

Wednesday Night BIBLE STUDY

Wednesday, December 10, 2025 – First Baptist Church Buda
Midweek Prayer Meeting & Bible Study

T H E B O O K O F

EPHESIANS

How to live the Christian life

EPHESIANS: HOW TO LIVE THE CHRISTIAN LIFE – PART 41
Spiritual Warfare / Ephesians 6:10-20

“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.”
-Ephesians 6:10-20 (NKJV)

(READ: Ephesians 6:10-20)

KEY BACKGROUND INFORMATION FOR EPHESIANS

To gain a better understanding of the Book of Ephesians, consider the following background information:

1. **Authorship:** The Apostle Paul - Traditionally attributed to the Apostle Paul.

2. **Date of Writing: A.D. 60-63** - Likely written around A.D. 60-63 during Paul's Roman imprisonment.
 3. **Place of writing: Rome** – Paul wrote the book/letter of Ephesians from a Roman prison
 4. **Audience: Ephesian Christians at Ephesus and surrounding area** Addressed to the Christian community in Ephesus, a major city in Asia Minor. Ephesians is considered a “circular letter” meant to be circulated to church in the area of Ephesus... possibly the same 7 churches
 5. **Purpose: How to live the Christian life** To strengthen the faith of believers and address issues of unity and spiritual maturity.
 6. **Themes: Grace, the church, and holy living** - Key themes include grace, the church as the body of Christ, and the importance of living a holy life.
 7. **Structure: Ephesus is divided into two main sections** - Divided into two main sections: doctrinal teachings (chapters 1-3) and practical applications (chapters 4-6).
 8. **Cultural Context: Ephesus was center of commerce and religion** - Ephesus was a center of commerce and religion, known for the Temple of Artemis.
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- *What happens when we don't take the spiritual warfare and the spiritual battle we are in every day seriously? (When we don't talk about it, when we don't acknowledge it, when we don't prepare for it, when we ignore, dismiss, or act as if it is not a reality?)*
- *What happens when pastors don't preach and teach on the reality of Spiritual warfare, when churches don't emphasize it on some level?*

“⁸ Be sober (clearheaded, serious, level-headed), be vigilant (watchful, attentive, alert, cautious, observant); because your adversary the devil walks about like a roaring lion, seeking whom he may devour. ⁹ Resist (fight, battle, oppose, struggle-with, defy) him, steadfast (unwavering, resolute, determined, unswervingly) in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.” -1 Peter 5:8-9

- *How do you discern and for sure that the enemy is attacking, that what you are going through is spiritual warfare?*
- *How do you stay clear-headed when it is obvious that the enemy (the devil and his demons) are attacking you?*
- *What help you to be “vigilant” (watchful, alert, cautious, attentive) to the attacks of the enemy?*
- *Practically speaking, how do we “resist” the enemy (the devil and his demons)?*
- *How does it make you feel to know you're not the only one fighting this fight and that others are experiencing the same things you are as believers?*

SOME KEY REMINDERS CONCERNING SPIRITUAL WARFARE

Some Initial Thoughts Concerning Spiritual Warfare: *(These are some things that need to be kept in mind as you study and dig deeper to understand spiritual warfare)*

(1) Putting an over-emphasis on spiritual warfare - There are two primary errors when it comes to spiritual warfare—over-emphasis and under-emphasis. Some blame every sin, every conflict, and every problem on demons that need to be cast out. *What might be the problem with an “over-emphasis” on spiritual warfare?*

Over-emphasis on spiritual warfare in Christian practice can pose several risks and challenges, both to the individual Christians, and to the Christian community (the church). While spiritual warfare – the recognition of the unseen battle between good and evil (Ephesians 6:10-20) – is certainly Biblically grounded, placing undue and an unhealthy focus on it can create distortions in faith and practice. The following are some of the risks placing an undue focus on it can create distortions in faith and practice...

7 Problems Created by an Unhealthy Over-Empasis on Spiritual Warfare:

1. **Neglect of God-centered focus** – Excessive focus on demonic activity may shift our focus from Christ Jesus, Himself. Worship and spiritual growth can become centered on resisting evil rather than cultivating a deeper relationship with God. We may become more focused on the frightful attacks of the devil than we are with the wonderful and worship-worthy focus on God and His power.
2. **Misinterpretation of life’s challenges** – Believers may start attributing every difficulty, every sin, every conflict to demonic influence, ignoring natural consequences of personal responsibility. This can lead to a misdiagnosis of problems and ineffective spiritual guidance and growth in our lives, never owning up to our own culpability (blameworthiness, blame, guilt, fault, accountability and responsibility) and therefore we blame the enemy for our sin and fault rather than truly seeking God/Jesus through our own confession and repentance of our sin.
3. **Spiritual anxiety and fear** – Over-emphasis can also create constant and obsessive vigilance, anxiety, or fear of unseen attacks. Individuals may feel spiritually insecure, questioning whether they are vulnerable to evil or lack sufficient protections. It may lead to a believer living captive to his or her fears of the enemy and his attacks and missing out on the peace and abundant life filled with joy and hope that are promised in the Christian life by Jesus, Himself.
4. **Potential for neglecting other gifts and ministry functions** – Similar to the dangers of over-emphasizing certain spiritual gifts, focusing too heavily on spiritual warfare may cause believers to undervalue other gifts of aspect of ministry – such as teaching, service, and personal discipleship – undermining healthy and well rounded spiritual development.
5. **Encouragement of legalism and performance-based faith** – An over concentration on “spiritual battle tactics” can encourage a checklist mentality, where faith is

measured by success in resisting evil rather than growth in character, obedience, and love.

6. **Misapplication of Scripture** – Improper use of Biblical texts may lead to attempts to wield authority over spiritual forces without grounding in God’s power, guidance, or full counsel of Scripture. This rises false confidence and spiritual error.
7. **Division and conflict** – Communities can develop unhealthy competition or hierarchy based on perceived spiritual strength in warfare practices, marginalizing quieter expressions of faith or gifts.

Don’t get me wrong... spiritual warfare is a real and important, maybe even of paramount importance, dimension of the Christian life. The primary danger of over-emphasis lies in losing balance and perspective... turning our focus away from Christ, neglecting the character development of other gifts, fostering fear, and misattributing challenges. A Biblically grounded approach emphasizes vigilant prayer, Scripture, faith, and reliance on God’s power, while maintaining balances attention to all aspects of spiritual growth and church life. This ensures believers engage in spiritual warfare wisely, in victory through Christ, without allowing it to overshadow their relationship with God or a healthy spiritual growth in their life.

Here is the second initial thought you need to keep in mind concerning spiritual warfare... the is the concern of an over-emphasis, but there is also a concern with under emphasis on spiritual warfare.

- (2) **Giving an under-emphasis on spiritual warfare** – Others completely ignore the spiritual realm and the fact that the Bible tells us our battle is against spiritual powers. *What might be the problem with an “under-emphasis” on spiritual warfare?*

Placing an under-emphasis on spiritual warfare can lead to several significant spiritual and practical problems in the life of a believer...

6 Problems in Under-Emphasizing Spiritual Warfare:

1. **Neglecting the spiritual reality of evil** – Biblical teachings, particularly in passages like the one we are in in Ephesians 6, emphasize that the struggles is “not against flesh and blood, but against spiritual forces of evil in the heavenly realms.” Ignoring this dimension leads to misunderstanding the truth nature of challenges, attributing them solely to human or circumstantial causes, and thereby failing to engage them with the necessary spiritual tools (weapons) such as prayer, Scripture, and faith.
2. **Vulnerability to temptation and deception** – Without acknowledgment of spiritual warfare, believer may underestimate Satan’s schemes, remaining unprepared and vulnerable to deception, temptation, and sin. Spiritual vigilance is weakened if one assumes all difficulties are merely natural or self-inflicted, rather than recognizing opposition from spiritual forces.
3. **Missed opportunities for spiritual growth** – Spiritual warfare often manifest around times of impending personal or ministry growth. Failing to recognize these attacks

can lead to discouragement or misunderstanding difficulties are mere setbacks, rather than as test or strategic assaults meant to refine faith and resilience.

4. **Lack of empowered engagement** – Spiritual disciplines like prayer, Scripture reading, faith, truth, salvation, discipleship, etc. are the “armor of God” (Ephesians 6:10-20). Underestimating spiritual warfare diminishes the motivation to actively employ these weapons and tools, leaving believer spiritually under-equipped and less able to stand firm during trials.
5. **Overreliance on human solutions** – When the spiritual dimension is minimized, responses to challenges may be purely humanistic – relying solely on effort, logic or emotion and what man can do on his own – potentially overlooking divine guidance, protection, and intervention that Scripture identifies as critical in overcoming evil (2 Corinthians 10:3-5).
6. **Spiritual complacency and weak faith** - Continuous under-emphasis can foster laxity in faith, diminishing awareness of spiritual realities and reducing the priority of daily spiritual practices. This may stifle growth in holiness, resilience, and discernment, making believers less effective in personal and communal spiritual engagement.

And here is the third initial thought you need to keep in mind concerning spiritual warfare... perhaps a natural of the first two not to over-emphasize or under-emphasize spiritual warfare...

- (3) **The importance of a Biblical balance when it come to spiritual warfare** - The key to successful spiritual warfare is finding the biblical balance between an unhealthy over-emphasis of spiritual warfare and an under-emphasis. Jesus sometimes cast demons out of people; other times He healed people with no mention of the demonic. The apostle Paul instructs Christians to wage war against the sin in themselves (Romans 6) and warns us to oppose the schemes of the devil (Ephesians 6:10–18). ***How might Christians/believers strike a Biblical balance between over-emphasis and under-emphasis where spiritual warfare is concerned?***

Let me remind you (we looked at this last week) ... Ephesians 6:10–12 says, ***“Finally, be strong in the Lord and in his mighty power. Put on the full armor 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.”*** This text teaches some crucial truths:

Paul’s Reminders About Spiritual Warfare: (Ephesians 6:10-12)

- (1) **We can only stand strong in the Lord’s power** – Not our own!
- (2) **It is God’s armor that protects us** – God has given us as Christians/believers everything we need to be able to victoriously stand against the devils attacks and schemes

(3) Our battle is ultimately against spiritual forces of evil in the world – We remember and be aware that a Christian battles spiritual forces in this world that are behind the chaos and upheaval we often see in the world. Our enemy and enemies are not of this world. Most of what we fight against today is not what it appears to be on the surface. It's spiritual!

SOME KEYS TO WINNING THE SPIRITUAL WARFARE

“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-“ – Ephesians 6:13-18

Ephesians 6:13–18 is a description of the spiritual armor God gives us. We are to stand firm with the belt of truth, the breastplate of righteousness, the gospel of peace, the shield of faith, the helmet of salvation, the sword of the Spirit, and by praying in the Spirit.

What do these pieces of spiritual armor represent in spiritual warfare?

7 Initial Truths Concerning the Armor of God: (these correspond to each weapon)

- (1) We are to know the truth, believe the truth, speak the truth, and live in the truth = the belt of truth**
- (2) We are to rest in the fact that we are declared righteous because of Christ's sacrifice for us = the breastplate of righteousness**
- (3) We are to proclaim the gospel no matter how much resistance we face = the shoes of the gospel of peace**
- (4) We are not to waver in our faith, trusting God's promises no matter how strongly we are attacked = the shield of faith**
- (5) Our ultimate defense is the assurance we have of our salvation, an assurance that no spiritual force can take away = the helmet of salvation**
- (6) Our offensive weapon is the Word of God, not our own opinions and feelings = the sword of the Spirit (which is the Word of God)**
- (7) We are to pray in the power and will of the Holy Spirit = prayer and supplication**

In our passage (Ephesians 6), the Apostle Paul instructs believers to be strong in the Lord and to equip themselves with God's armor to withstand spiritual battles. In the armor of God Paul describes various pieces of armor that represent spiritual truths and resources that are available to Christians... to you personally as believer/a Christians.

Spiritual Truths and Resources for Christians in the Armor of God:

- (1) **The belt of truth:** Represents honesty and integrity – *How does this aid us and give us victory in spiritual warfare?*
- (2) **The breast plate of righteousness:** Symbolizes living a righteous life - *How does this aid us and give us victory in spiritual warfare?*
- (3) **The shoes of the Gospel of peace:** Encourages readiness to share the gospel - *How does this aid us and give us victory in spiritual warfare?*
- (4) **The shield of faith:** Protects against doubts and attacks from the enemy - *How does this aid us and give us victory in spiritual warfare?*
- (5) **The helmet of salvation:** Represents the assurance of salvation - *How does this aid us and give us victory in spiritual warfare?*
- (6) **The sword of the Spirit:** The Word of God, used for offense against spiritual attacks - *How does this aid us and give us victory in spiritual warfare?*
- (7) **Prayer:** Communication with God through prayer is key to winning the battle - *How does this aid us and give us victory in spiritual warfare?*

Discussion Questions:

- **What does it mean to be strong in the Lord? Reflect on personal experiences of relying on God’s strength.**
- **How can we effectively put on the armor of God in our daily lives? Discuss practical application of each piece of armor.**
- **What are some specific spiritual battles you face, and how can the armor of God help? Share personal struggles and victories.**
- **How does understanding the nature, schemes and ways of our enemy change our approach to spiritual warfare?**

SOME HELPFUL UNDERSTANDING OF THE TOOLS OF SPIRITUAL WARFARE

“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-“ – Ephesians 6:13-18

A Hymn for Learning: “Stand Up, Stand Up For Jesus,” Hymn #485 by George Duffield, Jr.

Stand Up, Stand Up for Jesus was a hymn inspired by the dying message of Dudley Tyng, a young preacher in Philadelphia who was forced to resign from his Episcopal church pastorate for speaking out against slavery in the mid 1800s. The powerful ministry

and preaching of Tyng lead to many spiritual attacks from the enemy who was mightily trying to silence Tyng's voice and he powerful preaching God so greatly using to bring salvation to thousands. Interestingly, the hymns "Stand Up, Stand Up for Jesus" was written as a tribute to Dudley Tyng upon his death. The enemy may have thought He had finally silenced and shut out the voice of Tyng, but this song inspired by Him has been a favorite for nearly 200 years now...

In addition to starting a new church, Tyng and other ministers preached revival meetings at the local YMCA during lunch and soon began to attract thousands (this revival period is known as "The Work of God in Philadelphia.") In March of 1858 Tyng preached a rousing sermon to 5,000 young men at the YMCA and over 1,000 made a profession of faith. During his sermon he supposedly said "I would rather that this right arm were amputated at the trunk than that I should come short of my duty to you in delivering God's message."

Only a few days later Tyng left the study of his country home to visit his barn where a mule was harnessed to a machine that was shelling corn. When he patted the mule his sleeve was caught in the cogs of the wheel and his arm was badly maimed. He passed away the following week from the injury.

Before he died, he was asked if he had a message for the ministers at the revival and he replied "Tell them, 'Let us all stand up for Jesus.'" His friend and fellow preacher, Dr. George Duffield, was touched by the words and wrote the hymn *Stand Up, Stand Up for Jesus*. Duffield concluded his sermon the following Sunday by reading the lyrics he had written as a tribute to his friend.

Duffield's Sunday School superintendant printed copies of the poem, the lyrics soon found their way into a Baptist newspaper and the hymn spread from there.

Several melodies have been written for *Stand Up, Stand Up for Jesus*. The one used in most hymnals was written by George Webb, founder of the Boston Academy of Music. He wrote the tune in 1837 originally for "Tis Dawn, the Lark is Singing," a song in a secular musical.

Stand up, stand up for Jesus, ye soldiers of the cross;
Lift high His royal banner, it must not suffer loss.
 From vict'ry unto vict'ry His army shall He lead,
 Till ev'ry foe is vanquished, and Christ is Lord indeed.

- *What do you think if meant by "lift high His royal banner"? What is the royal banner? (the gospel that leads men to Christ and leads them in victory)*
- *What is this verse telling us about how the battle we are in goes? Why? How?*

Stand up, stand up for Jesus, the trumpet call obey;
 Forth to the mighty conflict, in this His glorious day.
 Ye that are brave now serve Him against unnumbered foes;
 Let courage rise with danger, and strength to strength oppose.

- *What does this verse call the spiritual warfare/battle we are in? And why?*
- *What do you think the phrase “strength to strength oppose mean? (I believe it means that we are to oppose the strength of the enemy and his forces with the greater strength of the Lord’s power that is greater than He that is in the world, thus assuring victory... if we stand in the Lord’s strength we win, if you try to stand in our own strength we fail)*

Stand up, stand up for Jesus, stand in His strength alone;
 The arm of flesh will fail you, ye dare not trust your own.
Put on the gospel armor, each piece put on with prayer;
 Where duty calls or danger, be never wanting there.

- *What does this verse tell us about how and where to find our strength in the battle?*
- *What do you think the hymn writer is with the phrase “the arm of flesh will fail you”?*
- *How is the armor to be put on? Why? Why do you think the writer call it the “gospel” armor? What does that mean?*

Stand up, stand up for Jesus, the strife will not be long;
 This day the noise of battle, the next the victor's song.
 To him who over-cometh a crown of life shall be;
 They with the King of Glory shall reign eternally.

- *What do you think the writer is telling us when he says, “the strife will not be long”? (the Lord will make short work of the enemy)*
- *What is the ultimate good news of this verse and this song?*

★ Look at your hymn book and notice the words. Find at least one truth this song tell us/teach us about spiritual warfare.

Paul wrote the armor of God passage not to stir up fear, but to encourage believers. Because of God's total provision for us, we can stop feeling vulnerable to the enemy and start feeling equipped to contend with him.

A Brief Explanation of Each Piece of Armor:

(1) **Belt of Truth** - One of the devil's favorite weapons is lies. Often, he distorts the truth so that it can be hard to distinguish fact from fallacy. **If we ask, God will give us discernment, the wisdom to know His truth above all the other noise.**

- (2) **Breastplate of Righteousness** - Satan also tries to undermine our self-worth and question our place with God. Anyone who struggles with self-esteem can fall prey to these tactics. **When we listen, we'll hear our Heavenly Father remind us of His unconditional love and our position in Christ.**
- (3) **Fitted Feet** - The enemy wants to keep the people of God quiet. So, he tries to plant seeds of doubt in us about how well we speak, or if anyone will listen. **If we pray, God will provide the strength and boldness we need to give our testimonies and to praise Him publicly without worry.**
- (4) **Shield of Faith** - The devil's plan to derail our faith can include using situations and even other people. Our personal weaknesses can leave us open to temptations, discouragement or wrong behavior. **When we admit our need for His help, God will make us tougher to make it through those trials.**
- (5) **Helmet of Salvation** - The struggle with Satan often starts in our thought life. Any faulty ideas, anxieties or fears we may be holding onto can be amplified and used against us. **If we call on Him, God will renew us so that our eyes and minds will stay focused on Him throughout the day.**
- (6) **Sword of the Spirit** - The enemy hopes to neutralize the power we have through Christ. He aims to confuse, intimidate or scare us, hoping we'll forget God's Word. **If we seek Him, God will fill us up with the confidence to declare Scripture and claim His promises for our lives.**
- (7) **Prayer** - Satan desires to cut off our prayer life. He knows that without it we are less aligned with our Father, and less alert or prepared for attacks against us. **As we set aside time for fellowship and communion with Him, God will supply us with all we need to make a positive impact for Him.**

2 Personal & Practical Applications for The Armor of God:

- (1) Daily incorporate the armor of God into your daily prayers, asking God to help you embody each piece
- (2) Consider how you can support one another (as members of the family of God, God's church, and as brothers and sisters in the Lord) in spiritual battles, fostering a community of prayer and accountability

CONCLUSION

In summary, what are the keys to success in spiritual warfare?

6 Keys to Success in Spiritual Warfare:

- (1) We rely on God's power, not our own
- (2) We put on the whole armor of God
- (3) We draw on the power of Scripture - The Word of God is the Spirit's sword
- (4) We pray in perseverance and holiness, making our appeal to God.
- (5) We stand firm (Ephesians 6:13-14)

(6) We **submit** to God and **resist the devil** - (James 4:7), knowing that the Lord of hosts is our protector. *“Truly he is my rock and my salvation; he is my fortress, I will never be shaken”* (Psalm 62:2).

Application Questions

1. How can we know whether an attack stems from Satan or from our sinful flesh?
Does it make any practical difference?
2. Should Christians fear the devil? How, or how not?
3. How would you counsel a believer who was in “an evil day”? What steps should he take?
4. What practical things (positive and negative) can a believer do to be prepared for the “evil day”?