

Ephesians 6:10-18 – "Fear Not!"

An introduction to spiritual warfare and The Full Armor of God

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this world's darkness, and against the spiritual forces of evil in the heavenly realms. Therefore take up the full armor of God, so that when the day of evil comes, you will be able to stand your ground, and having done everything, to stand.

-- [Ephesians 6:12-13](#)

We're drafted into spiritual warfare. Yet on our own, we're out-gunned and out-numbered, so be armed with God's spiritual armor.

Overt – direct attacks

Fear Not!: An introduction to spiritual warfare and the Full Armor of God, By Karl Schank.

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Let me repeat:

Fear not!

God has this well within His control. There's nothing to fear.

***Spiritual Warfare – Prolog and introduction to the Full Armor –
Ephesians 6:10-13***

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this world's darkness, and against the spiritual forces of evil in the heavenly realms.

— [Ephesians 6:12](#)

While we are each to submit to each other and be subject to each other in the Spirit ([Ephesians 5:18-6:9](#),¹ the immediately preceding passage in Paul's discussion), Paul now emphasizes that we are not to submit to the devil.² After all, our real adversaries are not ordinary "flesh and blood" people³ such as family, work colleagues, and those dealt with in [Ephesians 5:18-6:9](#). Rather, amazingly enough, our real adversaries are "spiritual forces of evil" ["wickedness" in some translations] "in heavenly places".⁴ (In fact, the word "Satan" means *adversary*.)

What is spiritual warfare?

Often, that can be hard to grasp. We can't see spirits, even if they're right next to us. We can't see the "heavenlies". We don't feel like we're in spiritual warfare; we're just having normal earthly troubles, or relationship problems, or strife, or medical problems, or temptations, or natural disasters. We don't feel like demons are attacking us, much less Satan; we just feel like our boss has it in for us, or our co-worker's making trouble again, or the blasted car broke down

¹ [Ephesians 5:18-6:9 \[too long to quote here\]](#)

² **Take your stand against the devil:** [Ephesians 6:11](#) -- Put on the full armor of God, so that you can make your stand against the devil's schemes.

³ **Our real adversaries are not people:** [Ephesians 6:12a](#) -- For our struggle is not against flesh and blood ...

⁴ **Our adversaries are spiritual forces of evil:** [Ephesians 6:12b](#) -- For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this world's darkness, and against the spiritual forces of evil in the heavenly realms.

Overt – direct attacks

again, or we're having another argument with our spouse, or those jerks on the highway have cut me off one time too many, or ..., or ..., or

But it's spiritual warfare. It may be acted out here on Earth, but its origin is in the "heavenlies" (end of [v.12](#)). It may not be Satan himself, but someone on Earth whose bad behavior plays right into Satan's hands, into his game plan. It may not directly be demons or fallen angels, but it just might be demons whispering to someone in a way that he thinks are ideas of his own (perhaps a little like the little red devil on a cartoon character's shoulder).

It's spiritual warfare, my friend.

Ultimately, at whatever proximity or distance, the Enemy is behind it all. So instead of submitting to the devil, playing into his hands, or giving up and quitting, Paul encourages us, exhorts us – almost commands us – to stand firm⁵ in God and use His Full Armor to protect ourselves against the schemes of the devil and his minions.

Note: There is much more in the Bible on Spiritual Warfare than just this passage in Ephesians 6. Whole books have been written about it, and it would easily take an entire semester to cover what the Bible says about it. Consequently, this study simply concentrates on Ephesians 6:10-18.

What is the final outcome, the end result?

Paul puts the bottom line up front, both so that we don't miss it, and especially so that we don't get intimidated and give up before we start. He even repeats it (see below), so it must be very important. The purpose and the result are "so that you will be able to stand firm"⁶ – to share in the victory of the Lord⁷ and not be a battlefield casualty. Make no mistake: It is not a battle

⁵ **Stand firm in God:** [Ephesians 6:13-14](#) -- Therefore take up the full armor of God, so that when the day of evil comes, you will be able to stand your ground, and having done everything, to stand.

⁶ **So you will stand firm:** [Ephesians 6:11, 13-14](#) -- Put on the full armor of God, so that you can make your stand against the devil's schemes. ... Therefore take up the full armor of God, so that when the day of evil comes, you will be able to stand your ground, and having done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness arrayed,

⁷ **Share in the victory of the Lord:** [Revelation 20-21](#) [too long to quote]

[John 12:31](#) -- Now judgment is upon this world; now the prince of this world will be cast out.

between equals. God is in control. He is greater than the devil.⁸ It's a foregone conclusion: God will win; indeed, He has *already* won.

Interestingly, the initial encouragement is the same as the final purpose: Paul starts by encouraging us to stand firm⁹ and promises us that the final outcome will be that we will stand firm¹⁰ – if only we put on the Full Armor of God.

Who is the enemy? What is his army? [Ephesians 6:12](#)

Remember – this is spiritual warfare. We're not used to this. We're used to earthly conflict and strife. We've experienced that – a lot! – and we know how to handle that. Or we think we do. However, much of the time, most of the time – could it even be all of the time? – this earthly, human conflict and strife is really spiritual warfare in disguise. Quite unaware, our human conflict is often instigated by spiritual forces beyond us. Even when it isn't, it almost always plays right into the hands of the enemy.

Who is the real enemy? ***Not each other!*** It's critical to remember that ***our actual enemy is Satan***. He's against us because he is against God and everyone on God's side. Satan's army is these "rulers, powers, and forces of darkness and wickedness in and from heavenly (i.e., spiritual) places".¹¹ Satan is their commander. He also uses us against each other and even against ourselves. But *people* are not our actual enemy.

Who is Satan?

Satan is real. He is not merely the metaphorical personification of evil; he is a real spiritual being. Satan is a powerful but fallen angel who rebelled against God,¹² wants to usurp God's

⁸ **God is greater than Satan:** [1 John 4:4](#) -- You, little children, are from God and have overcome them, because greater is He who is in you than he who is in the world.

[James 4:7](#) -- Submit yourselves, then, to God. Resist the devil, and he will flee from you.

⁹ [Ephesians 6:11](#) [see reference above]

¹⁰ **The outcome is that we do stand firm:** [Ephesians 6:13](#) -- Therefore take up the full armor of God, so that when the day of evil comes, you will be able to stand your ground, and having done everything, to stand.

[1 Corinthians 16:13](#) -- Be on the alert. Stand firm in the faith. Be men of courage. Be strong.

¹¹ [Ephesians 6:12a](#) [see reference above]

¹² **Satan is a fallen, rebel angel:** [Isaiah 14:13-14](#) -- You said in your heart: "I will ascend to the heavens; I will raise my throne above the stars of God. I will sit on the mount of assembly, in the far [continued...]

Overt – direct attacks

throne, authority, power, and realm, and was cast out of Heaven and down to Earth because of it.¹³ When he fell, one-third of the angels sided with him¹⁴ and became fallen angels – demons.

Satan is our adversary and God’s (though he is nowhere close to God’s equal) – in fact, the name “Satan” means *adversary*. He is the accuser of the brethren, the saints,¹⁵ in fact, “devil” means *accuser*. He is a destroyer.¹⁶ He is a tempter – indeed, he tempted (or more correctly, *tested*)

reaches of the north. I will ascend above the tops of the clouds; I will make myself like the Most High.”

[Ezekiel 28:2-5, 12-17](#) [Note that this prophecy uses the “king of Tyre” as a euphemism or metaphor for Satan] -- “Son of man, tell the ruler of Tyre that this is what the Lord GOD says: Your heart is proud, and you have said, ‘I am a god; I sit in the seat of gods in the heart of the sea.’ Yet you are a man and not a god, though you have regarded your heart as that of a god. By your great skill in trading you have increased your wealth, but your heart has grown proud because of it. ... “Son of man, take up a lament for the king of Tyre and tell him that this is what the Lord GOD says: ‘You were the seal of perfection, full of wisdom and perfect in beauty. Your heart grew proud of your beauty; you corrupted your wisdom because of your splendor; so I cast you to the earth; I made you a spectacle before kings.

¹³ **Usurping angel Satan was cast out for rebellion:** [Luke 10:18](#) -- So He said to them, “I saw Satan fall like lightning from heaven.

[Revelation 12:7-9](#) -- Then a war broke out in heaven: Michael and his angels fought against the dragon, and the dragon and his angels fought back. And the great dragon was hurled down—that ancient serpent called the devil and Satan, the deceiver of the whole world. He was hurled to the earth, and his angels with him.

[Isaiah 14:11-12, 15](#) -- Your pomp has been brought down to Sheol, with the music of your harps. Maggots spread out beneath you, and worms cover you. How you have fallen from heaven, O morning star, son of the dawn! You have been cut down to the ground, O destroyer of nations. ... But you will be brought down to Sheol, to the lowest depths of the Pit.

[Ezekiel 28:8-9, 18-19](#) -- They will bring you down to the Pit, and you will die a violent death in the heart of the seas. Will you still say, ‘I am a god,’ in the presence of those who slay you? You will be only a man, not a god, in the hands of those who wound you. ... By the multitude of your iniquities and the dishonesty of your trading you have profaned your sanctuaries. So I made fire come from within you, and it consumed you. I reduced you to ashes on the ground in the eyes of all who saw you. All the nations who know you are appalled over you. You have come to a horrible end and will be no more.”

¹⁴ **A third of angels followed Satan and were also cast out:** [Revelation 8:10](#) -- Then the third angel sounded his trumpet, and a great star burning like a torch fell from heaven and landed on a third of the rivers and on the springs of water.

¹⁵ **Satan is the accuser of saints, believers:** [Revelation 12:10](#) -- And I heard a loud voice in heaven, saying: “Now have come the salvation and the power and the kingdom of our God, and the authority of His Christ. For the accuser of our brothers has been thrown down—he who accuses them day and night before our God.

¹⁶ **Satan is a destroyer:** [1 Corinthians 10:10](#) -- And do not complain, as some of them did, and were killed by the destroying angel.

Spiritual Warfare – Prolog and introduction to the Full Armor – Ephesians 6:10-13

Jesus in the wilderness.¹⁷ He is a devourer of souls.¹⁸ He is the devil.¹⁹ He is a deceiver, a liar, and the father of lies.²⁰ He is a killer, a murderer.²¹ Satan is a sinner²² and instigator of sins. He is a hater.²³ He is the serpent in the Garden of Eden.²⁴ He is a prowler who stalks and lies in wait like a lion.²⁵

What are these rulers, powers, forces, and so forth ([Ephesians 6:12](#))?

In short, they are the devil and his demons, "the spiritual forces of wickedness in the heavenly places" acting in the world ("the world forces of this darkness"). Specifically, they are either types, orders, classes, or hierarchical organizations of demons (it's hard to be certain which). Just as there are types or orders of angelic beings (archangels, angels, seraphim, cherubim, etc.), there are also types, orders, classes, or hierarchical organizations of demons. That's what Paul is describing here as "rulers, powers, world forces of darkness, spiritual forces of wickedness".

¹⁷ **Satan tested and tempted Jesus in the wilderness:** [Matthew 4:1-11](#) [too long to quote here]

¹⁸ **Satan is a devourer of souls:** [1 Peter 5:8](#) -- Be sober-minded and alert. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

¹⁹ **He is the devil:** [Romans 12:9](#) -- Love must be sincere. Detest what is evil; cling to what is good.

²⁰ **Satan is a deceiver and liar:** [John 8:44](#) -- You belong to your father, the devil, and you want to carry out his desires. He was a murderer from the beginning, refusing to uphold the truth, because there is no truth in him. When he lies, he speaks his native language, because he is a liar and the father of lies.

[2 John 1:7](#) -- For many deceivers have gone out into the world, refusing to confess the coming of Jesus Christ in the flesh. Any such person is the deceiver and the antichrist.

²¹ **Satan is a murderer:** [John 8:44](#) -- You belong to your father, the devil, and you want to carry out his desires. He was a murderer from the beginning, refusing to uphold the truth, because there is no truth in him. When he lies, he speaks his native language, because he is a liar and the father of lies.

²² **Satan is a sinner:** [1 John 3:8](#) -- The one who practices sin is of the devil, because the devil has been sinning from the very start. This is why the Son of God was revealed, to destroy the works of the devil.

²³ **Satan is a hater:** [1 John 3:15](#) -- Everyone who hates his brother is a murderer, and you know that eternal life does not reside in a murderer.

²⁴ **Satan is the serpent in the Garden of Eden:** [Genesis 3:1](#) -- Now the serpent was more crafty than any beast of the field that the LORD God had made. And he said to the woman, "Did God really say, 'You must not eat of any tree in the garden?'"

[Revelation 12:9](#) -- And the great dragon was hurled down—that ancient serpent called the devil and Satan, the deceiver of the whole world. He was hurled to the earth, and his angels with him.

[Revelation 20:2](#) -- He seized the dragon, that ancient serpent who is the devil and Satan, and bound him for a thousand years.

²⁵ **Satan is a stalker like a lion:** [1 Peter 5:8](#) -- Be sober-minded and alert. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

Overt – direct attacks

Interestingly, they aren't only "in heavenly places" but are acting right here in the world as "world forces of darkness". It appears that sometimes they act directly, and sometimes they influence, persuade, cajole, pull strings, or even control unbelieving people to do their bidding.²⁶

Fear not—Christians cannot be possessed by these demonic powers

Christians cannot be controlled or possessed by the devil or his demons. They can be tormented and attacked, to be sure (that's what [Ephesians 6:10-18](#) is all about); they can even be influenced if they're naive or weak enough to go along with it. But Christian believers cannot be owned or controlled by Satan or demons. We were bought with a price by Jesus;²⁷ He owns us,²⁸ so we cannot be possessed or owned by a demon. And we have the Holy Spirit within us,²⁹ so there is no place for demons. Finally, the Holy Spirit is greater than any demons or even than the devil himself ([1 John 4:4](#); [Eph 1:21](#)). Nobody can take us away from Jesus or His love ([John 10:28-29](#); [Rom 8:38-39](#)).

What does it mean to fight earthly battles against heavenly enemies?³⁰

How do we experience this?

²⁶ **They influence us:** [Ephesians 2:2c](#) -- In which you used to walk when you conformed to the ways of this world and of the ruler of the power of the air, the spirit who is now at work in the sons of disobedience.

²⁷ **Bought by Jesus for the price of His crucifixion:** [1 Corinthians 6:20](#) -- You were bought at a price. Therefore glorify God with your body.

[1 Corinthians 7:23](#) – You were bought at a price; do not become slaves of men.

²⁸ **We belong to Jesus:** [1 Corinthians 6:19](#) -- Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God? You are not your own;

²⁹ **We have the Holy Spirit:** [Ephesians 3:5-8](#) -- Which was not made known to men in other generations as it has now been revealed by the Spirit to God's holy apostles and prophets. Though I am less than the least of all the saints, this grace was given me: to preach to the Gentiles the unsearchable riches of Christ,

[Ezekiel 36:27](#) -- And I will put My Spirit within you and cause you to walk in My statutes and to carefully observe My ordinances.

[1 Corinthians 3:16](#) -- Do you not know that you yourselves are God's temple, and that God's Spirit dwells in you?

[1 Corinthians 6:19](#) -- Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God? You are not your own;

³⁰ **Earthly battles against heavenly enemies:** [Ephesians 6:12](#) -- For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this world's darkness, and against the spiritual forces of evil in the heavenly realms.

It is life-as-usual in a fallen world. Unfortunately, life-as-usual isn't life as we usually think it is. As Shakespeare said,

"There are more things in heaven and earth, Horatio, Than are dreamt of in your philosophy."

– Hamlet Act I, Scene v

There is far more going on behind the scenes than we imagine.

"Schemes of the devil" – enemy strategy and tactics -- [Ephesians 6:11](#)

What are the enemy's favorite tactics?

Ephesians doesn't specifically answer this question; however, there are other verses that give hints and there are plenty of books (some of which are based on personal experience) that describe our enemy's tactics.

A particularly interesting such book is C. S. Lewis's classic novel [The Screwtape Letters](#),³¹ an account of a fictional senior demon schooling a neophyte demon in how to best attack his human "patient". It's quite an enjoyable and oddly informative read.

Among other "schemes of the devil"³² are these:

Overt – direct attacks

Overt schemes include both the occult and direct attacks by Satan or his demons. Note that most of these are based on attributes of Satan's character.

Direct attacks include such things as³³:

- Tricking people into thinking Satan doesn't exist.

³¹ Lewis, C. S., 1942. [The Screwtape Letters](#). New York: Harper One

³² **Schemes of the devil:** [Ephesians 6:11](#) -- Put on the full armor of God, so that you can make your stand against the devil's schemes.

³³ The text of the Bible verses is just too voluminous to include here, but is well worth looking up. Parenthetical references are provided.

Overt – direct attacks

- Tricking people into thinking Satan is omnipotent and unbeatable, so we might as well give in. I.e., self-defeat (including the variant: political correctness).
- Whispering in our minds and making us think it's God
- Whispering in our minds and making us think it's our own thoughts, not satanic or demonic
- Persistent nightmares (sometimes)
- Random thoughts against biblical teaching
- Accusation ([Rev 12:10b](#))
- Deceit, deception, lies ([Rev 12:9](#); [13:14](#); [John 8:44](#); [2 John 1:7](#))
- Destruction ([John 10:10a](#); [1 Cor 5:5](#))
- “Devouring” ([Rev 12:4](#); [1 Peter 5:8](#))
- Temptation ([Matt 26:11](#); [1 Cor 10:13](#); [James 1:14-15](#); [Matt 4:1-11](#))
- Enticing, seducing
- Murder ([Job 1:12-14, 17b](#); [John 8:44](#))
- Sickness ([Job 2:5-8](#); etc.)
- Theft ([John 10:10](#); [Job 1:14-15, 17a](#))
- Natural disasters ([Job 1:19](#); etc.)³⁴
- War ([Rev 12:17](#); [13:7](#))
- Blasphemy ([Rev 13:1, 5-6](#))
- Stalking and lying in wait ([1 Peter 5:8](#))
- Birds / Satan “ate up” / “take away” God’s word ([Mark 4:15](#))
- “Fire from Heaven” / lightning ([Rev 13:13](#); [Job 1:16](#))³⁵
- “Tares” or weeds ([Matt 13:37-43](#))

³⁴ Sometimes we consider these to be purely natural, sometimes acts of God, but at times they can actually be acts of Satan or satanic counterfeits

³⁵ Again, this can also be satanic or a satanic counterfeit

- Disorder ([James 3:14-17](#))

... and more.

Several of these, of course, are also strategies of the world (see below).

Overt – the occult

Satan's overt tactics also include the occult: sorcery, magic, devil- and demon-worship, witchcraft, demon possession, Ouija boards, seances, fortune telling, and the like. Dungeons and Dragons and Harry Potter may even fall into this category, though they masquerade as something benign. Don't get involved in any such things. Period.

Indirect

Satan's indirect "schemes" are primarily the world and the flesh. These may seem like normal human life – and indeed they are – life in a *fallen* world, that is. In some cases, it's just people (including ourselves, our flesh) "doing what comes naturally" without external provocation. But that plays right into Satan's hands and his game plan. In other cases, it's actually demonic whisperings and promptings that we're unaware of (see *The Screwtape Letters*, for example). Satan loves to whisper to us in our heads in a way that sounds like our own thoughts, but is actually prompted by the demonic (like the little red devil on a cartoon character's shoulder). It's hard to distinguish. Spiritual discernment is necessary.

Remember, however, the actors – the people of the world and our own flesh – are not the enemy. Don't treat them as such. The enemy is Satan. These agents are just tools or attack routes used by the enemy.

Indirect – the world

*The world.*³⁶ Satan is the "prince of the power of the air"³⁷ and "the prince [or ruler] of this world",³⁸ so it should not be surprising when the world persecutes and oppresses us and seems

³⁶ **This world:** [Ephesians 6:12](#) -- For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of *this world's* darkness, and against the spiritual forces of evil in the heavenly realms. [emphasis added]

³⁷ **Prince ruler of the air:** [Ephesians 2:2](#) -- In which you used to walk when you conformed to the ways of this world and of the ruler of the power of the air, the spirit who is now at work in the sons of disobedience.

³⁸ **Prince ruler of this world:** [John 12:31](#) -- Now judgment is upon this world; now the prince of this world will be cast out.

[John 16:11](#) -- And in regard to judgment, because the prince of this world has been condemned.
[continued...]

Indirect – the world

to go against everything that's godly and good and right. Indeed, Jesus promised us that this would happen.³⁹

Satan pulls strings and uses things of the world against us including opposition, persecution, false teaching, winds and waves of doctrine, "ear-tickling".⁴⁰

[2 Corinthians 4:4](#) -- The god of this age has blinded the minds of unbelievers so they cannot see the light of the gospel of the glory of Christ, who is the image of God.

[1 John 4:4](#) -- You, little children, are from God and have overcome them, because greater is He who is in you than he who is in the world.

[1 John 5:19](#) -- We know that we are of God, and that the whole world is under the power of the evil one.

³⁹ **Jesus promised / warned us about the world:** [John 16:33](#) -- I have told you these things so that in Me you may have peace. In the world you will have tribulation. But take courage; I have overcome the world!"

[John 15:18-20](#) -- If the world hates you, understand that it hated Me first. Remember the word that I spoke to you: 'No servant is greater than his master.' If they persecuted Me, they will persecute you as well; if they kept My word, they will keep yours as well.

[Matthew 24:9](#) -- Then they will deliver you over to be persecuted and killed, and you will be hated by all nations on account of My name.

[Matthew 5:10-12, 44](#) -- Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. Rejoice and be glad, because great is your reward in heaven; for in the same way they persecuted the prophets before you. ... But I tell you, love your enemies and pray for those who persecute you,

[Matthew 6:34](#) -- Therefore do not worry about tomorrow, for tomorrow will worry about itself. Today has enough trouble of its own.

[Matthew 13:21](#) -- But since he has no root, he remains for only a season. When trouble or persecution comes because of the word, he quickly falls away.

[Matthew 23:34](#) -- Because of this, I am sending you prophets and wise men and teachers. Some of them you will kill and crucify, and others you will flog in your synagogues and persecute in town after town.

[Romans 12:14](#) -- Bless those who persecute you. Bless and do not curse.

[Philippians 1:29](#) -- For it has been granted to you on behalf of Christ not only to believe in Him, but also to suffer for Him,

[2 Timothy 3:12](#) -- Indeed, all who desire to live godly lives in Christ Jesus will be persecuted,

⁴⁰ **Satan uses the things of the world against us:** [James 1:4](#) -- Allow perseverance to finish its work, so that you may be mature and complete, not lacking anything.

[2 Peter 2:1](#) -- Now there were also false prophets among the people, just as there will be false teachers among you. They will secretly introduce destructive heresies, even denying the Master who bought them—bringing swift destruction on themselves.

[Ephesians 4:14](#) -- Then we will no longer be infants, tossed about by the waves and carried around by every wind of teaching and by the clever cunning of men in their deceitful scheming.

[2 Timothy 4:3](#) -- For the time will come when men will not tolerate sound doctrine, but with itching ears they will gather around themselves teachers to suit their own desires.

As noted, several of the “direct” methods of Satan are also used by him indirectly through the agency of the world – such things as war, deceit, murder, theft, blasphemy, and so forth.

Additionally, a prime Satanic strategy of the world is simply to use other people – other people’s own flesh – to attack us or to butt their fleshly heads with our own flesh.

Indirect – the flesh

“We have met the enemy, and he is us.”

– Walt Kelly’s Pogo, 1970

Remember, people are not the enemy. So, strictly speaking, Pogo is not correct: we aren’t our own worst enemy. Don’t take him too literally; he’s just a cartoon, not a theologian. Rather, it’s simply that Satan uses the flesh against us. It’s another tool or attack route, but our flesh itself isn’t the enemy. Yet attacking through the flesh is a scheme that we need to keep in mind because we so often forget it. So we can thank Pogo for the reminder, if not the theology.

Sometimes, we’re our own worst enemy. That’s the “flesh”, the self-centered, unredeemed, “natural man” or “old man” that Paul so often talks about.⁴¹ It’s what makes us want to “do our own thing” – regardless of God’s plan. Sometimes this is directly prompted by the enemy “whispering in our ear”, as it were (like the little red devil on a cartoon character’s shoulder); often it is entirely our own doing from our own fallen nature. Either way, it plays right into the enemy’s hands. After all, he instigated our Fall in the Garden of Eden; its consequences in our daily lives are likely part of his nefarious schemes.

⁴¹ **Our “flesh” or selfish, sinful nature:** [Matthew 26:41](#) -- “Watch and pray so that you will not enter into temptation. For the spirit is willing, but the body is weak.”

[Galatians 5:16-17](#) -- So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh craves what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are opposed to each other, so that you do not do what you want.

[Romans 7:14-20](#) -- We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. And if I do what I do not want, it is no longer I who do it, but it is sin living in me that does it.

Indirect – the flesh

Actions of the flesh may even be well-intended. However, they're not God's plan, and so at *best* they are "dead works"⁴² that distract us from God's will and accomplish nothing eternal. This, too, plays into the enemy's hands.

Satan uses things of the flesh, such as: ^{43, 44}

- Abusive language ([James 1:26](#); [3:5-8](#); [1 Tim 6:3-5](#))
- Adultery and sexual sin ([Exodus 20:14, 17](#); [Mark 7:21-23](#); [James 4:4](#); etc)
- Ambition ([James 3:14-16](#))
- Anger ([Matt 5:22](#); [Col 3:8](#); [James 1:19-20](#); [Gen 4:5-7](#); [Eph 4:26, 31](#); [Gal 5:20](#))
- Arguing ([Titus 2:9](#); [1 Tim 6:20](#); [1 Cor 1:10](#); [3:1, 3, 21](#); [2 Cor 12:20](#))
- Arrogance ([4:18](#); [James 3:14-15](#); [2 Cor 12:20](#))
- Boasting ([1 Cor 3:21](#); [4:18](#); [1 John 2:16](#); [James 4:16](#); [Rom 1:30](#); [1 Cor 4:7](#); [5:6](#); [Gal 5:26](#); [Eph 2:9](#); [2 Tim 3:2](#))
- Carousing ([Gal 5:19-21](#); [1 Pet 4:3-4](#); [Rom 13:13](#))
- Conceit ([1 Tim 6:3-5](#))
- Constant friction ([1 Tim 6:3-5](#))
- Controversy, including controversial questions([1 Tim 6:3-5](#))
- Coveting ([Ex 20:17](#); [Mark 7:21-23](#))
- Deceit, deception ([1 Pet 2:1](#); [Mark 7:21-23](#); [Rom 1:29](#); [Titus 3:3](#))

⁴² **Dead works:** [Hebrews 6:1](#) -- Therefore let us leave the elementary teachings about Christ and go on to maturity, not laying again the foundation of repentance from dead works, and of faith in God,

[Hebrews 9:14](#) -- How much more will the blood of Christ, who through the eternal Spirit offered Himself unblemished to God, purify our consciences from works of death, so that we may serve the living God!

[James 2:17, 26](#) -- So too, faith by itself, if it is not complemented by action, is dead. ... As the body without the spirit is dead, so faith without deeds is dead.

⁴³ **Acts of the flesh:** [Galatians 5:19-21](#) -- The acts of the flesh are obvious: sexual immorality, impurity, and debauchery; and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who practice such things will not inherit the kingdom of God.

⁴⁴ As above, the text of the Bible verses is just too voluminous to include here, but is well worth looking up. Parenthetical references are provided.

Spiritual Warfare – Prolog and introduction to the Full Armor – Ephesians 6:10-13

- Depravity ([1 Tim 6:3-5](#))
- Discouragement
- Disobedience ([2 Cor 10:3-5](#); [Titus 3:3](#); [Ex 20:12-17](#))
- Disorder ([James 3:14-17](#))
- Disputes ([2 Cor 12:20](#); [Gal 5:19-21](#); [1 Tim 6:3-5](#))
- Dissensions ([Gal 5:19-21](#))
- Disturbances ([2 Cor 12:20](#))
- Divisiveness ([1 Cor 1:10](#); [3:1, 3, 21](#); [4:18](#))
- Drunkenness ([Gal 5:19-21](#); [1 Pet 4:3-4](#); [Rom 13:13](#))
- Ego
- Enmities ([Gal 5:19-21](#))
- Envy ([Gal 5:19-21](#); [1 Pet 2:1](#); [1 Tim 6:3-5](#); [Mark 7:21-23](#); [Titus 3:3](#))
- Evil ([James 3:14-17](#); [Rom 1:29](#)), including evil suspicion ([1 Tim 6:3-5](#)), evil thoughts ([Mark 7:21-23](#))
- Extremism of any sort
- Factions ([Gal 5:19-21](#))
- Falsehood ([1 Tim 6:3-5](#))
- Flesh ([1 Cor 1:10](#); [3:1, 3, 21](#); [4:18](#); [2 Cor 10:3-5](#))
- Foolishness ([Mark 7:21-23](#); [Titus 3:3](#))
- Gluttony
- Gossip ([Rom 1:29](#); [2 Cor 12:20](#))
- Greed ([Rom 1:29](#))
- Hate ([Titus 3:3](#))
- Hedonism ([1 Cor 1:10](#); [3:1, 3, 21](#); [4:18](#))
- Hostility toward God ([James 4:4](#))
- Hypocrisy ([1 Pet 2:1](#))

Indirect – the flesh

- Idolatry ([1 Pet 4:3-4](#); [Gal 5:19-21](#))
- Imbalance
- Immorality ([Gal 5:19-21](#); [Mark 7:21-23](#))
- Impurity ([Gal 5:19-21](#))
- Jealousy ([1 Cor 1:10](#); [3:1, 3, 21](#); [4:18](#); [Gal 5:19-21](#); [Rom 13:13](#); [1 Cor 3:3](#); [2 Cor 12:20](#); [James 3:14-17](#))
- Judging others ([1 Cor 1:10](#); [3:1, 3, 21](#); [4:18](#))
- Lack of understanding ([1 Tim 6:3-5](#))
- Lazyness, sloth
- Lies ([Ex 20:16](#))
- Lust ([1 Pet 4:3-4](#); [Titus 3:3](#)), including lust of the eyes and lust of the flesh ([Gen 3:6](#); [1 John 2:16](#); [Matt 4:1-11](#))
- Malice ([Titus 3:3](#); [1 Pet 2:1](#); [Rom 1:29](#))
- Murder ([Ex 20:13](#); [Mark 7:21-23](#); [Rom 1:29](#))
- Parties ([1 Pet 4:3-4](#))
- Pleasure, hedonism ([James 4:1, 3](#); [Titus 3:3](#))
- Pouting, discouragement (“downcast”) ([Gen 4:5-7](#))
- Pride ([Prov 16:18](#); [1 Cor 14:36](#); [1 Cor 1:10](#); [3:1, 3, 21](#); [4:18](#); [Mark 7:21-23](#))
- Promiscuity ([Rom 13:13](#); etc.)
- Quarrels ([James 4:1, 2](#))
- Self-centeredness
- Sensuality and sexual immorality ([1 Pet 4:3-4](#); [Gal 5:19-21](#); [Mark 7:21-23](#); [Rom 13:13](#))
- Sin ([Gen 4:5-7](#))
- Slander ([1 Pet 2:1](#); [2 Cor 12:20](#); [Mark 7:21-23](#))
- Sorcery ([Gal 5:19-21](#))
- Speculation ([2 Cor 10:3-5](#); [James 4:13-15](#))

Spiritual Warfare – Prolog and introduction to the Full Armor – Ephesians 6:10-13

- Strife ([1 Cor 1:10](#); [3:1, 3, 21](#); [4:18](#); [1 Cor 3:3](#); [1 Cor 6:1](#); [1 Tim 6:3-5](#); [Gal 5:19-21](#); [2 Cor 12:20](#); [Rom 1:29](#); [Rom 13:13](#))
- Temper, anger ([2 Cor 12:20](#); [Eph 4:26, 31](#); [Gal 5:20](#); [Col 3:8](#); [James 1:19-21](#))
- Temptation ([Matt 26:41](#); [1 Cor 10:13](#); [James 1:14-15](#); [Matt 4:1-11](#))
- Theft ([Ex 20:15](#); [Mark 7:21-23](#))
- Thoughts ([2 Cor 10:3-5](#))
- Unrighteousness ([Gen 4:5-7](#); [Rom 1:29](#))
- Unspirituality ([1 Cor 1:10](#); [3:1, 3, 21](#); [4:18](#) MSG)
- Vanity ([Eccl 1:2](#))
- Wickedness ([Mark 7:21-23](#); [Rom 1:29](#))
- Worry ([Mark 4:19](#); [Matt 6:34](#))
- “Abominations” ([1 Pet 4:3-4](#))

... and more.

But note that many of these are the same as some of the overt attacks of Satan, which are attributes of his character. Sometimes he instigates our flesh-centered failures and sins, but even when he doesn't, they play right into his hands, into Satan's playbook.

Soldiers in the grand epic battle

[Ephesians 6:12](#) is life as described by John Eldredge's marvelous little book, [Epic](#),⁴⁵ which I very highly recommend. We were born into a world already in the middle of a battle, a great war in fact. It is a war of rebellion of Satan and his minions fighting in rebellion against God and His angels. Most of the war is fought in Heaven, but with humanity's Fall, it has spilled over into another land, Earth. So demons on Earth as well as in Heaven are battling against God's forces. Additionally, fallen men controlled by demonic forces and men merely influenced by demonic forces and unwittingly playing into their hands are involved in the battle. Christians are both

⁴⁵ Eldredge, John, 2012. [Epic: The Story God Is Telling](#). Nashville: Thomas Nelson. 112 pp. ISBN: 978-0785288794.

After reading *Epic*, check out my own little book:

Schank, Karl, 2024. [Jesus Saves ... but How: Why did Jesus have to suffer and die And why does sin earn a death sentence? Independently published](#). 80 pgs. ISBN: 979-8323895236.

Indirect – the flesh

fighting as prayer warriors and by doing the good works God has prepared for us to do on earth, spreading the Good News, and taking care of the world, of the wounded. There are no neutral parties; there's no fence-sitting, no gray areas. There's no Switzerland. We're either for God and with Him or against Him ([Matt 12:30](#); [Mark 9:40](#); [Rev 3:16](#)).

But even if there were neutrality, the whole earth is caught up in the battle unawares. There are bound to be casualties. Awareness and discernment are required ([Eph 6:18](#)). Protection would be in order. Armor would sure be nice! Fortunately, it is provided.

How can we survive and prevail against such a formidable enemy ([Eph 6:12](#))?

First, of course, we need to make sure we are saved and are with God, not against Him.⁴⁶ We need to obey and do everything He tells us to do. And we need to put on the Full Armor of God ([Eph 6:13](#))!

What is Paul's point in repeating this ([Eph 6:11 and 13](#))?

Interestingly, Paul tells us twice ([v.11](#) and [v.13](#)) to put on the Full Armor.⁴⁷ God does not filibuster or waste words. If something is repeated, it's repeated for a reason: it's very important. So Paul repeats this to make sure we haven't missed the point.

His point here is this: We must put on the **Full Armor**. If we use only some of it, we will have gaps in our armor, we will be open to attack, and we will have exposed an Achilles heel to the enemy. The enemy could fire a metaphorical flaming arrow through the exposed cracks in our armor.

Are you already involved in spiritual warfare? Please explain/share.

Are you mistaking any spiritual battles as being earthly? Or vice versa?

Do you feel like you're winning your spiritual battles or losing? Why? What can you do?

⁴⁶ **You can't win, fighting against God:** [Acts 5:39](#) -- But if it is from God, you will not be able to stop them. You may even find yourselves fighting against God."

[Acts 26:14d](#) -- We all fell to the ground, and I heard a voice say to me in Aramaic, 'Saul, Saul, why do you persecute Me? It is hard for you to kick against the goads.'

[Proverbs 21:30](#) -- There is no wisdom, no understanding, no counsel that can prevail against the LORD.

⁴⁷ As already noted above, Paul also tells us three times to *stand* or *stand firm* ([Eph 6:11, 13, and 14](#)).

The Full Armor of God – [Ephesians 6:13-17](#)

Therefore take up the full armor of God, so that when the day of evil comes, you will be able to stand your ground, and having done everything, to stand.

— [Ephesians 6:13](#)

We are in a spiritual battle. What are we to do? First, “be empowered in [the] Lord and in the strength of His might”.⁴⁸ It’s God’s battle; not, in a sense, ours. We’re just foot soldiers in the battle; God is the Commander-in-Chief. Soldiers are trained and equipped by the army; they don’t have to figure out strategy, tactics, and equip themselves. God takes care of it by empowering and equipping us, His soldiers. Since we are in a spiritual battle, we need spiritual weapons and spiritual armor⁴⁹ – God’s armor.

What, then, is The Full Armor of God?

The Full Armor of God is analogous to a Roman soldier's armor (see picture in “Appendix 1 – A Roman soldier’s armor and the Full Armor of God”, at the end), and includes the elements shown in our discussion below.⁵⁰ Since Paul wrote *Ephesians* while in prison or under house arrest in Rome, guarded by Roman soldiers, it is quite possible that he was actually looking at a Roman soldier’s armor while he wrote this passage.

Interestingly, Ephesians isn't the only place that God's armor is discussed. So, the table in “Appendix 2 – The Full Armor of God and other Scripture” includes the elements of armor as seen in other Scripture passages, also.

What's it all about? Or Who?

⁴⁸ **Be empowered in the Lord:** [Ephesians 6:10](#) (BEREAN LITERAL BIBLE) -- -- Henceforth be empowered in [the] Lord and in the strength of His might.

⁴⁹ **Don't wage spiritual war according to the flesh:** [2 Corinthians 10:3-5](#) -- For though we live in the flesh, we do not wage war according to the flesh. We tear down arguments, and every presumption set up against the knowledge of God; and we take captive every thought to make it obedient to Christ.

⁵⁰ See also “**Roman military personal equipment**”, *Wikipedia*. https://en.wikipedia.org/wiki/Roman_military_personal_equipment

Indirect – the flesh

You'll notice that it's all about God. It's not about us. It's not about the power or schemes of the devil. It's all about God. God Himself is our armor, just as God's word is our weapon. With God for us, it doesn't matter who could be against us.⁵¹

Gird your loins with truth -- Ephesians 6:14a

The loins are “the abdominal regions about the hips; the pubic region; the organs”;⁵² in other words, the sensitive belly and its critical organs.

The belt (*cingulum* or *balteus* and the loins of a Roman soldier's waist leather straps with metal concha-like genitals. I suspect that the soldier's wider than usually shown, more like a trophy belt, in order to provide more support. (However, it probably wasn't wrestling prize belt, which is so wide as movement.)

In Bible times, the gut, not the heart, seat of emotions and affection.⁵³

Protect your vital organs from Satan's attacks and lies with God's truth. Oppose the doubt that he sows with God's truth. Jesus is the Truth.⁵⁴ Rest in Him.



Figure 1 - The equipment of a Roman soldier

(<https://matthanna123.wordpress.com/equipmentoftheromans/>)

and the region reproductive and unprotected

baltea) that girded included dangly discs to protect the belt was often rodeo cowboy's back and core as wide as a to actually hinder

was considered the

attacks and lies with

⁵¹ **With God for us, adversaries don't matter: Romans 8:31** -- What then shall we say in response to these things? If God is for us, who can be against us?

[Psalm 118:6](#) -- The LORD is on my side; I will not be afraid. What can man do to me?

⁵² “**Loins**”, *Merriam-Webster* online dictionary. <https://www.merriam-webster.com/dictionary/loins>

⁵³ “**Bowels**”, *Vine's Expository Dictionary* online. <https://studybible.info/vines/Bowels>

⁵⁴ **Jesus is the Truth; don't let the enemy sow doubt: John 14:6** -- Jesus answered, “I am the way, and the truth, and the life. No one comes to the Father except through Me.

[John 1:14](#) -- The Word became flesh and made His dwelling among us. We have seen His glory, the glory of the one and only Son from the Father, full of grace and truth.

Put on the breastplate of righteousness -- [Ephesians 6:14b](#)

The primary breastplate armor of a Roman soldier was a segmented metal breastplate that looks much like a medieval knight’s shining armor. However, Roman soldiers also used chain mail, fish scale-like mail, and senior officers wore “musclod” leather breastplates that looked like a body builder’s “six pack” abs and pecks.

The breastplate armor protected the heart, lungs, and vital organs. In Bible times, the heart was viewed as the seat of life, intelligence, understanding, and morality.⁵⁵

Protect your heart, your mind, and your morality from Satan’s deceit by using God’s armor of righteousness. He is *Jehovah-tsidkenu*, “the LORD our righteousness”. We have no righteousness of our own,⁵⁶ only righteousness imparted from Jesus.⁵⁷ This, of course, requires faith in Jesus.⁵⁸ So believe in Jesus and rely on Him for righteousness and protection.

Shoe your feet with preparation of the gospel of peace-- [Ephesians 6:15](#)

Roman soldiers wore special sandal-like that provided support and traction on were “specifically designed ... to reduce blisters forming during forced marches, as disabling foot conditions like tinea trench foot”.⁵⁹



hobnailed boots uneven terrain, and the likelihood of well as other [ringworm] or

Figure 2 - Roman caliga boot

(Wikipedia CC BY-SA 3.0)

⁵⁵ “Heart”, *Vine’s Expository Dictionary* online. <https://studybible.info/vines/Heart,%20Heartily>

⁵⁶ **We have no inherent righteousness: [Romans 3:10](#)** -- As it is written: “There is no one righteous, not even one.”

⁵⁷ **We have Jesus’ imparted righteousness: [1 Corinthians 1:30](#)** -- It is because of Him that you are in Christ Jesus, who has become for us wisdom from God: our righteousness, holiness, and redemption.

[Philippians 1:11](#) -- Filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.

[1 John 2:1](#) -- My little children, I am writing these things to you so that you will not sin. But if anyone does sin, we have an advocate before the Father—Jesus Christ, the Righteous One.

⁵⁸ **This requires faith in Jesus: [Romans 10:9-10](#)** -- That if you confess with your mouth, “Jesus is Lord,” and believe in your heart that God raised Him from the dead, you will be saved. For with your heart you believe and are justified, and with your mouth you confess and are saved.

⁵⁹ “Caligae”, *Wikipedia* <https://en.wikipedia.org/wiki/Caligae>

Indirect – the flesh

This fits so perfectly⁶⁰ that Paul had to have been thinking of [Isaiah 52:7](#) when he wrote this in Ephesians (see also [Rom 10:15](#)⁶¹).

*How beautiful on the mountains are the feet of those who bring good news,
who proclaim peace, who bring good tidings, who proclaim salvation, who say
to Zion, “Your God reigns!”*

— [Isaiah 52:7](#)

What does peace have to do with a Roman soldier? Roman soldiers were not only warriors but also peacekeepers. There was no such thing as a police force – nor Texas Rangers – in Biblical times, so the army also functioned as a police force. In [Acts 21](#) (among several other times), Paul was arrested and jailed (this time in part as protective custody) by the Roman army commander functioning as what we’d call a chief of police. The Roman armies also did military deterrence and something akin to what we’d now call “peacekeeping missions”.

Jesus’ admonition in the Sermon on the Mount to “Make friends quickly with your opponent at law while you are with him on the way, so that your opponent may not hand you over to the judge, and the judge to the officer, and you be thrown into prison” ([Matthew 5:25](#)) refers to a military officer functioning as a policeman or bailiff, not a police officer *per se*, and exhorts us to make peace with our opponents.

In spiritual warfare, we use the gospel of peace to oppose the war, strife, and dissent instigated by Satan.

But first, we’ve got to be firmly prepared. We can’t bring the gospel if we haven’t diligently prepared⁶² and know both the gospel and Scripture thoroughly.

⁶⁰ **Shoes of readiness:** [Ephesians 6:15c](#) -- And with your feet fitted with the readiness of the gospel of peace.

⁶¹ **Romans 10:15** -- And how can they preach unless they are sent? As it is written: “How beautiful are the feet of those who bring good news!”

⁶² **Prepare by knowing the gospel and Word:** [2 Timothy 2:15](#) -- Make every effort to present yourself approved to God, an unashamed workman who accurately handles the word of truth.

Take up the shield of faith -- [Ephesians 6:16](#)

The most specialized and most recognizable shields is the curved rectangular *scutum*. lightweight but tough and strong shield was enough to protect the soldier’s whole body, with others to protect an entire rank of even be raised and linked in *testudo* to protect from arrows and missiles from



Figure 3 - Roman army testudo formation of shields

(Wikipedia CC BY-SA 2.0)

of the classic Roman [Ephesians 6:16](#) This not only large but could be linked soldiers. It could (tortoise) formation above.

Our shield is faith⁶³ – faith in God, faith in His word. Like the Roman shields, it is firm faith, we can block, parry, and even flaming “arrows” and “javelins” of and deception thrown by Satan. However, is stronger than we are on our own. Without faith, we can do nothing.⁶⁴

Jesus, and faith in and tough. With extinguish the accusation, doubt, without faith, Satan

Take the helmet of salvation -- [Ephesians 6:17a](#)

There were many different kinds of Roman helmets, some very simple and basic, some quite ornate, with varying degrees of they had neck protection, metal “eyebrow” sun shield, although a simple dome. Helmets often removable feathered or fringed arguably the most important protects the head.



Figure 4 - Roman helmets

(Wikipedia CC BY-SA 3.0)

protection. Typically, ear flaps, and an the basic ones were just had an impressive crest⁶⁵. The helmet is piece of armor, as it

Ours is the helmet of salvation, in God’s army.

without which we aren’t

⁶³ **The shield of faith:** [Ephesians 6:16](#) -- In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

⁶⁴ **Without faith, we can do nothing:** [James 1:6](#) -- But he must ask in faith, without doubting, because he who doubts is like a wave of the sea, blown and tossed by the wind.

[Hebrews 11:6](#) -- And without faith it is impossible to please God, because anyone who approaches Him must believe that He exists and that He rewards those who earnestly seek Him.

⁶⁵ **Roman “Imperial Helmet”**, *Wikipedia*. https://en.wikipedia.org/wiki/Imperial_helmet

The helmet of salvation protects us from Satan’s fatal head wounds because when we’re saved, we receive the Holy Spirit to live within us. Satan cannot “possess” or own us because we are God’s adopted children, bought with a price and owned by Him.

Beyond Armor – Ephesians 6:17b-18

And take ... the sword of the Spirit, which is the word of God. [And] pray in the Spirit at all times...

— [Ephesians 6:17b-18](#)

The sword of the Spirit, which is God’s Word -- Ephesians 6:17

What kind of military gear is this?

Like a knight’s suit of armor or the armor on a tank, the Armor of God is all defensive. The only item of "the sword of the Spirit, which is the word of

The Greek word (*machaira*) that Paul used single-edged sword.⁶⁷ The classic Roman the larger *gladius* (from which comes the word wields a *gladius*). The *gladius* was a short, sword suitable for both stabbing and cutting.⁶⁸ There were several different styles.

God’s word can be used both defensively and offensively if necessary. We can use His word against the devil and his minions, but we can do nothing successfully on our own "in the flesh". So we rely on God and His word, and we also have His defensive armor. As James puts it:



Figure 5 - Roman *gladius* sword

(Wikipedia CC BY-SA)

battle tank, the Full weaponry in this list is God".⁶⁶

indicates a short, slim legionary’s sword was “gladiator” – one who hefty double-edged There were several

offensively if

⁶⁶ **The sword of the Spirit:** [Ephesians 6:17b](#) -- And take the helmet of salvation and the sword of the Spirit, which is the word of God.

[Hebrews 4:12](#) -- For the word of God is living and active. Sharper than any double-edged sword, it pierces even to dividing soul and spirit, joints and marrow. It judges the thoughts and intentions of the heart.

⁶⁷ “**Makhaira**”, *Wikipedia*. <https://en.wikipedia.org/wiki/Makhaira> . The variants in this article are somewhat different Greek versions rather than Roman.

⁶⁸ “**Gladius**”, *Wikipedia*. <https://en.wikipedia.org/wiki/Gladius>

Submit yourselves, then, to God. Resist the devil, and he will flee from you.

– [James 4:7](#)

Jesus, you'll remember, used God's word against Satan when Satan tempted Him in the wilderness,⁶⁹ always answering, "It is written [in Scripture] ...". Jesus is God incarnate, the second person of the Trinity. Being God, He's omnipotent and sovereign. He could have zapped Satan! But He didn't. Rather, He quoted Scripture. If that's good enough for Jesus, if it's Jesus' weapon of choice, then it certainly ought to be ours also!

Pray at all times -- [Ephesians 6:18a](#)

Most importantly, "with all prayer and petition, pray at all times in the Spirit".⁷⁰ Even with the Full Armor, and even with the Word of God, we cannot do it on our own. Even Jesus's disciples in [Matthew 17](#) couldn't cast out demons, so Jesus explained that it required faith and also "prayer and fasting".⁷¹ More likely, we'd be like the wanna-be self-styled spiritual warriors in [Acts 19:13-16](#) who tried to cast out demons on their own and were whooped big time by the demons.

Wake up, be alert, and hang in there -- [Ephesians 6:18b-c](#)

Finally, "be on the alert" and persevere.⁷²

Just as an army needs scouts and reconnaissance to know what the enemy is doing so as not to be blind-sided, we also need to be alert and aware at all times. Too many times, we're ambushed by trouble, tribulation, strife, and even medical problems and natural disasters that often are actually attacks by the enemy. We need to be prepared not only with the Armor, but also need to be alert, looking for potential snares, ambushes, and possible trouble ahead.

⁶⁹ **Jesus used the weapon of God's word against Satan:** [Matthew 4:4, 7, 10](#) -- But Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" ... Jesus replied, "It is also written: 'Do not put the Lord your God to the test.'" ... "Away from Me, Satan!" Jesus declared. "For it is written: 'Worship the Lord your God and serve Him only.'"

⁷⁰ **Pray at all times in the Spirit:** [Ephesians 6:18a](#) -- Pray in the Spirit at all times, with every kind of prayer and petition. To this end, stay alert with all perseverance in your prayers for all the saints.

[Luke 18:1](#) -- Then Jesus told them a parable about their need to pray at all times and not lose heart:

[Luke 21:36](#) -- So keep watch at all times, and pray that you may have the strength to escape all that is about to happen and to stand before the Son of Man."

⁷¹ **Prayer is required:** [Matthew 17:21](#) – But this kind does not go out except by prayer and fasting.

⁷² **Be alert and persevere:** [Ephesians 6:18b](#) -- ... To this end, stay alert with all perseverance in your prayers for all the saints.

Indirect – the flesh

We also need to be alert and aware because one of Satan's favorite tactics is to lull us into complacency, make us think that nothing's wrong and nothing's going to happen. Then right when we least expect it, whammo! he hits us with both barrels.

Along with this, we need to persevere because the war is a long one, and Satan keeps coming back and never gives up until the Destroyer is finally destroyed in the Lake of Fire at the very end of earthly time.⁷³ To endure such a long, protracted war as this, we need God's strength, which we get primarily through prayer (see above).

So What? What should we do about it?

Remember that as a Christian, you've been drafted into God's army whether you like it or not. (Just as unbelievers are drafted into Satan's army whether they even know it or not.) So obey God's standing orders in Scripture and His "audibles" given by the Holy Spirit.

Simply do as Paul exhorted: Put on the Full Armor of God. Not your *own* armor – that won't work, period. Not *some* of the armor – that's insufficient. Put on all of the spiritual armor that God has provided. And don't forget the one weapon – God's word, Scripture. Finally, pray always and stay alert. But put that Full Armor on!

But if you're not yet a Christian, then there's something that goes first. Turn to God, accept Him as your loving Lord and Savior, and become a Christian as soon as possible, because there's no fence-sitting and no neutral countries in this battle. If you're not in God's army, then, like it or not, you're actually in Satan's army even if you don't know it. And there's no protection there whatsoever.

Which of the armor are you currently using? Are each of those: defensive or offensive?

Which items do you find most useful? Why?

Are there items of the armor you're not yet using that you would find useful? How so?

Who is fighting your battles?

⁷³ **Satan is destroyed in the end:** [Revelation 20:10](#) -- And the devil who had deceived them was thrown into the lake of fire and sulfur, into which the beast and the false prophet had already been thrown. There they will be tormented day and night forever and ever.

So What? What should we do about it?

Appendix 1 – A Roman soldier's armor and the Full Armor of God

A plate of armor made of metal strips tied together with leather straps protected the upper body. Although this metal jacket was heavy, the metal strips allowed the soldier some free movement. Soldiers had to help each other put on and lace up their armor.



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Figure 6 – A Roman soldier's armor

Appendix 2 – The Full Armor of God and other Scripture

The Full Armor of God and other Scripture

Ephesians 6	1 Thess 5	Isaiah	Other verses and notes
<p>Put on the Full Armor of God, so that you will be able to <i>stand firm</i> against the schemes of the devil. ... Therefore, take up the Full Armor of God, so that you will be able to <i>resist in the evil day</i>, and having done everything, to <i>stand firm</i>. (Eph 6:11, 13)</p>		<p>He put on garments of vengeance for clothing And He wrapped Himself with <i>zeal</i> as a mantle (coat). (Isaiah 59:17)</p>	<p>let us lay aside the deeds of darkness and put on the armor of light. (Rom 13:12).</p> <p>“Harness the horses, And mount the steeds, And take your stand with helmets on! Polish the spears, Put on the scale-armor! (Jer 46:4).</p> <p>The Lord has opened His armory And has brought forth the weapons of His indignation, For it is a work of the Lord God of hosts ... (Jer 50:25).</p> <p>Submit therefore to God. Resist the devil and he will flee from you. (James 4:7)</p>

So What? What should we do about it?

Ephesians 6	1 Thess 5	Isaiah	Other verses and notes
gird yourself with the belt (NIV) of truth (Eph 6:14b)		<i>righteousness</i> as the belt about His loins, and <i>faithfulness</i> the belt about His waist (Isaiah 11:5)	Jesus said, "I am the truth " (John 14:6). So we're girding ourselves with Him.
the breastplate of righteousness (Eph 6:14c),	the breastplate of <i>faith</i> and <i>love</i> (1 Thes 5:8c)	He put on <i>righteousness</i> like a breastplate (Isaiah 59:17)	His name will be 'The LORD our <i>righteousness</i> ' [Jehovah-Tsidkenu] (Jer 23:6) So He is our righteousness, our shielding breastplate.
the shoes of the preparation of the gospel of peace (Eph 6:15)		How lovely on the mountains Are the feet of him who brings <i>good news</i> , Who announces peace And brings <i>good news of happiness</i> , ... And says to Zion, "Your God reigns!" (Isa 52:7) (see also Rom 10:15)	Knowing, being prepared with, and being grounded in the gospel of Jesus Christ, the Prince of Peace keeps us on firm footing. Bringing the gospel to others brings them to the Lord and to His side in the battle. This brings joy to all (Luke 15:7).
the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one (Eph 6:16).	put on the breastplate of <i>faith</i> and <i>love</i> (1 Thes 5:8)		He will cover you with His pinions, And under His wings you may seek refuge; His <i>faithfulness</i> is a

Indirect – the flesh

Ephesians 6	1 Thess 5	Isaiah	Other verses and notes
			<p>shield and bulwark. (Psalm 91:4).</p> <p>He protects us. He provides the shield. He <u>is</u> the shield.</p>
<p>the helmet of salvation (Eph 6:17a),</p>	<p>as a helmet, the <i>hope of salvation</i> (1 Thes 5:8d)</p>	<p>He put on ... a helmet of <i>salvation</i> on His head (Isaiah 59:17).</p> <p>Who announces <i>salvation</i>, And says to Zion, "Your God reigns!" (Isaiah 52:7).</p>	<p>"And take your stand with helmets on! Polish the spears, Put on the scale-armor! (Jer 46:4).</p> <p>Protect your head as well as your heart. Don't all for the schemes of the devil. Trust in God and in His Word, not in what you hear.</p>
<p>the sword of the Spirit, which is the word of God (Eph 6:17b).</p>		<p>He has made <i>My mouth</i> like a sharp sword (Isaiah 49:2).</p> <p>And He will strike the earth with <i>the rod of His mouth</i>, And with <i>the breath of His lips</i> He will slay the wicked. (Isaiah 11:4b).</p>	<p>I have slain them by the <i>words of My mouth</i>; (Hosea 6:5)</p> <p>the <i>word of God</i> is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and</p>

So What? What should we do about it?

Ephesians 6	1 Thess 5	Isaiah	Other verses and notes
			<p>intentions of the heart. (Heb 4:12).</p> <p>“Harness the horses, And mount the steeds, And take your stand with helmets on! Polish the spears, Put on the scale-armor! (Jer 46:4).</p>
<p>Finally, remember to pray at all times in the Spirit (Eph 6:18a),</p>	<p>Pray without ceasing (1 Thes 5:17)</p>		<p>Jesus was telling them a parable to show that at all times they ought to pray and not to lose heart (Luke 18:1).</p> <p>the Spirit Himself intercedes for us with groanings too deep for words (Romans 8:26).</p> <p>in everything by prayer and supplication with thanksgiving let your requests be made known to God. (Phil 4:6).</p> <p>Devote yourselves to prayer ... (Col 4:2a).</p> <p>continually devoting themselves to prayer (Acts 1:14).</p>
<p>be on the alert [as a soldier would] (Eph 6:18b).</p>			<p>keeping alert in it with an attitude of thanksgiving; (Col 4:2b)</p>

Indirect – the flesh

Ephesians 6	1 Thess 5	Isaiah	Other verses and notes
			<p>“Take heed, keep on the alert; for you do not know when the appointed time will come. (Mark 13:33)</p>
<p>be ... with all perseverance (Eph 6:18c).</p>			<p>continually devoting themselves to prayer (Acts 1:14).</p> <p>See also Rom 2:7; Rom 5:3-5; Rom 12:12; 1 Tim 4:16; James 1:12; 2 Peter 1:5-7; Rev 2:3, 19; Rev 3:10;</p> <p>by perseverance in doing good seek for glory and honor and immortality, eternal life (Rom 2:7).</p> <p>we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured</p>

So What? What should we do about it?

Ephesians 6	1 Thess 5	Isaiah	Other verses and notes
			<p>out within our hearts through the Holy Spirit who was given to us. (Rom 5:3-5).</p> <p>rejoicing in hope, persevering in tribulation, devoted to prayer (Rom 12:12).</p> <p>persevere in these things, for as you do this you will ensure salvation both for yourself and for those who hear you. (1 Tim 4:16).</p> <p>Blessed is a man who perseveres under trial; for once he has been approved, he will receive the crown of life which the Lord has promised to those who love Him. (James 1:12).</p> <p>applying all diligence, in your faith supply moral excellence, and in your moral</p>

Indirect – the flesh

Ephesians 6	1 Thess 5	Isaiah	Other verses and notes
			<p>excellence, knowledge, and in your knowledge, self-control, and in your self-control, perseverance, and in your perseverance, godliness, and in your godliness, brotherly kindness, and in your brotherly kindness, love. (2 Peter 1:5-7)</p> <p>you have perseverance and have endured for My name's sake, and have not grown weary. (Rev 2:3).</p> <p>'I know your deeds, and your love and faith and service and perseverance, and that your deeds of late are greater than at first. (Rev 2:19).</p> <p>Because you have kept the word of My</p>

Ephesians 6	1 Thess 5	Isaiah	Other verses and notes
			<p>perseverance, I also will keep you from the hour of testing, that hour which is about to come upon the whole world, to test those who dwell on the earth. (Rev 3:10).</p>
<p>and [with] petition for all the saints (Eph 6:18c).</p>			<p>I urge that entreaties and prayers, petitions and thanksgivings, be made on behalf of all men (1 Timothy 2:1).</p>