

Walk Worthy by Wearing the Armor of God

2025-11-23 – Ephesians 6:10-20



There is a battle that believers face every day and Christ has equipped us for the battle. The question we must ask ourselves is: Will we put on what he has given us in order to stand against the schemes of the devil? This Sunday, we are going to look at what the armor is, who our enemy is, and what our commander has charged us to do as we seek to walk worthy in this world.

Good morning. It's good to see you a second time this morning. I'll probably see you a third and maybe a fourth. Um, but right now, I want to ask you if you've got your Bibles to open to Ephesians chapter 6, verses 10 through 20. And it's—it's funny. I did not realize till we were singing that last song—the first time I ever preached at this church, that was the song that played before I said to everyone, “Open your Bibles to Ephesians chapter 6, verse 10.” That's kind of a cool moment. Happy accident—probably not an accident—but I want you to open to Ephesians chapter 6, verses 10 through 20, because this week we are in our final week in the book of Ephesians. And I know there are new faces today, and so as we go, I promise I'll kind of sum things up. But our goal today is for us as believers to talk about what it means that we are One Body: Saints Standing Side by Side, in a world that is hostile to the gospel, but walking in the strength that we have been given by Christ Jesus, the strength that we have through the work of the Holy Spirit, because of God's immeasurable power and grace and love.

As we dig in today, I want to encourage you: if you are here today and you are not a believer, this passage that we are in today is full of promises for believers. And you may say, as I talk today, and I talk about the enemies of the gospel, and as I talk about the blessings that we have as followers of Jesus, you may say, “Well, what makes you guys better than everyone else?” Nothing, except the work of Christ. The picture of the gospel is that we were all dead in our sins—this is Ephesians 2:1 through 10. Every single human outside of Jesus, who was fully God and fully man—every human who has ever drawn breath, who has ever existed—in our own strength, we are dead in our sin, separated from God. We are children under God's wrath by nature and by choice. But God, because he is rich in mercy, because of his great love, he has made us alive. He has raised us up. By grace, we have been saved (Ephesians 2:4–5, 8).

As we talk today, if you are here and you are not a believer, I want to encourage you. My prayer for you is that this message would be for you, because the Spirit would open your eyes to the truth of God's Word and the good news of the gospel. To that end, I'm going to read our passage, and then I'm going to pray, and then we are going to jump in and talk about what it means to take our stand in this world as we come to the end of Ephesians.

Ephesians 6:10 through 20 says this: ***“Finally, be strengthened by the Lord and by his vast strength. Put on the full armor of God so that you can stand against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the cosmic powers of this darkness, against evil spiritual forces in the heavens. For this reason, take up the full armor of God so that you may be able to resist in the evil day, and having prepared everything to take your stand. Stand, therefore, with truth like a belt around your waist, righteousness like the armor on your chest, and your feet sandaled with readiness for the gospel of peace. In every situation, take up the shield of faith with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. Pray at all times in the Spirit with every prayer and request, and stay alert with all perseverance and intercession for all the saints. Pray also for me, that the message may be given to me when I open my mouth to make known with boldness the mystery of the gospel. For this I am an ambassador in chains. Pray that I might be bold enough to speak about it as I should.”*** (Ephesians 6:10–20)

Let's pray.

Father in heaven, we thank you for your word. We thank you, Father, that while we were still sinners, you sent your son. And we know from the beginning of Ephesians, Father, that this was the plan—God, Father, Son, and Holy Spirit—that you had from before the foundation of the world. We thank you that for all who believe, we are your children; we who were dead in our sin, children under wrath, are now counted children of God because of what your son has done. I pray right now, Lord, that your spirit would be moving, that those who are here who know you, that they would be strengthened this morning to stand in this evil day. And for those who do not know you, Lord, I pray you would open their eyes to the good news that through the blood of your son, they can be redeemed and stand before you. I pray, Lord, your spirit would give us all eyes to see and ears to hear what your word has to say. And Father, I pray you would speak to me and speak through me, that these would be your words and not mine. We pray all of this in the holy and precious name of your Son, Jesus. Amen.

Take Your Stand Daily

The Enemy
The Equipment
The Command

Well, our goal today is to talk about how to **take our stand daily**. If you're a believer, you are called to do this each and every day. And to that end, we're going to talk about **the enemy**, **the equipment**, and **the command**. And we'll spend some time on **the commander** too, of course. But as we start today, before we talk about **the enemy**, **the equipment**, or **the command**, we need to talk about the big idea of how we take our stand.

Finally, **be strengthened** by the Lord and by his **vast strength**.

Ephesians 6:10 CSB

In Ephesians 6:10, Paul says, ***“Finally, be strengthened by the Lord and by his vast strength.”*** If you're out there today and you hear that you're supposed to put on armor and you're supposed to do all of these different things, some of you may be thinking, “Well, a doctor told me I'm not allowed

to lift a gallon of milk for a few months. How am I going to put on a shield?" You may be wondering about—what strength do I have to offer? You may say, "Pastor Matt, it's good for you. You went to school for this and you get paid to do this all week. You don't know what my life is like." You may think these things, but what the gospel tells us, what Paul is telling us here is that the strength you need is not your own. **Finally, be strengthened by the Lord and by His vast strength.** It is not our strength that we go to battle in. It is not the strength that we bring to the table, but it is learning to trust in His and draw on His and go to Him and pray to Him.

Finally, **be strengthened** by the Lord and by his **vast strength**.

Ephesians 6:10 CSB

...and what is the immeasurable greatness of his **power** toward us who believe, according to the **mighty** working of his **strength**. He exercised this power in Christ by raising him from the dead and seating him at his right hand in the heavens—far above every ruler and authority, power and dominion, and every title given, not only in this age but also in the one to come.

Ephesians 1:19-21 CSB

And when we talk about this, **be strengthened by the Lord and His vast strength**, what makes this passage incredible is at the beginning of Ephesians, Paul talks about the immeasurable strength of God. In Ephesians 1:19, Paul is talking about—he's saying, "***I pray that the Lord would open your eyes and your mind to the truth of the gospel. And what is the immeasurable greatness of his power towards us who believe according to the mighty working of his strength?***" Now, you may say, "How does the word vast above get translated to strength?" Well, finally be strengthened by the Lord, by his vast strength. In the Greek, it's finally be strengthened by the Lord and his strength strength. And Paul stresses in Ephesians 6 this idea and in Ephesians 1 he has already said the same idea that it is the Lord's immeasurable power.

If you've ever been out in the ocean when there are big waves—I remember once when I was a youth pastor, we went and did a trip and on the last day we were in South Carolina, we went out in the water and we kept going a little bit further, you know. And when the waves would come, there's this point where you're lifted where you're like, "I can do nothing. I am powerless right now." Well, the world—anything in the world—can be measured. God's power is more vast than the oceans. If you've ever had that—I love that feeling. And then it's terrifying because it's like, "What if the undertow and all the—all the things?" But you know what I'm saying. But it is a power that is above you and beyond you. That is the power that God has.

And how do we see that power in action in Ephesians 1:19 through 21? ***He exercised this power in Christ by raising him from the dead.*** Jesus, who was fully God, became fully man. He died for our sins. He rose. Death could not hold him. And so he ***was raised from the dead and seated him at the right hand of God in the heavens, far above every ruler and authority, every power and dominion, and every title given, not only in this age, but also in the one to come*** (Ephesians 1:19–21). God the Father, God the Son, and God the Holy Spirit—they have no beginning. God has no end. God in three

persons. And Jesus was raised. He came. He was fully man. He was raised, and he is now in heaven. And so when we read this, he is above everything. There's no nothing in heaven, nothing on earth. There's no name above his. And it's not only in this age, it is in the age to come.

So when Paul says, ***Finally be strengthened by the Lord and His vast strength***, as we talk about taking our stand daily, the strength he is talking about is the strength that God has displayed—can resurrect Himself from the dead.

Take Your Stand Daily

The Enemy

The Equipment

The Command

So **take your stand daily**, not in your strength. If we don't start from there, you might think, “Well, how am I going to do this on my own?” You're not. None of us are.

Put on the full armor of God so that you can **stand** against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the cosmic powers of this darkness, against evil, spiritual forces in the heavens. For this reason take up the full armor of God, so that you may be able to resist in the evil day, and having prepared everything, to take your **stand**.

Paul goes on to talk about **the enemy**. ***Put on the full armor of God so that you can stand against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the cosmic powers of this darkness, against evil spiritual forces in the heavens. For this reason, take up the full armor of God so that you may be able to resist in the evil day, and having prepared everything, to take your stand*** (Ephesians 6:11–13). Now those words, rulers and authorities, we just heard those in Ephesians 1:19 through 21. It's really important to note that as Paul talks about being strengthened for the battle at hand, he's already told us Christ won. This is one of the most important things in the world.

And we in Chicago are not accustomed to this, but right now, if you are a Bears fan, you can say that this year, the Bears have never lost to the Packers because they beat them in January. And you can cling to that for like two more weeks, right? Maybe longer, maybe longer, hopefully longer. But that's a recurring battle, right? And if you're a Chicago fan, you know what it feels like to be on the defeat side of that battle. And when you're on the defeat side of that battle, when you talk to Packers fans, what do you do? You get petty. You're mean to them. You don't want them to win. You don't want to be around the winners, right?

Do you think the evil one wants us to stand in our strength because Christ has won the battle? No, he wants to bring us down. And the evil one has lost the battle. The Book of Revelation is not one option. Christ has already won. We are just not living in the full victory yet. When we read this passage, we are being told to stand in a battle that the victory is already won. You were dead

in your sin. Christ has made you alive. If death could not hold him in God's immeasurable power, it will not hold us either. We may die in this life. Paul is writing this from prison, but our faith and our hope comes from the assurance we have that we have been sealed with the Spirit, that we are alive because of his power and grace and love.

The Enemy

The devil and his minions

Those under their influence

- earthly rules and authorities
- every human dead in their sins

Believers (when we do not put off the old way of living)

But when we talk about **The Enemy**, we need to not be unaware of **the enemy**. **The Enemy**, first and foremost mentioned here, it's the devil and his minions, the demonic forces at work in the world. In Ephesians 2, when it says we were dead in our trespasses and sins, it makes very clear that the devil and his minions—the devil's called the prince of the power of the air—and the imagery we see throughout scripture is that until Christ returns, he has some measure of power in this world, and he has influence, and we see that at play. We see that at play all the time. The world hates the gospel and the good news. If you want evidence of that, Christ Jesus came healing and preaching the good news of the kingdom of God, and they nailed him to a tree (cf. Acts 10:38–39). The world hates the gospel, and it is the devil and his minions that are seeking to bring it down.

Now, there are also those under the influence of **the enemy**. These are earthly rulers and authorities. We see this. If you're ever surprised when earthly rulers are corrupt, you have not read your Bible well. The only king who will reign well forever is in heaven, seated on the throne next to God. Earthly rulers and authorities and also every human dead in their sins. And if you're out there today and you're not a believer, you may say, “Well, I don't think of myself as an enemy of God.” What we learn in Ephesians 2:1–3 is that for all of us who are dead in our sins, whether we realize it or not, by nature and by choice, we are children under wrath. We are children serving the means of **the enemy**. There is not a person who is good. All have sinned and fall short of the glory of God and the wages of sin are death (Romans 3:10, 23; 6:23). We deserve separation now and forever.

If you're here today and you're not a believer and you're hearing this and you're saying, “Well, I'm an enemy,” the other thing I want to make sure you understand is that every believer in this room used to be on that side of the line, too. I don't say this to judge you or to say you're the worst or to say something about you. I say this to say we—all of us, myself included—in our own strength, are sinners separated from God. This is from the garden. When the man and woman

were given one command of what not to do, and what did they do? The woman took from the fruit, the man beside her took as well. From that moment, the separation—there was no solution until Christ Jesus came. And the solution was his death on the cross. The proof that it worked was his resurrection. And we have a promise through the Holy Spirit of what will be, and he will reign forever, and for all who believe, we will reign with him.

Now, believers, you may be thinking, “Yeah, **the enemy**, the devil, and those who are not Christians.” But there's also a reality: we are often not working towards the right end. Believers, when Paul says at the start of this passage, put on the full armor of God, if you remember a few weeks ago, we talked about how we need to put off our old way of living, the way we walked when we were dead in our sin. We need to be renewed by the Spirit and we need to put on the new way of living. Believers, when we keep walking in that old way of living, it's like we're standing on the battle line, swinging our swords at one another. When we do that to one another, not only are we working for **the enemy**—it doesn't just affect you when you walk in your sin—because the imagery and what we're gonna see as we talk about the armor of God, it's a shield wall.

The armor of God—the image of the armor of God—as we do it for ourselves, each individual member of the body of Christ is called to put on the armor of God, but you don't just put it on for yourself. Because if I'm an enemy and I see a weakness—a couple weeks ago, I guess a couple times this year, I've gone to play dodgeball with the kids in the gym. And whenever you see that kid that thinks he's invincible and he runs up right to the line and he throws and he misses, you just got to hit him really hard, right? Like you come in from the side because they've exposed themselves. **The enemy** looks the same way at believers that say, “I don't need my shield today,” as we will see. And when you get hit by it, when believers fall, there's a domino effect if others don't come in and shore it up.

So make sure you understand as we talk about **the enemy**: don't work for **the enemy**, because until you became a believer, whether you believe it or not, you were working for him. And if you don't put off that old way of living, you can be doing that inside the body of Christ. So put on the full armor of God so that you can stand against the schemes of the devil.

Take Your Stand Daily

The Enemy
The Equipment
The Command

This brings us to **The Equipment**. We've talked about **the enemy**, and now let's talk about **the equipment**. Just as we talked about in Ephesians 4, when we are called to walk worthy of our calling, Christ does not call us to walk worthy. God does not call us to walk worthy and then say, “Good luck.” No, He equips us for the battle at hand. He does that with the spiritual gifts, with the body of Christ, with the way we build one another up, and certainly with the Holy Spirit.

Stand, therefore, with truth like a belt around your waist, righteousness like armor on your chest, and your feet sandaled with readiness for the gospel of peace. In every situation take up the shield of faith with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit—which is the word of God.

Ephesians 6:14-17 CSB

To that end, Paul says this: ***Stand, therefore, with truth like a belt around your waist, righteousness like armor on your chest and your feet sandaled with readiness for the gospel of peace. In every situation, take up the shield of faith with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God*** (Ephesians 6:14–17).

The Armor of God

Belt of truth
Breastplate of righteousness
Shoes of the gospel of peace
Shield of faith
Helmet of salvation
Sword of the Spirit

Now the armor of God listed here—we've got the belt, the breastplate, the shoes, the shield, the helmet, and the sword. If you were an ancient Roman in Paul's day, you would hear these things and the immediate image you would have was of a Roman soldier. And it would almost never be a Roman soldier; it would be Roman soldiers. Because they moved in units; they moved together. Each soldier was required to take care of their own equipment. And if they didn't take care of their equipment, that was a dereliction of duty. On top of that, each piece of **the equipment** was intentional for the way that the Romans went to war.

With the belt, they didn't wear like a belt like this. It was a type of belt where they gird up their pants so that they didn't trip over them in battle. The breastplate was there too—protect them here—that the shoes they wore, and this is one of the coolest things about—it's not cool because it's like war and all that—but in the Roman Empire, when they went to war, the shoes that they wore were cleated with spikes. And if you were a Roman soldier, your mentality was the Roman Empire never loses ground. When they went to battle, the shoes that they wore were set up not for retreat, but for never letting the line falter. And you would step forward and step forward and step forward. Whenever **the enemy** fired, they would put up their shields in a shield formation so that the arrows bounced off of them. And then what would they do? They would take more ground and they would take more ground and they would take more ground.

The Roman Empire in Paul's day was seen as invincible. If someone rebelled somewhere, the Roman Empire came in and squashed it so thoroughly. This was in the heyday. And the people,

when they heard this, this would be the image they had. The helmet that they wore—it just was a very distinct helmet that they all wore—and then they had a sword. In battle, they might have like javelins or spears that they threw at a certain point, but the main way they took ground is with their shields. They pushed and they pushed, and when **the enemy** came up against them, they stabbed and they pushed, and they went, and they marched and marched and marched.

The people of this day would have known that because, you see, to be a soldier in that day was an incredibly beneficial—thing. If you signed up for military enlistment, you signed up for 25 years. If you signed up for military enlistment, at the end of 25 years, you would be given a very large pension. You were paid well while you were a soldier, and on the other side of it, you had a different status. It was something that anyone who could do it wanted to do it, but you had to be a certain size and a certain muscular—like just imagine like 100 of me standing side by side. I'm flattered by how long it took y'all to laugh. But the point here is that if you were too short, no. If you were too tall, they might let you do something. But the point of the army—when you watch movies, what is it? It's always the guys run out on their own and they fight one-on-one. No, the Roman army was a well-oiled machine that advanced and took ground and took ground and took ground.

Paul is using this imagery to say, church, body of Christ, you're one body, you're one spirit, you're one in Christ. He is the head; you are the body. See yourselves as a military unit, as soldiers that stand side by side, resisting the evil one together.

The belt of truth—when we read this, what is the truth Paul is talking about? Well, this goes to Ephesians 1. I have said these words 8 weeks in a row when we've been in Ephesians. I'm going to say them again today, and I want you to know I'm praying them in my head all the time. I hope you are too. *If you are a believer, you are a saint. You are a chosen child of God. You have been redeemed by the blood of Christ. You have been reconciled to Him. You have an inheritance because of the work He has done. You have been sealed by the Spirit, and you have assurance now and for all eternity because of the hope you have, because of His immeasurable power, grace, and love* (Ephesians 1:7, 13–14, 18–19). Gird yourself in that truth so that any time you're out, you're not stumbling; you're not tripping over your robes.

The breastplate of righteousness—the imagery here for us. If you're a believer here, you know—when I mentioned earlier, we're **the enemy** sometimes—you right away went, “Yes, we are.” None of you went, “What? Never me.” 'Cause if you're a believer in truth, you know your sin. You know the reason that you should have never been allowed to be a child of God, and yet you know his blood has covered it. You know you are clothed in his righteousness, so wear this armor.

The shoes of the gospel of peace—the kingdom of God does not retreat. The gates of hell cannot stand against it (Matthew 16:18). The kingdom of God does not retreat. You may think it does. You may think, “Well, the kingdom of God is struggling or this or that,” but the kingdom of God,

in truth, Jesus is not in heaven saying, “Oh no, they got me.” God is not playing a chess match where he's not sure of the outcome. If you think that way, let me put this in probably what is for me the most tangible example of this. Sometimes people think the evil one, the devil—sometimes people think the devil is like the equal opposite force of God, like karma, like yin and yang, those types of things. But the devil is a created being. The devil was created by God. The devil is not an equal or an opposite of God. The devil is an enemy of God. And someday God will put an end to all his enemies, and they will spend eternity separated from him in hell (cf. Colossians 1:16; Isaiah 14:12–15). And so the kingdom of God is not going to lose ground.

The shield of faith—when we talk about the word faith, the most important thing I can equip you with is that our faith is not just “I think or feel something.” It's “here's what God claims to be, and even when I cannot fathom that it is true, I trust that what he has claimed is true.” When God tells the Israelites, I'm going to lead you out of Egypt with my mighty right arm, and then they're standing at the Red Sea and they don't have a way across it, Moses raises his arm and his staff, and God makes a way (Exodus 14:16). What he has said, he will do, he will do. Our faith is not that we can figure it out. Our faith is that he already has and he has the immeasurable power to do everything he has claimed, and he will.

When we talk about the helmet of salvation, this is the one that, as I've been—I think I've got the best way to illustrate this. How many of you are unwilling to wear a winter hat yet because you don't want winter to win? Right? Until yesterday, raking leaves, and I guess—no, twice this week—I wore a winter—three times. I've worn a winter hat a lot this week, and I'm just realizing it for the first time. But there's like—when you put on a hat, like a winter hat, it's like you're admitting it's cold enough now to where I need to do something about it. When you think about, if you've ever seen like... police officers when they have—when I lived in—when Jess and I lived in downtown Chicago—like when they were walking the streets, they'd have their hat on or the helmet sometimes when they were doing like crowd control things. But if they were like at a restaurant, they take that off while they eat, right? Because they're not at the ready.

The idea of the helmet of salvation and the imagery is like—if you saw soldiers walking on the street, they probably weren't wearing their helmets if they were off duty. But when you put that helmet on, you're on duty. So put on the helmet of salvation. Remember who you are in Christ. Remember who you are representing because of what he has done.

And the sword of the Spirit. We have been equipped with the weapon that we need, and it's sometimes hard to believe it, but whenever I struggle, I know that Jesus Christ, who was fully God and fully man, after 40 days in the wilderness, was tempted by the evil one. And each time he was tempted with hunger, with glory, and with power, each time he was tempted, what did he do? He used the word of God and he drove the devil away for a time (Matthew 4:1–11). You have that same sword. Learn to wield it well. Stand, therefore, put on the armor of God.

Take Your Stand Daily

The Enemy
The Equipment
The Command

And this brings us to the last point. So we know **The Enemy**; we know **The Equipment**. What is **The Command**? How do we do this?

Pray at all times in the Spirit with every prayer and request, and stay alert with all perseverance and intercession for all the saints. Pray also for me, that the message may be given to me when I open my mouth to make known with boldness the mystery of the gospel. For this I am an ambassador in chains. Pray that I might be bold enough to speak about it as I should.

Ephesians 6:17-20 CSB

Paul says, ***Pray at all times in the spirit with every prayer and request and stay alert with all perseverance and intercession for all the saints*** (Ephesians 6:18). Pray for one another. Pray for yourself and pray for one another. Yesterday, I went to the hospital. There's someone near death that a church member asked me if I'd come and spend some time with them. And so I went, and on my way there, I texted my wife; I texted our elders; I texted a few people and said, "Hey, be praying that when I go, the Lord would give me the words that—more importantly—the Lord would open this person's heart." Whenever you go out, you should be praying. You should be asking others to pray, and you should be praying for one another. Remember, we stand on that battle line together. Pray at all times.

Pray also for me, Paul says, ***that the message may be given to me when I open my mouth to make known with boldness the mystery of the gospel. For this I am an ambassador in chains. Pray that I might be bold enough to speak it as I should*** (Ephesians 6:19–20). Now these words—probably my favorite prayer request in the Bible. I've mentioned this before. If I were Paul, and I was in chains, and I was writing a letter for a bunch of believers to read, I might say, "Hey, pray that I would be freed." Paul doesn't pray that. Paul prays, "Pray that I would keep taking steps for the gospel. Pray that my shield would be up. Pray that I would be ready to wield the sword of the Spirit." Paul doesn't care about what happens in this life. He's not praying for comfort or for his care. He's praying for conviction to carry the gospel to the end, and he does. He was killed for declaring Jesus Christ the resurrected King.

It's also important to note Paul here is not the commander. When Paul says we need to be praying, when we need to be doing this, Paul sets himself on the same level as the believers he's talking to because Paul knows he is not the head. Christ is. If you are a believer, that means we are on the same battle line together with our shields of faith linked up side by side. If you are a believer, we are called to walk forward together. We're not called to command one another; we're called to lead and disciple one another; we're called to move forward together. Now some of us know how to wield the sword better—know that's the spiritual gifts, the way we use them—but we're

on the same line, side by side. Paul gets this. When Paul is praying, he's saying, "Pray that I would do what I'm telling you to do." We all should be praying in this way. We all should be walking in this way. We shouldn't put up other believers on pedestals, but instead we should give glory to God.

When you fall short—if the evil one wants to get you to do one thing, it's when you fail. He wants you to think, "Well, you're a failure. You can't do anything." But every time you fail, do you know that's a time to remember that our commander, Jesus Christ—he never failed. He, the one person who did not deserve death, died in our place. And it is such a wonderful thing.

Take Your Stand Daily

The Enemy

[The Equipment](#)

[The Command](#)

So [take your stand daily](#). Remember [the enemy](#), remember [the equipment](#), and remember [the command](#).

Believers, I'm going to make this really simple for you. Find someone and each and every day send them a text after you spend time in the word and in prayer, asking for the Lord to give you strength for the day. You don't have to pray every day and list out the whole armor. I do that. I think it's a wonderful thing. When I'm driving to the hospital yesterday, I'm praying, "Lord, let me hold the sword of the Spirit well." And I'm praying those things probably because I'm studying Ephesians a lot right now. But it's not about "I pick these armor to put on." It's about recognizing the truth of scripture and praying it out loud. And it's about being in the word. Believers, talk to one another about it; text one another. I used to have a text chain with a group of young adults at my old church where just every morning we just texted, "Hey, I put my armor on." And you don't put your armor on to say, "Look at me; look what I've done." It's not that. You put it on as a reminder that it's his strength, not my own. We should be doing that every day.

And I want to give an example of—Thanksgiving Day is coming up. And it's a day where for most people, they're out of their normal routine. It's also a day where if you talk to people, it's a stressful day, right? You know, it's like, "We got to make this meal; we got to this—all the family—all the weird dynamics and interactions that can come." What a day to not wear your armor because you're out of rhythm. You need to wear your armor every day. You need to wear your armor on good days. Do you know the day I struggle most to wear my armor on is the Sabbath? On Monday, I take the day off. And Mondays are the days I get to sleep in because my wife is lovely and lets me. And on Mondays, I usually sleep in and I get up and sometimes I don't even spend time with the Lord until lunchtime, to my shame. Because I need the armor on days I'm resting. You need it each and every day. So put on the armor.

If you're here and you're not a believer and you're thinking, “Well, I don't have anything to offer the kingdom of God,” good news—you're in good company because none of us in our own strength do. And yet when we were dead in our sin, Christ died for us, that we could be alive, that through his strength and through his power, we could stand before him (Romans 5:8). It is not a work that we do, but it is by his grace that we have been saved (Ephesians 2:8). If you're here today and you do not know the Lord, I want to encourage you to be praying, to be crying out to him, that he would open your eyes to the truth of the gospel, that you would be redeemed by the blood of Christ.

To that end, let us pray.

Father in heaven, we thank you that you have equipped us with all that we have and all that we need. We thank you, Lord, that we who are dead in our sin—for all who believe—we are alive because of the great work of your Son. We thank you because of your power and grace and love, we can stand before you. And Father, we pray we would stand firm, not only in the next life, but now—today—that we would walk worthy of what your Son has done for us. We pray, Lord, that as we spend the rest of our morning together, that you would be blessing our time, that for those who don't know you, that you would be opening their eyes. And we praise you for the baptism coming where we're celebrating those who have come to know you and their new life in you. We pray, Lord, that as we go out this week, we would not take for granted for even a moment what it means to walk worthy before you. We pray we would not lose sight of the enemy, but more importantly, we would not lose sight of the commander, because you have given us what we need. We pray that we would walk in it. We praise you, Lord, for all you have done. We praise you that Jesus died for our sins, that he rose and that he reigns, and that our confidence is not in us. But it is in His name we pray. Amen.



Digging Deeper – **Walk Worthy by Wearing the Armor of God** - Ephesians 6:10-20

1. What stood out to you from the sermon?

Read Ephesians 6:10-20

2. What stands out to you as you read through the passage?

3. Read Ephesians 1:15-22 and consider the strength that God has displayed. What does it mean for us to be strengthened in light of what God has shown us?

4. Is there anything that is able to overcome us in light of what God has done? Why or why not?

5. What do we learn about the enemy in this passage? Who is the enemy?

6. Consider all we have learned in the book of Ephesians. What have we already learned about the enemy and how does this passage help us understand all that we have seen?

7. Do you ever pray on the armor of God in your own life? Why or why not?

8. Why does Paul command us to wear the armor?

9. What would it look like for you to start putting on the armor each day?

10. How would it change how you approach relationships with other believers if you took seriously the call to put on the armor each day?

11. Do you consider your need to put the armor on in the following areas:

- a. When you wake up?
- b. When you get to work?
- c. When you get home from work?
- d. When you visit friends or family?
- e. When you come to church?
- f. When you watch a TV show?
- g. When you are on your phone?
- h. When you go for a walk?
- i. When you are reading a long list (note, this one is a joke, but really...Do you consider putting on the armor everywhere including when you show up to this Bible study?)

12. Take some time to end in prayer by sharing prayer requests and praying for one another.