

The Whole Armor of God

This past Saturday I had the privilege of teaching our Bible Study group one of my favorite subjects, The Whole Armor of God (Ephesians 6:10-18). I thought I'd share the lesson text with you today:

Ephesians 6:10-18 (NIV)

The [Whole] Armor of God

¹⁰ Finally, be strong in the Lord and in his mighty power. ¹¹ **Put on the full armor of God, so that you can take your stand against the devil's schemes.** ¹² **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.**

¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with:

1. the **Belt of Truth** buckled around your waist,
2. with the **Breastplate of Righteousness** in place,
3. ¹⁵ and with your *feet fitted* with the readiness that comes from the **Gospel of Peace.**
4. ¹⁶ In addition to all this, take up the **Shield of Faith**, with which you can extinguish all the flaming arrows of the evil one.
5. ¹⁷ Take the **Helmet of Salvation** and the sword of the Spirit, which is the word of God.

¹⁸ And **Pray In The Spirit on All Occasions** with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Matthew Henry Concise Commentary

Verses 10-18 **Spiritual strength and courage are needed for our spiritual warfare and suffering.** Those who would prove themselves to have true grace, must aim at all grace; and put on the whole armor of God, which he prepares and bestows. The Christian armor is made to be worn; and there is no putting off our armor till we have done our warfare, and finished our course. The combat is not against human enemies, nor against our own corrupt nature only; **we have to deal with an enemy who has a thousand ways of beguiling unstable souls.** The devils assault us in the things that belong to our souls, and labour to deface the heavenly image in our hearts. **We must resolve by God's grace, not to yield to Satan. Resist him, and he will flee.** If we give way, he will get ground. If we distrust either our cause, or our Leader, or our armor, we give him advantage. **The different parts of the armor of heavy-armed soldiers, who had to sustain the fiercest assaults of the enemy, are here described. There is none for the back;** nothing to defend those who turn back in the Christian warfare. Truth, or sincerity, is the girdle [belt]. This girds on all the other pieces of our armor, and is first mentioned. There can be no religion without sincerity.

The **[Breastplate of] Righteousness** of Christ, imputed to us, is a breastplate against the arrows of Divine wrath. The righteousness of Christ implanted in us, **fortifies the heart against the attacks of Satan.**

Resolution must be as greaves, or armor to our legs; and to stand their ground or to march forward in rugged paths, **the feet must be shod with the preparation of the gospel of peace**. Motives to **obedience, amidst trials**, must be drawn from a clear knowledge of the gospel.

[The Shield of] Faith is all in all in an hour of temptation. Faith, as relying on unseen objects, receiving Christ and the benefits of redemption, and so deriving grace from him, is like a shield, a defense every way. The devil is the wicked one. **Violent temptations, by which the soul is set on fire of hell, are darts Satan shoots at us. Also, hard thoughts of God, and as to ourselves. Faith applying the word of God and the grace of Christ, quenches the darts of temptation.**

Salvation must be our Helmet. A good hope of salvation, a **Scriptural expectation of victory**, will purify the soul, and keep it from being defiled by Satan.

To the Christian armed for defense in battle, the apostle recommends only one weapon of attack; but it is enough, the **Sword of The Spirit, which is the word of God**. It subdues and mortifies evil desires and blasphemous thoughts as they rise within; and answers unbelief and error as they assault from without. A single text, well understood, and rightly applied, at once destroys a temptation or an objection, and subdues the most formidable adversary.

Prayer must fasten all the other parts of our Christian armor. There are other duties of religion, and of our stations in the world, but we must keep up times of prayer. Though set and solemn prayer may not be seasonable when other duties are to be done, yet short pious prayers darted out, always are so. **We must use holy thoughts in our ordinary course. A vain heart will be vain in prayer.** We must pray with all kinds of prayer, **public, private, and secret**; social and solitary; solemn and sudden: with all the parts of prayer; **confession of sin, petition for mercy, and thanksgiving** for favors received. And we must do it by the grace of God the Holy Spirit, in dependence on, and according to, his teaching. **We must preserve in particular requests, notwithstanding discouragements. We must pray, not for ourselves only, but for all saints.** Our enemies are mighty, and we are without strength, but our Redeemer is almighty, and in the power of his might we may overcome. Wherefore **we must stir up ourselves.** Have not we, when God has called, often neglected to answer? Let us think upon these things, and continue our prayers with patience.

I had a blast teaching the lesson, and, having experienced other Bible study groups in many different places, I think that ours at Zion is simply the best one around (very mature believers and deep, probing discussions).

I hope you have an amazing day!!

- Jack