

Ephesians 6:10-24 • Standing strong in God's strength

¹⁰ 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. 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. 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 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.

For Class & Family Discussion:

- ▶ Let's think through the "armor of God" listed in 6:14-17. How is each piece important? What role does each play in our spiritual health and success?
 - The belt: how does truth serve as our belt?
 - The breastplate: how does righteousness serve as our breastplate?
 - The shoes: how does the gospel of peace make us ready?
 - The shield: how does faith serve as our shield?
 - The helmet: how does salvation serve as our helmet?
 - The sword: how does the word of God serve as our sword?

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, ¹⁸ 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.

²¹ 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.

For Class & Family Discussion:

- ▶ Why is it really important for us to remember what Paul told us in [6:12](#)?
- ▶ Are the devil, his schemes, and the spiritual forces of evil in the heavenly places really that big of a deal? Why do we need to be concerned with them and take these warnings seriously?
- ▶ Before he was done, Paul reminded us to be “praying at all times” in [6:18](#). Why? What does prayer have to do with standing strong in God’s strength?
- ▶ Jason mentioned in the video not always feeling strong. Can you relate? Is it okay to *not* feel strong sometimes? Paul had something to say about this in [2 Corinthians 12:7-10](#). What lesson was he teaching us?
- ▶ What is it going to look like to stand strong in the Lord and in the strength of his might this week? What difference can it make in our lives?