

## Lesson 16 - Ephesians 6:1-24 Standing Firm in Gospel Strength

**Stand firm in God's strength through taking up Gospel-given armor in prayer.**

1. Gospel-given armor of God
2. Necessity of comprehensive prayer
3. Final Greetings

**Heavenly places are:**

- Spiritual realm from which believers receive spiritual blessings (1:3)
- Spiritual realm in which we are "raised up" & positionally seated us with Christ (2:6)
- Spiritual realm of the rulers and authorities, spiritual forces reside (both good & evil - 3:10, 6:12)
- Spiritual realm of the risen and exalted Christ (1:20, 2:6)

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.

(Ephesians 6:12 - emphasis mine)

And because we have union with Christ, we are seated with Christ in the heavenly places far above  
all *rule*  
and *authority*  
and *power*  
and *dominion*

(Ephesians 1:19 - emphasis mine)

**Union with Christ**

- Blessed us *in* Christ with every spiritual blessing (v.3)
- Chose us *in* Him before the foundation of the world (v.4)
- Predestined for adoption...which He blessed us *in* the beloved (vv.5-6)
- *In* Him we have redemption through His blood (v.7)
- *In* Him we have obtained an inheritance (v.11)

(emphasis mine)

**Belt of Truth**

- We believe and embrace the truth of the gospel (1:13)
- We learn that the truth is in Jesus (4:20-21)
- We speak the truth in love, putting away falsehood (4:15, 25)
- Believing the truth leads to living the truth.

### **Breastplate of Righteousness**

- When we repent and believe, we receive His righteousness.
- And because we are made righteous, we now seek to live righteously.
- Paul tells us to walk as children of light and to put on the new self, created in true righteousness and holiness (4:24; 5:8–10).

### **Shoes of the Gospel of Peace**

- “How beautiful upon the mountains are the feet of him who brings good news, who publishes peace, who brings good news of happiness, who publishes salvation, who says to Zion, ‘Your God reigns.’” (Isaiah 52:7)
- We now carry the message that our King reigns—Jesus has defeated sin, Satan, and death. Paul has taught us that we were once dead in our trespasses, but God made us alive and saved us by His grace.

### **Shield of Faith**

- extinguishes the flaming darts of the evil one—his lies, accusations, and temptations.

### **Paul has informed us of our faith:**

- We are saved by grace through faith(2:8)
- We have boldness and confident access to God through faith (3:12)
- Christ dwells in our hearts by faith (3:17)

### **Helmet of Salvation**

This guards our minds with the certainty of what Christ has already accomplished. We are seated with Christ, our salvation is secure, and therefore we anticipate ultimate deliverance.

“We belong to God, and out of that comes all of our safety.”

Dr. Don Carson, *An Equipped Man*

### **Sword of the Spirit**

The sword of the Spirit—the Word of God—is our offensive weapon. God’s Word shapes us, equips us, and sanctifies us.

### **Prayer**

We are to pray at *all* times in the Spirit, with all prayer and supplication...with *all* perseverance, making supplication for *all* the saints

Ephesians 6:18 - emphasis mine

“In his two intercessory prayers, he has prayed that they will gain an expanded awareness of God’s power available to them and know the truth of their new identity in Christ, which is tantamount to strapping on truth (weapon 1), putting on righteousness (weapon 2), and putting on salvation (weapon 4) (1:15-23). In the next intercessory prayer, Paul prays that God will actually strengthen the Ephesians with his mighty power through his Spirit in the depths of their being (3:14-21). Prayer thus epitomizes what Paul has said in Eph. 6:10 (“be strong in the Lord”) because it represents calling on God to empower his people to fulfill what he has called them to be and to do.”

Clinton Arnold, *Ephesians*

**Final Greetings:**

1. Tychicus
2. Benediction