

RULES FOR THE ROAD

- 1 Be concise.** Please share your thoughts and answers, but be considerate so that others will have time to share their answers also. Be charitable and kind. Be willing to share with the group, but do not try to dominate the conversation. Use the time after the class to find help with any personal issues or problems you may be confronting in your life.

“Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.”

(James 1:19–20)

- 2 Be thoughtful with your answer.** Consider your words. Do not simply regurgitate what you have always heard. We have the tendency to speak in “Christianese” — words that only people who grew up on the pews would understand. Think about how your words will be heard by others. Will they understand what you are saying? Is what you are about to say going to be useful for the building up of the faith of others? Or will your words be confusing, cause hurt, or worse, damage someone’s faith? Speak without harshness or anger, but with kindness and humility.

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”

(Ephesians 4:29)

- 3 Rely on the scriptures for truth.** It is easy to rely upon conventional, worldly wisdom as truth. Bible study is about seeking God’s answers for our lives, not dispensing the advice of the world. We must consider that our natural answers may be the wrong answers if they are not founded on God’s word.

“For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.”

(1 Corinthians 1:25)

BIBLE STUDY BASICS

Have you ever read a chapter in the Bible but then could not remember what you had read? Have you ever fallen asleep while reading? An hour after you read, do you retain what you have read? These problems destroy enjoyment in Bible reading and therefore we must use a method of Bible reading that will solve this problem. To read properly we must be keen observers. We must see words and phrases that stand out while at the same time collecting the whole thought. Remember, the important thing is not how many times you have gone through the Bible, but how many times the Bible has gone through you!

Observe // what do I see?

Every time we study the Bible, the first thing to ask is, "What do I see?" This is the crucial skill of observation, which lays the groundwork for your study. The text is given to you so that you will underline, circle, box, and highlight important words as you read. As you read look for comparisons, contrasts, purposes, results, causes, explanations, conclusions, and conditions. Ask yourself who, what, where, when, why, and how as you read. Keep asking these questions as you read to prevent a lazy brain while reading. Look for themes and main ideas from the passage.

Interpret // what does it mean?

Our observation of a passage should stir interesting yet challenging questions, leading us to the second stage of our Bible study: interpretation. Reread through the passage after your observation notations have been made looking to answer what the passage means. Record your explanations of the text in the workbook.

Apply // how does this affect me?

Our Bible study is not over until we apply what we have learned to our everyday lives. Write down lessons that you have learned for you own life especially things that you see you need to change. Only you know your heart and what is happening in your life to be able to apply God's word directly to you. Bible study is fruitless if we do not take the information we have learned and directly change our lives. Write down how the passage affects you. The transformation section in the workbook will help you in this effort.

Share // how can I share my findings with us?

Now we want to share our findings with others. We want to share our observations, interpretations, and applications with others in the Bible class. This is your opportunity to hear what others have found in their studies and for you to share what you found. By doing this we are able to build one another up and grow up in the unity of the faith (Ephesians 4:12-13). If we do not share what we have found then we will be unable to grow together as the family of Christ.

Unless otherwise indicated, all Scripture quotations are from the English Standard Version (ESV).

BE STRONG IN THE LORD

1

EPHESIANS 6:10-20

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.

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. (Ephesians 6:10-20 ESV)

FOCUSING ON EPHESIANS 6:10

- 1 This section regarding the armor of God begins with the word, “Finally.” Therefore, we must begin by looking back and the broader context of this section of Ephesians. Read Ephesians 4:1-3. What is Paul teaching in chapters 4-6 of Ephesians?
- 2 Looking at the nearer context to the armor of God, what has Paul been teaching about our relationships in Christ in Ephesians 5:21-6:9? What is the theme of this section of Ephesians?
- 3 What does it mean to be strong in the Lord? How is this different than just being commanded to be strong?
- 4 What does it mean to be strong “in the strength of his might”? Read Ephesians 1:19-21 and consider if this helps understand what Paul is instructing.
- 5 Why does Paul start the armor of God instruction by focusing on God’s strength rather than the armor itself?
- 6 Why do we often try to fight using our own strength? What are examples of using your own strength?

- 7 Who are examples in the scriptures of people who showed themselves to be strong in the Lord? Explain how you see their strength in the Lord.

- 8 How did Jesus show his strength in the Lord?

- 9 What are some habits and activities we do that weaken our strength in the Lord?

- 10 Are there areas in your life where you are not depending on the Lord to be your strength?

- 11 What can you be praying so that you can follow Paul's instruction in verse 10?

- 12 How can we encourage one another to be strong in the Lord?

- 13 Based on what you have learned in this lesson, what is the real definition and picture of strength?

TRANSFORMATION:

- What questions do you have from the lesson?

- What did you learn about God? What did you learn about yourself?

- What will you do differently in your life?

UNDERSTANDING THE ARMOR

2

ISAIAH 59:14-21

14 Justice is turned back, and righteousness stands far away; for truth has stumbled in the public squares, and uprightness cannot enter.

15 Truth is lacking, and he who departs from evil makes himself a prey. The LORD saw it, and it displeased him that there was no justice.

16 He saw that there was no man, and wondered that there was no one to intercede; then his own arm brought him salvation, and his righteousness upheld him.

17 He put on righteousness as a breastplate, and a helmet of salvation on his head; he put on garments of vengeance for clothing, and wrapped himself in zeal as a cloak.

18 According to their deeds, so will he repay, wrath to his adversaries, repayment to his enemies; to the coastlands he will render repayment.

19 So they shall fear the name of the LORD from the west, and his glory from the rising of the sun; for he will come like a rushing stream, which the wind of the LORD drives.

20 “And a Redeemer will come to Zion, to those in Jacob who turn from transgression,” declares the LORD.

21 “And as for me, this is my covenant with them,” says the LORD: “My Spirit that is upon you, and my words that I have put in your mouth, shall not depart out of your mouth, or out of the mouth of your offspring, or out of the mouth of your children’s offspring,” says the LORD, “from this time forth and forevermore.” (Isaiah 59:14-21 ESV)

- 1 Read Isaiah 59:1-13. What problem is Isaiah describing regarding the people and their relationship with God?
- 2 What other sins are described in Isaiah 59:14-15?
- 3 What problem does the Lord observe (59:16)? Explain what this means?
- 4 What did the Lord do to deal with this observed problem? How did the Lord do this?
- 5 Explain the promise in verse 18.

- 6 Explain the promise in verse 19.

- 7 Explain the promise in verse 20.

- 8 What does the Lord promise he will do (59:21)? What covenant does he make?

- 9 What is Isaiah teaching us about the armor of God? How does Isaiah 59 help us understand the imagery in Ephesians 6:10-20?

- 10 What similarities do you see between Isaiah 59 and Ephesians 6?

- 11 Who wears the armor in Isaiah? Who wears the armor in Ephesians 6? What is God teaching us? How does this relate to lesson 1?

- 12 What connections do you see between Isaiah 59:21 and Ephesians 6:17-18?

TRANSFORMATION:

- What questions do you have from the lesson?

- What did you learn about God? What did you learn about yourself?

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KNOW THE ENEMY

3

EPHESIANS 6:10-20

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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. (Ephesians 6:10-20 ESV)

FOCUSING ON EPHESIANS 6:11-12

- 1 What are Christians told to do? What does this tell us about how the armor of God works?
- 2 Why does Paul emphasize the need for the whole armor of God? What is Paul teaching us?
- 3 Look over all the descriptions of the armor of God? What are ways that we fail to obey the instruction to put on the whole armor of God?
- 4 What will putting on the whole armor of God give us the ability to do? What hope does this give to you?
- 5 What are the schemes of the devil? Give examples.
- 6 What are we not wrestling with? Explain what this means and what they are.

- 7 What are we wrestling with? Write down each description and explain what each one means.

- 8 What are the heavenly places? Look back to the use of this term in Ephesians 1:3; 1:20; 2:6; and 3:10.

- 9 How do these things that we are wrestling with relate to the schemes of the devil?

- 10 How does this scripture help us focus on where the true battle lies?

- 11 What strategies and schemes is the devil using today to weaken or distract Christians?

- 12 How does this scripture show the importance of spiritual preparation as we follow Jesus?

- 13 How does this scripture shape your prayer life?

TRANSFORMATION:

- What questions do you have from the lesson?

- What did you learn about God? What did you learn about yourself?

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STANDING FIRM

4

EPHESIANS 6:10-20

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FOCUSING ON EPHESIANS 6:13

- 1 What instruction does Paul give in verse 13? How does this “therefore” connect to verses 10-12?
- 2 What does the phrase “take up” teach us about responsibility and readiness?
- 3 What is the purpose of the armor of God in verse 13?
- 4 What is “the evil day?” What is this talking about and give examples?
- 5 Why is “standing firm” the goal? What does “standing firm” look like? What would show that we are not “standing firm?”
- 6 What hope is given to us in verse 13?

- 7 Read 1 Peter 5:12. What instruction does Peter give? Explain how we can do this and what this looks like in our lives.

- 8 Read James 1:12. What are we described withstanding? Explain how we can do this and what this looks like in our lives.

- 9 Read Philippians 3:17-4:1. What does Paul instruct us to stand firm in? Explain how we can do this and what this looks like in our lives.

- 10 Read Philippians 1:27-30. What does Paul instruct us to stand firm in? Explain how we can do this and what this looks like in our lives.

- 11 Read 1 Corinthians 10:12-13. We have been studying about standing firm. What warning is given to us in this scripture? How can we stand firm while avoid the temptation and warning Paul gives in 1 Corinthians 10:12-13?

TRANSFORMATION:

- What questions do you have from the lesson?

- What did you learn about God? What did you learn about yourself?

- What will you do differently in your life?

THE BELT OF TRUTH

5

EPHESIANS 6:10-20

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FOCUSING ON EPHESIANS 6:14

- 1 What is the first piece of God's armor? Why do you think this is an important place to start to putting on the armor of God?
- 2 What is the function of the belt on a Roman soldier's armor?
- 3 What does Paul mean by "truth?" What is "truth?"
- 4 What is the danger of neglecting truth?
- 5 Read John 8:31-32. What does Jesus say is the relationship between truth and the disciple? What does truth do for the disciple?
- 6 Read Isaiah 11:1-5. Who is this prophesying about? What does he wear as a belt around him? What does this mean?

- 7 What does Jesus say about truth in John 14:6? What is he saying about the relationship between himself and truth? How can we know the truth? What do we learn?

- 8 Read John 17:13-19. What does Jesus say is truth? How can we know the truth? What does Jesus say truth does? What do we learn and what should we do with this information?

- 9 What are some practical activities we can do each day to fasten the belt of truth?

- 10 How can we as a church build a community where the truth is loved and lived?

- 11 Read Ephesians 4:25. How can we be truthful in our relationships, in our words, and in our actions?

- 12 What are dangers and threats that tempt us to not live in truth and wear the belt of truth? Give examples.

- 13 Read Ephesians 4:15-16. How do we fulfill this command regarding truth?

TRANSFORMATION:

- What questions do you have from the lesson?

- What did you learn about God? What did you learn about yourself?

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THE BREASTPLATE OF RIGHTEOUSNESS

6

EPHESIANS 6:10-20

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FOCUSING ON EPHESIANS 6:14

- 1 What is the second piece of armor Paul instructs for us to put on?
- 2 What purpose did the breastplate serve on a Roman soldier?
- 3 Why is righteousness pictured as the breastplate?
- 4 What is righteousness and how is this word used in the scriptures?
- 5 Why is righteousness an important part of the armor to help the Christian stand firm?
- 6 How can we grow in righteousness without becoming self-righteous?

7 Read Romans 6:13-23. Why is righteousness important in our lives? How does this help us stand firm?

8 What are some reasons why we do not choose to wear the breastplate of righteousness?

9 What are some temptations to living in righteously?

10 How can we put on righteousness every day? What would this look like?

11 What are some things we can do for each other to help protect each other's hearts through righteousness?

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SHOES OF THE GOSPEL

7

EPHESIANS 6:10-20

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FOCUSING ON EPHESIANS 6:15

- 1 What is the next piece of armor we are told to put on?
- 2 How did a Roman soldier use his shoes as armor?
- 3 What meaning does Paul give to these shoes? Consider the messages in Romans 5:1 and Ephesians 2:14-17.
- 4 Read Romans 10:14-15 and Isaiah 52:7-8. What is the meaning of the quotation and how does Paul apply it?
- 5 How does Romans 10:14-15 and Isaiah 52:7-8 fit what Paul is talking about with the armor of God?
- 6 What is the gospel of peace? What does this mean?

- 7 How does the gospel of peace give us “readiness”?

- 8 How does the peace component of the gospel help us to stand firm?

- 9 Explain what it looks like in our lives to put these shoes on?

- 10 Read Colossians 3:15. What does Paul say to do? What does that look like and how do we do this?

- 11 What are ways that we choose not to put on the shoes as our armor?

- 12 How can we as a church help each other put on the shoes as our armor?

TRANSFORMATION:

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- What did you learn about God? What did you learn about yourself?

- What will you do differently in your life?

THE SHIELD OF FAITH

8

EPHESIANS 6:10-20

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FOCUSING ON EPHESIANS 6:16

- 1 What piece of armor are we next to put on in verse 16?
- 2 How did a Roman soldier use a shield as armor?
- 3 How is the shield described? What does this tell us about this armor?
- 4 What will this shield accomplish, according to the apostle Paul?
- 5 When do we need to use this shield, according to the apostle Paul?
- 6 What do you think the flaming darts symbolize?

- 7 How does faith act as a shield in the life of a Christian?
- 8 What are some of the flaming darts that are being thrown at you? How can faith extinguish these darts?
- 9 How has faith extinguished the fiery darts in the past for you?
- 10 What does it look like to put on the shield of faith? Give examples.
- 11 What are ways that we do not put on the shield of faith? Why do we do this?
- 12 What are some things you can do to strengthen your shield?
- 13 Read the following psalms and write down the shields that God has given to us:

Psalm 18:2

Psalm 18:35

Psalm 91:4
- 14 What can we do as a church to help strengthen the shields of one another?

TRANSFORMATION:

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- What did you learn about God? What did you learn about yourself?

- What will you do differently in your life?

THE HELMET OF SALVATION

9

EPHESIANS 6:10-20

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FOCUSING ON EPHESIANS 6:17

- 1 What is the purpose of a helmet on a Roman soldier's armor?
- 2 Read 1 Thessalonians 5:8. How is the helmet described there?
- 3 Read 1 Thessalonians 5:8-9. How is the helmet supposed to help us stand?
- 4 Read 1 Thessalonians 5:9-11. How are we to help each other wear the helmet?
- 5 Read Romans 12:1-2. What are we to do with our minds? What does this look like?
- 6 Read Romans 12:3. What are we to do with our mind? What does this look like?

7 Read Philippians 2:5-8. What are we to do with our minds? What does this look like?

8 Read Philippians 4:8. What are we to do with our minds? What does this look like?

9 Read 2 Corinthians 10:5. What are we to do with our minds? What does this look like?

10 What would it look like to fail to put on the helmet of salvation?

11 How does Satan attack our helmet?

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FOCUSING ON EPHESIANS 6:17

- 1 What is the role of a sword as part of a Roman soldier's armor?
- 2 What is described as our sword? What is this telling us about the nature of the battle?
- 3 What does it mean that the sword belongs to the Spirit?
- 4 How is the sword of the Spirit used as a defense for the Christian? What examples can you think of in the scriptures where faithful people used the sword in this way?
- 5 How is the sword of the Spirit used as an offense for the Christian? What examples can you think of in the scriptures where faithful people used the sword in this way?
- 6 Read Hebrews 4:11-13. What does the sword do in this scripture? What does this look like in our lives?

- 7 Read Hebrews 5:11-14. What needs to happen with the sword? How had these Christians failed with the sword?

- 8 Read 2 Timothy 3:16-17. What are we taught about the work of the sword in our lives?

- 9 Read 2 Timothy 2:15. What instruction does Paul give to Timothy? What does this look like?

- 10 Read John 8:31-32. How should the sword be used? What does our sword use say about our relationship with God and our condition before him?

- 11 Read Psalm 19:7-11. What will the sword do for our lives?

- 12 Read Colossians 3:16-17. What do we need to do with the sword? What does this look like in our lives?

- 13 Read Psalm 119:9-16. What will the sword do in our lives? What do we need to do with the sword? What will this look like in our lives?

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EPHESIANS 6:10-20

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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. (Ephesians 6:10-20 ESV)

FOCUSING ON EPHESIANS 6:18

- 1 What does it mean to pray in the Spirit?
- 2 What is the frequency of this praying?
- 3 What does Paul mean “with all prayer and supplication”?
- 4 How is prayer part of the armor of God? Why would this be included in the discussion of putting on God’s armor?
- 5 Read James 5:16-18. What do we learn about the power of prayer? Why is prayer important in the life of the Christian?
- 6 Read Hebrews 5:7. What do we learn about the prayer life of Jesus? What do we learn for ourselves and how we pray?
- 7 Read Matthew 6:5-13. How are we not to pray? How are we to pray? What does this look like in our lives?

- 8 Read Philippians 4:6-7. How is prayer critical for standing firm? What does Paul say to do and what will this look like in our lives?

- 9 Read Romans 8:26. What do we learn about prayer? What help do we have in our sufferings?

- 10 Read James 4:1-4. What are the conditions in which our prayers are not answered? Consider 1 Peter 3:7 also as you consider conditions in which our prayers are not answered.

- 11 Read Matthew 7:7-11. What is the heart and nature of God when it comes to our prayers?

- 12 Read Ephesians 3:20-21. What is the power of prayer for Christians?

- 13 Write reasons why we fail to pray as we ought. What have you learned from this lesson to overcome these reasons?

TRANSFORMATION:

- What questions do you have from the lesson?

- What did you learn about God? What did you learn about yourself?

- What will you do differently in your life?

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FOCUSING ON EPHESIANS 6:18

- 1 What does it mean to keep alert in your prayer life?

- 2 Why does Paul say that there is the need for “all perseverance” in prayer?

- 3 What does Paul say should be included in our prayers?

- 4 Read Luke 18:1-8.
 - What is the purpose for this parable?

 - What does the widow do?

 - Why does the judge respond?

 - What is the teaching message that Jesus gives?

 - What does Jesus teach about perseverance in prayer? What do we learn?

- 5 Read Luke 11:5-10.
- After teaching the disciples how to pray in Luke 11:1-4, Jesus tells a story about a friend. What is noted about the friend's actions?

 - Why does the person in the house ultimately get up?

 - What does Jesus teach about perseverance in prayer? What do we learn?

 - What does Jesus teach about the character of God regarding our prayers?
- 6 Why does God want us to be persistent in prayer when he already knows what we need (cf. Matthew 6:8)?
- 7 How does persistent prayer show faith and dependence on God?
- 8 What are some reasons why we fail to be persistent in prayer?
- 9 What are some ways that persistence in prayer transforms our character to be more like Christ?
- 10 Why should we keep praying when God feels far away or his answer appears to be "no"?
- 11 What are some ways to cultivate a constant prayer life?
- 12 What are some ways that we can encourage a constant prayer life in others?

TRANSFORMATION:

- What questions do you have from the lesson?

- What did you learn about God? What did you learn about yourself?

- What will you do differently in your life?

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FOCUSING ON EPHESIANS 6:19-20

- 1 What else does Paul want these Christians to pray for regarding Paul and his work?
- 2 Are you surprised that Paul asks for these Christians to pray for him in this way? Do you think Paul needed this?
- 3 Is there a difference between boldness and recklessness? Explain.
- 4 Why do you think Christians struggle with boldness?
- 5 Read Acts 4:23-31. What would you have prayed for after what they experienced? What do they pray for? What do they not pray for?
- 6 Read 1 Thessalonians 2:1-8.
 - How did Paul have boldness in the midst of the conflict he experienced?
 - What can we do so that we can have this boldness?



ARMOR *of* GOD

EPHESIANS 6:10–18
HOW TO STAND IN THE STRENGTH OF THE LORD

SELF-STUDY WORKBOOK

by: Brent Kercheville