

“Equipped To Fight, Part 1”
Ephesians 6:10-18
Sermon Series: “The Fight Of Your Life”

Review-Outline of first message in the series:

1. We are in a spiritual fight.

2. We are commanded to stand in the fight. To put it in a scholarly way, Clinton Arnold explains the text by saying, “The inferential conjunction “then”, which can also be translated “therefore,” reaches back to the previous four verses and draws out the implications. In effect, since there is powerful supernatural opposition to the church and since God makes his superior power available to his people so they can resist, believers should stand. The imperative verb “stand” functions as a heading for the remainder of the passage. All of the following participles (and one finite verb) are dependent on this main exhortation.

This is already the fourth occurrence of the verb “stand” in this context (see 6:11b, 13b, d). The repetition of this verb strongly emphasizes the goal of the struggle. God not only makes it possible for believers to stand, but expects them to do so by depending on his divine resources. The verb in this context expresses both a defensive posture believers are to assume as they come under fierce assault by the powers of darkness (illustrated by the inflamed arrows flying at them; 6:16) and an offensive movement into the kingdom of the evil one.”

3. We can only stand through God’s strength.

4. We stand in His strength by putting on the armor of God. God’s strength is readily available to us, but we experience it by putting on the armor of God. God’s armor is also available to us, but we actually have to put it on. So, let’s begin to look at the armor of God, what it is and how we put it on. We will start by girding our waists with truth and taking up the sword of the Spirit, the Word of God.

Main Idea: We are equipped to fight our spiritual enemy by putting on the armor of God.

1. We equip ourselves for the fight by putting on truth.

So, what are we talking about when we speak of girding ourselves with the belt of truth? Pastors Brian Borgman and Rob Ventura explain it this way in *Spiritual Warfare: A Balanced And Biblical Perspective*, “The image here is of a belt, and the apostle tells us that we are to have it “girded,” or fastened, upon us, which means to wrap it around as preparation for activity. The idea literally means to bind it to ourselves. Several writers note that Paul derives this picture from the soldiers’ custom of shortening the long, flowing tunics they wore as their primary clothing and outer garment. Ordinarily the tunic was draped loosely over the soldier’s body; however, when the soldier was

preparing for battle, he would tuck the ends of his robe into his belt. He did this for freedom of movement so that his lengthy robe would not hinder his progress when he met the enemy. With the belt tied tightly around his waist and his garment tucked in, granting him free motion of his legs, the warrior was ready for combat. The belt was also where his sword was sheathed, which gave the warrior central support for his entire body...”

A. Wearing the belt of truth means knowing the truth. What is truth? Truth means ultimate reality. It is that which is really real. Al Mohler says, “Truth is universal, absolute, unchanging, knowable, and capable of being conveyed by language.”

In Scripture, we see that truth is:

-Personal: God is truth (John 14:6). The Bible calls the Father, Son, and Holy Spirit truth.

-Propositional: The Bible is truth (Ephesians 1:13). Jesus said to His Father that “your Word is truth” (John 17:17), and many other Scriptures affirm this.

-Practical: Truth is not theoretical, but according to Scripture, it is the very foundation of our lives that brings freedom (John 8:31-32).

B. Wearing the belt of truth means living out the truth (3 John 3-4).

2. We equip ourselves for the fight by putting on the Word of God. We are to take up the sword of the Spirit, which is the Word of God. It is a defensive and offensive weapon in this fight.

Practically, how do we take it up?

1. by **reading** it (1 Timothy 4:13)
2. by **listening** to it read and preached (Romans 10:17)
3. by **meditating** on it (Psalm 1)
4. by **memorizing** it (Psalm 119:11)
5. by **studying** it (2 Timothy 2:15)
6. by **singing** it (Colossians 3:16)
7. by **using** it [in resisting temptation, in teaching, in witnessing, in decision-making, in setting the direction for our lives] (James 1:22)

What do we do with it once we take it up?

Defensively, we use it to resist Satan’s attacks (Matthew 4:1-11).

However, it is also time for the church (which is comprised of individual Christians) to go on the offensive with the Word of God

-Romans 1:16-17

-Matthew 16:13-19