

Walk in the Spirit

Ephesians 6:10-24

Lesson 21

FIRST DAY: Review and Overview

1. What interested you most from last week's study?
2. As a Christian you are no doubt familiar with the term **spiritual warfare**. This refers to the invisible, yet very real, assault waged against believers by demonic powers. **Spiritual warfare** manifests itself in a variety of different ways - mentally, physically, and emotionally. There are times believers feel tormented by unscrupulous thoughts. Other times there are tangible obstacles to spiritual activity. When the warfare hits on an emotional level, believers can feel unloved, abandoned, and unloving. The devil is at the helm of spiritual opposition and has no lack of "wiles" (tactics) to employ against Christians. Yet, victory in Christ is assured and certain! How do believers persist against such warfare to ensure victory? They do so by using every spiritual piece of armor Christ has given us! *Put on the whole armor of God, that you may be able to stand against the wiles of the devil* (Ephesians 6:11).

In Ephesians 6:10-24 Paul alerted the Ephesians to the nature of the opposition they were experiencing. He also instructed them on how to prepare and battle victoriously against this opposition. This passage is essential for every believer to study. From the sections below, select key phrases that will prepare you for **spiritual warfare**:

- a. Ephesians 6:10-13
 - b. Ephesians 6:14-17
 - c. Ephesians 6:18-20
 - d. Ephesians 6:21-24
3. Since prayer is essential to spiritual victory, take time to pray as you lift every battle you face to God.

Praying always with all prayer and supplication in the Spirit.
Ephesians 6:18

SECOND DAY: Read Ephesians 6:10–13

1. As Paul began his final charge to the Ephesians, what did he exhort them to do? Ephesians 6:10
 - a. Note the Lord's strength from the following passages:
 - (1) Exodus 15:6
 - (2) I Chronicles 29:11–12
 - (3) Jeremiah 32:17
 - (4) Ephesians 1:19–23
2. According to Ephesians 6:11a, what are believers to *put on*?
 - a. What does this *armor* make us *able* to do? Ephesians 6:11b
 - b. What forces are we to stand against? Ephesians 6:11c
 - (1) What does this convey to you about Satan's tactics?
3. Print the truth declared in Ephesians 6:12a.
 - a. Link this with 2 Corinthians 10:3–4. What do you see?
 - (1) Why is it crucial to remember this?
 - b. Use Ephesians 6:12b to list the forces we *wrestle against*.
 - (1) What concerns you most from this list?
4. What did Paul restate that we must do to *withstand* these forces? Ephesians 6:13a
 - a. What difference do you see between standing and withstanding?
 - b. Paul described the *day we stand* in as *evil*. What does this reveal to you about your struggles?
 - c. What must be *done* in your life to *stand* and *withstand* spiritual opposition?

THIRD DAY: Read Ephesians 6:14-17

1. Use Ephesians 6:14-17 to complete the following chart:

Armor/Weapon	Spiritual Representation	What purpose do you see?	How will you use it?
a. vs 14a			
b. vs 14b			
c. vs 15			
d. vs 16			
e. vs 17a			
f. vs 17b			

2. Which piece of armor is most critical to your present struggle?

a. Why is it important to *put on* every piece of the *armor*?

b. How will being fully armed help you resist the devil? See also I Peter 5:8-9.

FOURTH DAY: Read Ephesians 6:18–20

1. According to Ephesians 6:18a, what should accompany putting on the *armor of God*?
 - a. Link this with the following verses and share your thoughts:
 - (1) Luke 11:9–10
 - (2) Colossians 4:2
 - (3) 1 Thessalonians 5:17
 - b. What further instructions did Paul give believers concerning *prayer*? Ephesians 6:18b
 - c. From Ephesians 6:18 fill in the blanks to underscore where the word *all* is mentioned:
 - (1) with *all* _____ and _____ in the _____
 - (2) with *all* _____ and _____
 - (3) for *all* the _____
 - (a) What does this convey to you about *prayer*?
2. Paul also asked the Ephesians to pray for him personally. Read Ephesians 6:19–20 NLT and answer the following questions: *And pray for me, too. Ask God to give me the right words so I can boldly explain God's mysterious plan that the Good News is for Jews and Gentiles alike. I am in chains now, still preaching this message as God's ambassador. So pray that I will keep on speaking boldly for Him, as I should.*
 - a. List Paul's prayer requests.
 - (1) What do you find noteworthy about his requests?
 - b. How did Paul identify himself? Ephesians 6:20a
 - (1) Read 2 Corinthians 5:20 and comment on this role.
3. Why is *prayer* essential for spiritual victory?

FIFTH DAY: Read Ephesians 6:21-24

1. Paul informed the Ephesians that he was sending a man named Tychicus to them. How did Paul describe Tychicus in Ephesians 6:21a and Colossians 4:7?
 - a. What did Paul send Tychicus to do? Ephesians 6:21-22
 - (1) How is Tychicus an example to you?
2. Paul ended this letter with a blessing. Use Ephesians 6:23-24 to answer the following questions:
 - a. Who is the Author of these blessings?
 - (1) Link this with Ephesians 2:14. Share your thoughts.
 - b. What did Paul desire for the *brethren*? Ephesians 6:23a
 - (1) Why do you think Paul linked these together? See also Ephesians 1:15.
 - c. What is to accompany *love*? Ephesians 6:23b
 - (1) Why do you think Paul linked these together? See also Ephesians 1:15.
 - d. Who are the recipients of *grace*? Ephesians 6:24a
 - (1) Why is *grace* a blessing?
 - (2) How are we to *love* the Lord Jesus Christ? Ephesians 6:24b
3. Why do you suppose Paul ended his letter with a blessing?
 - a. What blessings do you desire from God for your life?

