The Christian’s Armor

The Christian life is a life-long struggle. Though we are sometimes knocked down, by God’s grace, we are not knocked out. At the end of his letter to the Ephesians, the apostle Paul tells us how to keep on our feet in this battle.

**If you want to keep standing—**

**1. *Recognize* your soul’s true enemy.**

A. Not *flesh and blood*

B. But *demonic powers*

Note: Avoid the popular fascination with naming demons and with territorial demons.

**2. *Rest* in God’s perfect provision.**

You need not fear because God has given you—

The truth *of God*

The righteousness *of Christ*

The *peace* of the gospel

Faith in the *promises of God*

The *hope* of salvation (1 Thessalonians 5:8)

The word *with* the Spirit

**3. *Resist* with all your strength.**

(Though it is really His strength in you)

*Be strong*

*Put on*

*Take up*

*Stand firm*

Pray *at all times*

*in the Spirit*

**For Private Meditation or Family Discussion**

1. How did the Lord speak to you through the message? Did He put His finger on any habits or attitudes that you need to change? Did He encourage you regarding some difficulty, move you to undertake some new challenge, or open your heart to some truth you hadn’t seen before?

2. Praying in the Holy Spirit is not praying in tongues (which is the human spirit praying with unintelligible sounds—1 Corinthians 14:14). When Jesus “rejoiced greatly in the Holy Spirit,” He prayed in words that his disciples understood (Luke 10:21-22). When we are so upset and confused that we can hardly pray—maybe all we can do is groan on our knees—the Holy Spirit takes the hurts of our hearts and turns them into an acceptable prayer (Romans 8:26-27). Prayer in the Spirit is prayer that depends on the Holy Spirit, whether that prayer is expressed in well-worded thoughts or inaudible groans. See also the evidences of the Spirit’s filling in Ephesians 5:17-21.

**For further study** (Neither of these is “easy,” but read them slowly and you will find much to nourish your mind and heart.)

D. Martyn Lloyd-Jones, *The Christian Warfare: An Exposition of Ephesians 6:10-13,* and *The Christian Soldier: An exposition of Ephesians 6:10-20.* These are vols. 7-8 in a series of messages on Ephesians by a celebrated 20th century Welsh preacher.

William Gurnall, *The Christian in Complete Armour.* Gurnall was a 17th century Puritan author. Banner of Truth Trust has both the full edition and a 3 volume modern abridgment. John Newton, the author of “Amazing Grace,” wrote, “If I might read only one book beside the Bible, I would choose *The Christian in Complete Armour.”* David Wilkerson, author of *The Cross and the Switchblade,* wrote, “I will forever bless the day [this book] was placed in my hands.”