

# “Arming” for Victory



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## SABBATH AFTERNOON

**Read for This Week's Study:** *Eph. 6:14–17, 2 Cor. 6:7, Eph. 5:9, Rom. 10:15, 1 Thess. 5:8, Mark 14:38.*

**Memory Text:** “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” (*Ephesians 6:13, NKJV*).

**Key Thought:** Every believer must be personally and individually armed as we each find ourselves immersed in the great controversy.

Satan's ultimate goal is to wrest for himself the allegiance that all true believers give to Christ. Before conversion, people belonged to the devil's realm; he ruled over them. Although conversion to Christ takes the believer away from the devil's dominion, it does not completely shatter the devil's power. If anything, Satan increases his efforts to destroy our faith and win us back to himself. He has a vast array of deceptive ploys; Scripture calls them “the wiles of the devil” (*Eph. 6:11*). In the end, though, no matter the enemy's deceptions, ploys, and wiles, he can take no one from Christ who is determined to stay faithful to the Lord (Satan might make our lives miserable, but that's another matter entirely).

This week's lesson focuses on the Christian's armor in this warfare. Putting on all of God's armor is our only protection. Therefore, we need to understand the nature of that armor because, without it, we would surely fall prey to the enemy; with it, our victory is assured.

*\*Study this week's lesson to prepare for Sabbath, November 17.*

## The Need for Arming Personally

In Ephesians 6:12, Paul describes the Christian life as a struggle, saying, “we . . . wrestle.” Notice, he uses the plural. The passage reads, literally, “We do not wrestle against flesh and blood” (*NKJV*). Every Christian is brought into the picture. In verse 13 Paul urges his readers to put on the whole armor of God. It is with God’s armor that we are to equip ourselves, and it has been made available for our use. Paul begins the verse with the word *wherefore/therefore*, implying that, in view of the nature of the conflict, such arming is necessary. Paul then describes the way in which the Christian ought to be armed and does so using the imagery of how a Roman soldier would have been armed for battle.

**Consider** the imagery of Ephesians 6:14–17 carefully. What in the picture impresses you with the fact that here is a struggle that not only involves every Christian but calls, fundamentally, for personal engagement? What does that mean to you that you, yourself, have a fight in which to engage?

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The word translated as “wrestling” originally referred to hand-to-hand combat but was later applied to other types of fighting. As used here, although a real hand-to-hand contest with demons may not be in view, the word clearly points to an *individualizing* of the struggle.

The parable of the ten virgins in Matthew 25:1–13, though in a different context than what’s being considered here, nevertheless speaks to the issue of *personal* engagement in spiritual matters. Ellen G. White applies the spiritual conditions of the five virgins to Paul’s description of a class of end-time people who have a form of godliness but lack its power (*2 Tim. 3:1–5*). “This is the class that in time of peril are found crying, Peace and safety. They lull their hearts into security, and dream not of danger. When startled from their lethargy, they discern their destitution, and entreat others to supply their lack; but in spiritual things no man can make up another’s deficiency.” —Ellen G. White, *Christ’s Object Lessons*, pp. 411, 412.

**What are some things that only you can do for yourself—things that no one else can? (For instance, no one can eat for you.) How do you then apply that same principle to the arming of self for the spiritual conflict in which we are each individually engaged?**

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## Girdle of Truth, Breastplate of Righteousness

**“Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness” (Eph. 6:14, NKJV).**

Though it’s a little difficult to know the exact nature of the girdle, it seems that in Ephesians 6:14, Paul may have been referring to a leather apron that offered some protection to the lower abdomen but also made freedom of movement and readiness for action possible. In this sense, the girdle was a piece of basic armor. And that armor, said Paul, was “truth.”

Along with the girdle of truth was the breastplate of righteousness. Thus, in this one verse Paul links the concepts of truth and righteousness.

**Look up the following texts. How can they help us to understand the link between truth and righteousness, and why are they so crucial for our spiritual protection in the great controversy? 1 Kings 3:6, Ps. 15:2, 96:13, Prov. 12:17, Isa. 48:1, 2 Cor. 6:7, Eph. 5:9.**

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When the apostle Paul speaks of righteousness as a breastplate in the context of spiritual warfare, he has moral issues in mind. Doing right and practicing righteousness (or, in other words, living out the “truth”) are as vital to Christians in the battle with the powers of evil as is the breastplate to the soldier on the battlefield. When we neglect to do what is right, when we turn our backs on what we know to be the truth, we are easy prey for Satan’s attacks, because we are leaving a wide-open hole in our armor.

At the same time, though this “righteousness” includes living a righteous life, we must always remember the other aspect of righteousness, and that is the righteousness of Christ, which covers the believer and remains the believer’s only hope of salvation. As long as we cling to this truth—that our salvation rests in Jesus—we can be protected from one of Satan’s most efficient spiritual assaults against us: discouragement.

**Have you ever been tempted to give up your walk with Jesus because you’ve been discouraged over your life, your character, and/or your actions? If so, why is understanding the truth about Christ’s righteousness so crucial to a strong defense against Satan’s assaults?**

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## Preparation and the Shield of Faith

The Roman soldier armed himself to ensure that his steps would not be impeded on rough terrain. To facilitate movement over all kinds of roads, Roman soldiers often wore shoes studded with sharp nails. Such shoes ensured a good grip, and Paul likens the shoes to the “readiness,” or “preparation,” of the gospel of peace (*Eph. 6:15*).

**Read** Isaiah 52:7, Romans 10:15, and Ephesians 6:15. Paul’s idea seems to be steadfastness in the Christian life of warfare. In what sense does the gospel of peace provide the Christian with a “good grip” in spiritual warfare?

Ephesians 6:15 may be translated in various ways: “feet shod with the preparation of the gospel of peace,” “having feet fitted with the readiness of the gospel of peace,” or “having shod your feet with the equipment of the gospel of peace.” The key is a Greek word that can mean “preparedness,” as in a prepared foundation or base. Hence, the gospel of peace as a “prepared foundation” is the peace a Christian experiences as a result of having been reconciled with God through the blood of Christ. This reconciliation gives the Christian a firm foothold from which to engage in the spiritual battle that we all face.

**The** next piece of armor that Paul speaks about is the shield, which he likens to faith (*Eph. 6:16*). In introducing this armor, the apostle prefaces his point with a phrase that may be translated as “above all,” or “besides,” or “in addition to all.” What do you think the apostle means by this opening phrase?

The word translated as “shield” comes from the word for “door.” The shield, measuring about four feet by two-and-a-half feet and consisting of two layers of wood glued together, was shaped like a door. Because arrows in those days were dipped in pitch and then set on fire, the wooden shield was covered with leather in order to extinguish the glowing arrows and blunt their tips. This was a prominent weapon among all the weapons of defense.

The spiritual analogy isn’t hard to see: among the “fiery arrows” of Satan are lust, doubt, greed, vanity, and so forth. “But faith in God, held aloft like a shield, catches them, snuffs out the flame, and makes them fall harmless to the ground.”—*The SDA Bible Commentary*, vol. 6, p. 1045. This kind of faith is primarily faith in action, a faith that, while including doctrinal truth, goes beyond mere belief. It is a faith that manifests itself in an active defense against the assaults of the enemy. Of course, we can’t save ourselves, and we can’t fight the devil ourselves; our battle is to daily choose the Lord and His ways over anything the devil will throw before us.

## Helmet and Sword

The helmet of salvation in Ephesians 6:17 is most likely taken from Isaiah 59:17, although Paul applies it differently. In Isaiah 59, it is God who wears the helmet of salvation; here, in Ephesians, the Christian is called upon to receive it. Whereas the previous items may have been laid out for the soldier to pick up, the helmet is handed to him. Perhaps this is to emphasize the total “giftedness” of salvation.

**In 1 Thessalonians 5:8, Paul speaks of the helmet as the hope of salvation. In Ephesians 6:17, the helmet is depicted simply as salvation. How may this shift in emphasis help to explain how salvation can be a weapon of defense?**

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Salvation in the New Testament is a present experience that will climax in eternity by way of deliverance from every kind of evil. The victorious helmet that God (*Isa. 59:17*) wears is given to the believer as protection. Because the ultimate goal of the devil’s attack is to deprive Christians of their salvation, the present assurance of salvation that is “given” to them apart from their own works becomes a powerful weapon for surviving the conflict. Truly can the believer in any spiritual conflict proclaim with the psalmist, “O God the Lord, the strength of my salvation, You have covered my head in the day of battle” (*Ps. 140:7, NKJV*).

**After mentioning the helmet of salvation, Paul speaks next about “the sword of the spirit,” which is the Word of God. Compare that text with Hebrews 4:12. What important truth is being conveyed by these verses, especially in the context of our battle with Satan?**

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The temptation of Christ as recorded in Matthew 4:1–10 is a beautiful illustration of how the Word of God can be an effective weapon. The passage should also provide an incentive to Christians to buttress themselves with the truths that are revealed in the Word of God.

**So many forces are at play in attempts to weaken our trust in the Bible. What are some of those forces in your own society, church, or culture? More important, how can you defend yourself against any and every attempt (which at times can be very subtle) to weaken your trust in the Word of God?**

## Praying Always

Ephesians 6:18 begins with the phrase “praying always,” which suggests that praying is connected with the previous verses. The idea is that the putting on, taking up, and receiving of heaven’s armor, all necessitate reliance on God. Hence, “prayer is not another weapon; rather, it is the spirit, the manner, in which the whole armor is to be worn and the battle fought. Paul is here urging it as a perpetual state of mind, a continuous attitude of communion with God.”—*The SDA Bible Commentary*, vol. 6, p. 1046.

**Study** carefully Ephesians 6:18. What words and phrases associated with Paul’s admonition to the Christian regarding prayer suggest alertness and discipline?

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The Bible frequently calls on people not to cease from prayer (*Luke 18:1, Rom. 12:12, Phil. 4:6, Col. 4:2, 1 Thess. 5:17*). But in the context of the combat with evil forces that Paul is addressing in Ephesians 6, he stresses the fact that every occasion in life is to be wrapped in prayer. Such an attitude about prayer is no small demand of Christians, especially because our first instinct in moments of difficulty is to consult friends and colleagues, which is fine and has its place. Prayer, though, should always be the first line of defense, and it is something that we should be doing always.

**Ephesians 6:18** begins with the phrase “praying always” and continues with another about being “watchful.” About what are we to be watchful, and why?

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When Jesus was in Gethsemane, He told Peter and the other disciples whom He found sleeping to watch and pray (*Mark 14:38*). Before this happened, Jesus had spent some time warning the disciples to watch (*Mark 13:33–37*). From the perspective of Luke, watching is linked with prayer as a constant affair that brings spiritual strength to the Christian. In Ephesians 6:18, the emphasis is on praying for others. No doubt, as we pray for others, we ourselves are spiritually strengthened and are better armed for the ensuing conflict, no matter what form it takes.

**Why is praying for ourselves more important for us spiritually than having others pray for us (however important that is)? What does personal prayer do for you that the prayers of others just can’t?**

**Further Study:** Read Ellen G. White, “Importance of Seeking True Knowledge,” pp. 312–314, in *Testimonies for the Church*, vol. 8; “The Color Line,” pp. 219, 220, in *Testimonies for the Church*, vol. 9; “O God! Help Me to Higher Levels,” p. 105, in *My Life Today*; “Called to Reach a Higher Standard,” pp. 311–315, in *The Acts of the Apostles*.

“In every soul two powers are struggling earnestly for the victory. Unbelief marshals its forces, led by Satan, to cut us off from the Source of our strength. Faith marshals its forces, led by Christ, the author and finisher of our faith. Hour by hour, in the sight of the heavenly universe, the conflict goes forward. This is a hand-to-hand fight, and the great question is, Which shall obtain the mastery? This question each must decide for himself. In this warfare all must take a part, fighting on one side or the other. From the conflict there is no release. . . . We are urged to prepare for this conflict. ‘Be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.’ The warning is repeated, ‘Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.’ ” —Ellen G. White, *The Youth’s Instructor*, January 10, 1901.

“We must put on every piece of the armor, and then stand firm. The Lord has honored us by choosing us as His soldiers. Let us fight bravely for Him, maintaining the right in every transaction. Rectitude in all things is essential to the welfare of the soul. As you strive for the victory over your own inclinations, He will help you by His Holy Spirit to be circumspect in every action, that you may give no occasion for the enemy to speak evil of the truth. Put on as your breastplate that divinely protected righteousness which it is the privilege of all to wear. This will protect your spiritual life.”—Ellen G. White Comments, *The SDA Bible Commentary*, vol. 6, p. 1119.

## Discussion Questions:

- ① However much this week’s lesson emphasized the personal aspect of the struggle in which we’re all engaged, as Christians we are part of a larger community. How can the community as a whole help one another in their individual conflicts? What are the practical things that the community can do to help those who are in spiritual need, in whatever form that need may come?
- ② How does the military imagery that Paul uses reinforce the reality of the great-controversy motif that is so central to the Bible? Why is it always important to keep the reality of this conflict before us? Who could imagine a soldier on the battlefield, forgetting that he was in a war? How much more important is it for us not to forget either?

## The Lesson in Brief

► **Key Text:** *Ephesians 6:13*

► **The Student Will:**

**Know:** Describe how each piece of the armor that God provides is essential for life as a soldier in His army.

**Feel:** Sense the honor that the Lord confers on His soldiers by choosing them to fight for His cause.

**Do:** Put on the armor of God, relying wholly on His protection and power through prayer.

► **Learning Outline:**

### I. Know: The Whole Armor

**A** How are the girdle of faith, breastplate of righteousness, footgear of the gospel, shield of faith, helmet of salvation, and sword of the Spirit each critical pieces of the armor God provides?

**B** What kinds of attacks from dark forces are thwarted by each piece of armor?

### II. Feel: Honored to Fight on God's Side

**A** How did Christ utilize the same armor that He provided to His "soldiers"?

**B** Why is it an honor to participate with the Son of God Himself in the battle over evil?

### III. Do: Suiting Up

**A** Though the armor is God's and provides His protection, what is the soldier's duty in standing firm against the evil one?

**B** What important part does prayer play in the suiting up and wearing of God's armor? Why is the role of prayer so important?

► **Summary:** Through His armor of truth, righteousness, the gospel, faith, salvation, and His Word, God provides protection and both offensive and defensive strategies in the battle against Satan. His soldiers are called to put on this armor and stand firm against Satan, relying through prayer on God's strength.



## Learning Cycle

### ► **STEP 1—Motivate**

**Key Concept for Spiritual Growth:** The armor of God is something we put on when we first accept Christ. It is vital to protect ourselves by putting on the spiritual armor daily as part of a dynamic and ongoing relationship with Christ.

**Just for Teachers:** This lesson should be used to develop a full understanding of each part of the spiritual armor that Paul introduces in Ephesians. Once the class understands the different parts and functions of that armor, it is important for them to learn how to use it most effectively. Studying Jesus' example can help the class to learn this and can also prepare it to anticipate the types of attacks that Satan is likely to wage.

**Opening Bible Reading—Putting on the Whole Armor of God:** Ask your class to turn to Ephesians 6:11–18, the basis of this week's lesson, which talks about the armor of God. Invite a member to read the passage, keeping in mind that Paul wants to encourage the Ephesians to be strong in the Lord and in His mighty power. In verses 11–13, Paul transitions into giving practical advice on exactly how to do that. As a veteran of spiritual warfare, Paul's counsel to his fellow soldiers was to put on the armor of God. Yet, this was not a new idea. In 1 Thessalonians 5:8, Paul refers to the breastplate of faith and love, and to the hope of salvation as a helmet. And in Romans 13:12, we read that the day is at hand for putting on the "armor of light" (*NIV*). However, Ephesians fully develops this concept.

It is helpful to remember that as he wrote this epistle, Paul was chained beside, or directly to, a Roman soldier. Day in and day out, he no doubt looked at his captor's breastplate, helmet, leather shoes, shield, sword belt, and sword. It is easy to imagine that under the influence of the Holy Spirit, Paul's mind compared what he saw his jailors wearing to what Christians needed to wear in order to successfully engage in warfare against the devil.

**Discuss:** Based on the passage above, why is it important to have our spiritual armor on all the time? Why is it vital to understand that "wearing the armor of God" is an active and dynamic state of living and being in Christ? In what way is putting on the armor a daily choice instead of a one-time thing?

## ► STEP 2—Explore

### Bible Commentary

**Just for Teachers:** The three primary goals for this section are to (1) understand and put on all the aspects of God’s armor, (2) identify how Satan specially targets the converted, and (3) develop skills and habits that allow us to successfully fight against him.

First, encourage your class to explore the nature of the armor of God. As the Bible notes, we know that a spiritual battle cannot be fought in the flesh in order to gain the victory. We must use spiritual weapons. Reading further in Ephesians, we see what these weapons are:

A belt, which is the girdle of truth,  
 A breastplate, which is righteousness,  
 The helmet of salvation, a gift of God,  
 The gospel of peace, which are the shoes covering our feet,  
 The shield of faith, our key defense,  
 And the sword, which is the Word of God.

**The Whole Armor of God** (*Review Ephesians 6:11–18 with your class.*)

Once we are clad in the armor of Christ, we must stand ready to do battle. But what can we expect in the war we will fight with the devil? There are two important sources we can look to in order to understand the conditions we should expect. The first source is the Bible, and the second is what we know about war from the human experience. Both sources provide information about the circumstances, facts, and conditions that we should not only expect but prepare and be ready for when they occur.

Let us first explore what we can learn from human experience. Although we know that Satan will be the losing general in the struggle of good versus evil, we also know that he is cunning and smart and should never be underestimated. Similarly, we can see from looking at human examples that some of the best generals have been on the losing side of war. If you look up General Erwin Rommel, nicknamed the “Desert Fox,” you will read of a general who outsmarted a better-supplied, larger British army many times in the North African campaign of World War II. One of his tactics he used was the positioning of a small number of tanks with propellers to swirl up dust several miles on the horizon away from the British so that they were convinced the attack was coming from that direction. The British then positioned their anti-tank guns in such a way as to repel an advance from Rommel from that

direction. Suddenly, however, the real tanks and army struck a blow from the rear, and the battle was over before it began. What this example reveals to us are the kinds of tactics that we should expect. Satan is a master of misdirection, stealth, and subterfuge. Any good general will try to outmaneuver and outsmart his opponent, and Satan is an expert at pointing people in the wrong direction.

The second, and most important, source to consult when seeking to understand the type of challenges we will face is the Bible. Here we see stories unfold that reveal to us what a spiritual battle is and what the devil's tactics are. The adversary always wants to wage the battle in conditions that are optimal for his success and our failure. And there is one central strategy that Satan uses time and again that is always successful—he strives to divert our awareness away from his methods and to assign the blame for the evil that he causes to other people. In Genesis 3:1–5, we see this begin in the Garden of Eden with the serpent. In tempting Eve to fall, Satan convinces her that God's motives are those in question and suspect, not his, and that it is God who wishes to withhold divinity, knowledge, and immortality from Adam and Eve.

**Consider This:** How does Satan make use of diversion, misdirection, and stealth in his attacks against us? According to the Bible, what sources of protection does God give to us? List the different pieces of the spiritual armor of God and their functions. How does each one protect us from the arrows of fear, doubt, impurity, wrath, impatience, greed, et cetera?

### ► **STEP 3**—Apply

**Just for Teachers:** Encourage your class to look in more detail at other scriptures in order to see the spiritual battle unfolding in the Bible. Look especially at the example of the life of Jesus, specifically, at the parts where the devil unleashes the full potential of his attack. Most of these attacks came through people. The list is impressive and includes the following:

- a. **Jesus' family**—some of whom thought He was crazy (*Mark 3:21*); even His own brothers did not believe in Him (*John 7:3–5*).
- b. **The Jewish nation**—“He came to that which was his own, but his own did not receive him” (*John 1:11, NIV*).
- c. **His disciples**—Doubting Thomas (*John 20:19–31*), sly Judas (*Luke 21:37–22:6*), and even the formidable Peter (*Mark 14:66–72*).

Imagine the insidious nature of being doubted and undermined by those closest to you on a regular basis. For example, the lesson mentions the temptation of Christ, as recorded in Matthew 4:10. In all these examples, we observe how Jesus used the Word of God as a weapon against the tempter.

We can be certain that Satan will use those same tactics against us that he used against Jesus; he will attack, oppose, ridicule, and cause us to be forsaken by those closest to us whenever we want to execute and do God's will.

### Inductive Questions:

Consider the tactic of temptation and false counsel. Have you ever received counsel that presented an easier way to do something? It sounded good and was the result of true human affection. Yet, it had only one flaw: it opposed God's will. How do we defend against this type of attack? What roles do prayer and study play in this defense? How do those two things help to perfect our ability to wield the sword of truth?

## ► STEP 4—Create

**Activity:** Lastly, ask your class to turn to Luke 22:31–62 where we find Peter's denial of Jesus. What can we learn from the example of Peter about losing focus and getting chinks in the armor that we wear? In this chapter we find Peter to be distracted by things of the world, issues of self-interest, and a desire for recognition and position.

*Note: The example of Peter perhaps shows the greatest weapon in Satan's arsenal of weapons. The person he uses to distract us from Jesus and to shed the protective armor of God is none other than self.*

**1** Ask the class, of all the battles that Satan has waged, which has been the hardest for them?

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**2** What can we learn from the lesson about how to let Jesus take full control because doing so is the key to securing a victory over Satan?

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**3** What battle tactics did our own Savior use in order to win the battle of the ages?

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