the helmet of salvation, and the sword of the Spirit, which is the word of God; ¹⁸ praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—¹⁹ 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, ²⁰ for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.¹

Introduction:

Q. What is Spiritual Warfare?

Thesis:

Because we are caught in the crossfires in spiritual warfare, as believers it is important to understand how we can stand our ground. In Ephesians, the Apostle Paul tells us how we can stand our ground by identifying what kind of battle we are in, taking on the whole armor of God, and what we are to do by being aware and praying without ceasing. When we can do such things, we will be able to stand our ground amid spiritual warfare.

Message:

I. Understand what kind of battle it is.

A. Trust in the Lord and the power of His might.

B. Know what kind of battle it is.

- Ephesians 6:11-12

¹ [The New King James Version](#). (1982). (Eph 6:10–20). Nashville: Thomas Nelson.

1. Put on the whole armor of God so we can withstand the strategies of the Devil.
2. We battle not against flesh and blood, but against spiritual principalities, powers, rulers of this dark age, and against spiritual hosts of wickedness in heavenly places.
 - Jeremiah 17:7-10

II. The Armor of God.

A. The Belt of Truth.

- For the Roman Soldier, the belt served as an essential piece because it would hold up the rest of the armor.
 - For the believer, it is important to know the truth that is revealed in Jesus Christ.
 - John 14:6
 - 2 Corinthians 10:3-6

B. The Breastplate of Righteousness.

- For the Roman soldier, the breastplate protected their vital organs.
- For the believer, the breastplate of righteousness protects our heart.
 - The heart in Hebrew comes from the word *leb*, which denotes the source of life. It includes one's mind, will and emotions.
 - The word "righteousness" means to be in right standing. As believers, we have been put in right standing with God because of our faith in God.

C. Shoes of Peace

- The shoes of peace are the Gospel of Christ.
 - The Gospel is the good news of Christ Jesus.

D. Shield of Faith

- The shield would be used to defend oneself.
 - The shield of faith is what we use to fend off the fiery arrows of the enemy.

E. The Helmet of Salvation

- For the Roman Soldier, the helmet protected their brain.
- For the believer the helmet protects our mind (reasoning).
- The word "salvation" denotes a "crossing over" and how we have crossed over from darkness "death" onto the light of Christ "life."
- In Ephesians 4, the Apostle Paul encourages his audience to not live as the Gentiles do, but to put on Christ (Ephesians 4:17).
- Romans 12:2 tells us to not conform to the pattern of the world, but to be transformed by the renewing of the mind.

F. The Sword of the Spirit

- The Sword is the weapon used to combat the adversary.
- Notice Paul said, "The sword of the Spirit"? The Spirit is what holds the sword.

Conclusion.

III. What we should do.

A. Be aware.

B. Pray without ceasing.