

THE WAR IN OUR MINDS

PREPARATION FOR WAR

“God’s Armor and How to Use It”

(Part 2)

Ephesians 6:10-18

QUESTION 4 - “What is God’s armor and how do we put it on?”

What is our spiritual armor and how do we use it?

2Co 10:3 NLT

We are human, but we don't wage war as humans do.

2Co 10:4 NLT

We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments.

In Ephesians 6:13-15 the Bible lists for us the first part of the armor. In part 1 of this lesson, we looked at the three pieces of the armor that are put on first to protect the vital parts of the body. The Belt of Truth, The Body armor of God’s Righteousness, and the Shoes of the Peace of the Good News.

Now we will look at the rest of the armor that is used to protect the rest of the body.

THE SHIELD OF FAITH

Eph 6:16 NLT

In addition to all of these, hold up **the shield of faith** to stop the fiery arrows of the devil.

WHAT IS IT?

The shield of faith is simply believing God and as a result we trust what He tells us in the Bible.

Here is the definition of faith from the Bible:

Heb 11:1 NLT

Faith is the confidence that what we hope for will actually happen; it gives us assurance about things we cannot see.

Heb 11:6 NLT

And **it is impossible to please God without faith**. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.

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Mat 14:28 NLT

Then Peter called to him, "Lord, if it's really you, tell me to come to you, walking on the water."

Mat 14:29 NLT

"Yes, come," Jesus said. So, Peter went over the side of the boat and walked on the water toward Jesus.

Mat 14:30 NLT

But when he saw the strong wind and the waves, he was terrified and began to sink. "Save me, Lord!" he shouted.

Mat 14:31 NLT

Jesus immediately reached out and grabbed him. "You have so little faith," Jesus said. "**Why did you doubt me?**"

Satan will do everything he can to create doubt and indecision in our mind. He uses many devices to trick us and defeat us. We have to believe God because he is the one who educates us and teaches us how to live properly so we are not tricked by the ideas of the Devil.

HOW DO WE PUT IT ON?

To better understand how to put on the shield of faith let's look at two examples in the Bible where Satan fired off a dart, the shield of faith was involved and what the result was.

THE DART OF DOUBTING THE BIBLE

Sin was actually born out of doubting what God said. It happened to Adam and Eve in the Garden.

Gen 3:1 NLT

The serpent was the shrewdest of all the wild animals the LORD God had made. One day he asked the woman, "**Did God really say** you must not eat the fruit from any of the trees in the garden?"

Gen 3:2 NLT

"Of course, we may eat fruit from the trees in the garden," the woman replied.

Gen 3:3 NLT

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"It's only the fruit from the tree in the middle of the garden that we are not allowed to eat. God said, 'You must not eat it or even touch it; if you do, you will die.'"

Gen 3:4 NLT

"You won't die!" the serpent replied to the woman.

Gen 3:5 NLT

"God knows that your eyes will be opened as soon as you eat it, and you will be like God, knowing both good and evil."

Gen 3:6 NLT

The woman was convinced. She saw that the tree was beautiful, and its fruit looked delicious, and she wanted the wisdom it would give her. So, she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too.

The number one priority of the Devil is to get us to doubt, disobey and ultimately, not believe the Bible. That is what he did with Adam and Eve, and it changed the entire course of humanity. If he can cause us to doubt the Bible then he wins, period! Without the truth of the Bible, we have no weapon or belt of truth to hold everything together. Without the Bible we lose everything.

THE DART OF BITTERNESS AND UNFORGIVENESS

If Satan can create bitterness in our heart and mind, he has a great foothold for creating other issues in our life. Especially in our thinking. Such attitudes as hate, anger, jealousy, envy, anxiety, inferiority, depression, etc. can all be created from a small root of bitterness. Look at this example in 2 Corinthians chapter 2.

2Co 2:5 NLT

I am not overstating it when I say that **the man who caused all the trouble hurt all of you** more than he hurt me.

2Co 2:6 NLT

Most of you opposed him, and that was punishment enough.

2Co 2:7 NLT

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Now, however, it is time to forgive and comfort him. Otherwise, he may be overcome by discouragement.

2Co 2:8 NLT

So, I urge you now to reaffirm your love for him.

2Co 2:9 NLT

I wrote to you as I did to test you and see if you would fully comply with my instructions.

2Co 2:10 NLT

When you forgive this man, I forgive him, too. And when I forgive whatever needs to be forgiven, I do so with Christ's authority for your benefit,

2Co 2:11 NLT

so that Satan will not outsmart us. For we are familiar with his evil schemes.

Bible instruction about bitterness:

Heb 12:15 NLT

Look after each other so that none of you fails to receive the grace of God. **Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.**

Eph 4:31 NLT

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.

Eph 4:32 NLT

Instead, be kind to each other, tenderhearted, **forgiving one another, just as God through Christ has forgiven you.**

How many of our relationships are still broken because someone did us wrong and we have never forgiven them in our heart. As a result, there is bitterness deep inside us that Satan uses to create unrest in our mind, and it actually affects other relationships we have. That is a dart of the Devil to ruin our life. However, if we believe what the Bible says and forgive, even if they don't ask for it, that bitterness goes away, and Satan loses that battle. That's how we use the shield of faith. Trust what God says even if we don't understand it.

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But by understanding the Bible we can become familiar with Satan's tactics and not be defeated by them. By truly trusting God and His word we can protect ourselves from the "fiery darts" he shoots at us.

HELMET OF SALVATION

Eph 6:17 NLT

Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.

1Th 5:8 NLT

But let us who live in the light be clearheaded, protected by the armor of faith and love, and **wearing as our helmet the confidence of our salvation**.

The helmet was used to protect the head and ultimately our brain. That is why this piece of the armor is extremely important.

WHAT IS IT?

This part of the armor refers to the confidence we have in our salvation. A person who is unstable and unsure about their salvation will be unstable in every other part of their life. God wants us to know we have been saved, forgiven and have a home waiting in Heaven for us once we complete our purpose here on the earth.

1Jo 5:11 NLT

And this is what God has testified: **He has given us eternal life, and this life is in his Son.**

1Jo 5:12 NLT

Whoever has the Son has life; whoever does not have God's Son does not have life.

1Jo 5:13 NLT

I have written this to you who believe in the name of the Son of God, **so that you may know you have eternal life.**

HOW DO WE PUT IT ON?

Know in your heart you are forgiven, and your home is Heaven. Know that you are saved.

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John makes it clear that if we have Jesus in our heart, we have eternal life. We have Jesus in our heart if we believe in Him and have received him as our Savior.

John 3:16 NLT

"For God loved the world so much that he gave his one and only Son, so that **everyone who believes in him will not perish but have eternal life.**

John 1:12 NLT

But to all who believed him and accepted him, he gave the right to become children of God.

Rom 10:9 NLT

If you confess with your mouth that Jesus is Lord and **believe in your heart** that God raised him from the dead, you will be saved.

Rom 10:10 NLT

For it is by believing in your heart that you are made right with God, and it is by confessing with your mouth that you are saved.

Rom 10:13 NLT

For "**Everyone who calls on the name of the LORD will be saved.**"

As a 15-year-old teenager in a boarding school in central Florida, I got on my knees in my dorm room and asked Jesus to come into my life and be my Savior. That night, September 20, 1975, I was born into God's family. I have not always been an obedient child for the Lord, but since that night, I have always been a part of his family. Of this I am totally confident.

Paul talks about the confidence he has about Heaven because of his belief and trust in Jesus.

2Co 5:1 NLT

For we know that when this earthly tent we live in is taken down (that is, when we die and leave this earthly body), we will have a house in heaven, an eternal body made for us by God himself and not by human hands.

2Co 5:6 NLT

So, **we are always confident**, even though we know that as long as we live in these bodies we are not at home with the Lord.

2Co 5:7 NLT

For we live by believing and not by seeing.

2Co 5:8 NLT

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Yes, **we are fully confident**, and we would rather be away from these earthly bodies, for then we will be at home with the Lord.

2Co 5:9 NLT

So, whether we are here in this body or away from this body, **our goal is to please him**.

Paul was able to focus on living his life so that he pleased God because he was not always worried about whether or not he was going to heaven when he died.

Philippians 1:21 NLT

For to me, living means living for Christ, and **dying is even better**.

Philippians 1:22 NLT

But if I live, I can do more fruitful work for Christ. So, I really don't know which is better.

Philippians 1:23 NLT

I'm torn between two desires: I long to go and be with Christ, which would be far better for me.

Philippians 1:24 NLT

But for your sakes, it is better that I continue to live.

if you are still struggling with whether or not you are saved, talk to someone who can help you and get that settled as soon as possible so Satan can't use that doubt to distract you from the purpose God has for you.

SWORD OF THE SPIRIT

Eph 6:17 NLT

Put on salvation as your helmet, and **take the sword of the Spirit, which is the word of God**.

WHAT IS IT?

The final piece of the armor is our offensive weapon. It is the weapon we use to fight off doubt, to clear up confusion, to chase away discouragement and false ideas in our head. It is the tool we use to take higher ground spiritually as we grow and become more like Jesus. It is the weapon Jesus will use at the Battle of Armageddon to defeat Satan and his armies. It is the Bible, God's Word.

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Rev 19:11 NLT

Then I saw heaven opened, and a white horse was standing there. Its rider was named Faithful and True, for he judges fairly and wages a righteous war.

Rev 19:12 NLT

His eyes were like flames of fire, and on his head were many crowns. A name was written on him that no one understood except himself.

Rev 19:13 NLT

He wore a robe dipped in blood, and **his title was the Word of God.**

Rev 19:14 NLT

The armies of heaven, dressed in the finest of pure white linen, followed him on white horses.

Rev 19:15 NLT

From his mouth came a sharp sword to strike down the nations. He will rule them with an iron rod. He will release the fierce wrath of God, the Almighty, like juice flowing from a winepress.

Rev 19:16 NLT

On his robe at his thigh was written this title: King of all kings and Lord of all lords.

Rev 19:19 NLT

Then I saw the beast and the kings of the world, and their armies gathered together to fight against the one sitting on the horse and his army.

Rev 19:20 NLT

And the beast was captured, and with him the false prophet who did mighty miracles on behalf of the beast--miracles that deceived all who had accepted the mark of the beast and who worshiped his statue. Both the beast and his false prophet were thrown alive into the fiery lake of burning sulfur.

Rev 19:21 NLT

Their entire army was killed by the sharp sword that came from the mouth of the one riding the white horse. And the vultures all gorged themselves on the dead bodies.

HOW DO WE PUT IT ON?

Joshua 1:8 NLT

(1) **Study this Book of Instruction continually.** (2) **Meditate on it day and night** so you will (3) **be sure to obey everything written in it.** Only then will you prosper and succeed in all you do.

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The Bible is our greatest weapon in life. Study it, make it a regular part of our daily thinking and decision-making process, and live by its principles and God will do the rest.

PRAY AND STAY ALERT

Eph 6:18 NLT

Pray in the Spirit at all times and on every occasion. **Stay alert** and be persistent in your prayers for all believers everywhere.

1Pe 5:8 NLT

Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.

This last part is more about our attitude than a piece of the armor. We must be in constant communication with our commander in chief, God, through prayer. Then stay alert to the enemy (Satan) and the things he will try to do to trick us and destroy our life. Primarily by getting us away from God and the Bible.

CONCLUSION

With our understanding of the war and how it is fought clearly pictured in our mind and a knowledge of the armor and the weapon we are to use to fight this war, now let's turn our attention to some specific battles we will face and develop strategy for each of them in order to win those battles.