

Rhema Worship Center

Bible Study - Ephesians

Verses 13 thru 14

Verse 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.

This is the second time Paul tells the Ephesians to “take up” or “put on” the whole armor of God. However, the first time they were not fully aware of its importance. After giving a powerful description of the enemy, he says, “take up the whole armor of God, that you may be able to withstand in the evil day.” Soldiers do not do battle every day, but the day of battle is the day of testing. A soldier who, on the day of battle, had not “taken up” his full armor, would be unprepared to stand against and prevail over the enemy. Consequently, the “evil day” under discussion in this verse is the day of severe trial or testing, the critical moments in our lives when the devil and his sinister horde assault us fiercely. Seeing as one never knows when these crises will occur, one needs to be ready always. When the Christian makes all the preparations God has specified, then he will be able to “stand” and prevail against him, for the Bible tells us that if we resist satan, he will flee from us (James 4:7).

We are to decisively use our spiritual armor in spiritual war. We cannot delay donning this armor; we must suit up promptly. Delay will put us in danger. If we do not do this, then we are in great danger of satanic assault on our souls.

2 Co 10: ⁴ For the **weapons** of our **warfare** *are* not carnal but mighty in God for pulling down strongholds, ⁵ casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

The word “stand” means *to withstand, stand against*. Christians need to be prepared for satanic assault on their souls. The believer then can make his **stand** against satanic assault ([Jas 4:7](#)).

Once the believer makes all preparations necessary, then he is ready to stand against the devil.

When we appropriate the promises of God indicated in our spiritual armor, we can handle Satan’s attacks on our souls. We do not need to invent our own strategy for

defeating the devil because God has already provided the means to do so. All we have to do is “put on” what God has already provided. By this we can stand our ground.

The Christian must be counted upon to stand against the forces of evil when they come. We have to do everything within the power that God gave us. Satanic power is supernaturally strong but not omnipotent. There is no equal duality in the universe whereby both God and Satan stand on equal ground.

The devil will tempt us with doubts, anxiety, and pressures of life. We make a stand against these things in the power of God. “Stand” is a word of defense. We win the battle by repelling attacks of Satan. His attempts to keep us from our privileges in Christ strike at the heart of who and what we are. We hold to what we have by defense. We contend earnestly for the faith (Ju 3). We do not allow any biblical ground to be taken from us ([1 Co 16:13](#)). The Christian maintains certainty in God’s Word and possess assurance in what God is doing.

Question...how do you know when a battle has ended?

Question...is there a difference in a battle God has allowed and one we have created by our own disobedience?

Question...are we living in constant “evil days”?

Handout for your review...10 ways to resist the devil

Verse 14

Stand therefore, having girded your waist with truth and having on the breastplate of righteousness;

Truth here is not objective but subjective and is not, therefore, the Word of God, but truthfulness. The Christian is to be sincere and non-hypocritical. He puts away lying (Ephesians 4:25) and learns to speak the truth in love (Ephesians 4:15) as he demonstrates the fruit of the Spirit in his life (Ephesians 5:9). Paul is allegorizing the thick belt the Roman soldier placed around his waist. To this belt the soldier attached his dagger and sword. Furthermore, the breastplate was held in place by being attached to this belt. In addition, leather straps reaching to the knees hung from this belt and protected the soldier from sword strokes to that part of his body. What Paul was saying was that honesty and truthfulness are foundational in our fight against satan and his evil horde. The apostle Peter taught this same principle when he wrote that the very first thing a person needed to add to his faith was virtue or

moral integrity (II Peter 1:5). According to Peter, moral integrity must precede a further knowledge of God's Word because without it one will never apply the truth of God's Word to his life. The first piece of armor Paul discusses is the belt of truth. Of all of the pieces of the armor of God, you may be wondering why Paul started with the belt. However, the belt plays a much more important role than we may think.

The belt is where Roman soldiers stored their weapon - without a belt, they could not carry a weapon! So, why does Paul associate the belt of a soldier with truth? For Christians, God's Word is truth, and it serves as our foundation.

2 Timothy 3:16 says, "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness." If our beliefs are not rooted in God's Word, we cannot expect to fight battles for Christ.

Just as a belt is worn close to the body, we should hold God's truth close to us and allow it to surround us. When we remain in His Word, we can distinguish what is true from what is untrue.

With this being said, I encourage you to apply the concept of the belt of truth to your life and hold onto God's truth. In the end, by remaining in His Word, you will be equipped for spiritual battles that may come your way.

The integrity of biblical truth in the life of the believer is his foundation for Christian living.

The believer does not engage in spiritual battle blind. People who have confidence apprehend and believe biblical truth. Landing on one idea rather than many produces a person of conviction.

There are those who will fall away from the truth ([1 Ti 4:1](#)). However, God's truth is the only way to counter Satan's schemes. The believer receives his genuine integrity by imbibing God's Word.

Girding the waist with truth relates to readiness for battle. It gives freedom to act. Truthfulness frees us to act with integrity.

Having put on the breastplate of righteousness, *Righteousness* in an ethical sense is here meant (Ephesians 4:24; 5:9). In order to defeat the enemy, the Christian must lead a devout and holy life as he presents the members of his body as "instruments of righteousness to God" (Romans 6:13; 14:17). The breastplate was a very important part of the Roman soldier's battle gear. It protected his vital organs, particularly his heart, from serious injury. If we think in terms of the heart as

representing the mind, as the Bible sometimes does, then we understand how the breastplate of righteousness protects the Christian soldier from the arrows of Satan. Furthermore, awards the Roman soldier won were attached to the breastplate in medallion form for all to see. Likewise, when one looks at the Christian today, he ought to see the many medallions that reflect the righteous acts of the faithful Christian soldier. Clearly, then, unless the Christian puts on “the armor of righteousness on the right hand and on the left” (II Corinthians 6:7), and walks worthy of the Christian army into which he has been called (Ephesians 4:1), he can have no real defense against Satan.

Personal sanctification protects our spiritual vitality.

Soldiers in God’s service operate with integrity. This integrity comes from living a sanctified life. The Christian will not allow himself to be entangled with everyday issues to the detriment of his spirituality ([2 Ti 2:4](#)). Those who live with integrity live their daily lives moment-by-moment in fellowship with God.

Ro 6: ¹³ And do not present your members *as* instruments of unrighteousness to sin, but present yourselves to God as being alive from the dead, and your members *as* instruments of **righteousness** to God.

Question...does walking in truth mean that we are always on our best behavior?

Question...how important is applying the truth in love for the Christian?

*Question...is there a challenge for the Christian to walk in truth and righteousness?
Defend your yes or no answer with feedback.*