

**Wednesday, July 29, 2020 Bible Study Notes**  
**Cedarville United Presbyterian Church Facebook Live**  
**Fruit of the Spirit Series: Faithfulness**  
**Text: Ephesians 6:10-18**

---

### **Summer Series: Fruit of the Spirit**

- Love – what does it mean to love God, love our neighbor, love our enemy, love ourselves?
- Joy – “rejoice always”; “the joy of the Lord is my strength”
- Peace – seek peace and pursue it... dig around for it because it doesn't come naturally
- Patience – how do we become satisfied with what Christ offers?
- Kindness – kindness of Christ when talking with the woman caught in adultery, and kindness when dealing with our own sin; kindness when restoring Peter, we can all be restored
- Goodness – we put our own definition of “good” and “bad” on God
- Generosity – God showed generosity toward the more vulnerable
- Sunday – faithfulness in what we do with what God gives us
- Tonight – shield of faith

*<sup>10</sup> Finally, be strong in the Lord and in the strength of his power. <sup>11</sup> Put on the whole armor of God, so that you may be able to stand against the wiles of the devil. <sup>12</sup> For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. <sup>13</sup> Therefore take up the whole armor of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. <sup>14</sup> Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. <sup>15</sup> As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. <sup>16</sup> With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. <sup>17</sup> Take the helmet of salvation, and the sword of the Spirit, which is the word of God. <sup>18</sup> Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints.*

### **Background**

- It is important that the Christian not “give place to the devil”
- Each part of the spiritual armor tells us what believers must have
- The detailed description of the armor may stem from Paul's being guarded by Roman soldiers while in prison awaiting trial (cf. Acts 28:16, 20)

### **The armor itself...**

- *Truth*—Satan is a liar, but the Christian who knows the truth will not be deceived. Before a Roman soldier put on his armor, he put a belt around his waist. This held his garments together and served as a place on which to hang his armor.
- *Righteousness*—This means the consistent daily walk of the Christian. As a soldier's breastplate protected his chest from an enemy's attacks, so righteous living guards a believer's heart against the assaults of the devil.
- *Peace*—Satan is a divider and a destroyer. Shoes of peace refers to a believer's stability or surefootedness from the gospel which gives him/her peace to stand in the battle.

- *Faith*—The shield in a Roman soldier’s attire, made of wood, and large. It was overlaid with linen and leather, to absorb fiery arrows. A Christian’s resolute faith in the Lord can stop the flaming arrows of the evil one aimed at him.
- *Salvation*—The believer whose mind is fixed on Christ’s coming will not fall into Satan’s traps.
- *Sword and Prayer* – the sword of the Spirit and prayer are weapons for attacking Satan’s strongholds and defeating him. Scripture and prayer. A Roman soldier would take in hand his sword, his only offensive weapon.

### **Shield of Faith**

- “Shield” is similar to “door”
- For a Roman soldier, a shield was worn strapped to one’s arm and, at any time, it could be held up to deflect attacks. It could also be used as an offensive weapon to knock enemies over with force.
- What are the flaming arrows? Doubt, unbelief, spiritual warfare, anything that impedes our walk
- Our faith can guard us during trials in the same way a shield would during battle.
- In addition, our faith can protect us when we experience anxiety and fear. Isaiah 41:10 says, “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous hand.”
- It is important to realize that doubt, fear and anxiety are attacks from the enemy. Taking up the shield of faith will protect us and allow us to fight back against these attacks.
- What is our posture? Are we standing with shields up, or are we leaving ourselves open to the flaming arrows? Are we rooted in scripture and prayer, or are we rooted in the media?

### ***Spiritual Warfare Prayer***

Father God, you are awe-inspiring. You are magnificent and mighty. Your name holds more authority than I could ever conceive. You are stronger than I could ever dream. You are wiser than I could ever comprehend. You are more loving and compassionate than I could ever imagine. You are God. You are above all. Thank you for the powerful armor that you give to me.

### **I come this day to put on the Belt of Truth.**

I acknowledge that I need truth. I need to be dedicated to truth. I need to follow the truth of your Word. Lord, I need to make reading your Word a priority in my life. If I sincerely open my mind to your Word, then I will see the truth about what I need to increase in my life and what I need to decrease in my life.

As I am praying this prayer, I realize that the enemy of my soul wants to condemn me for my failures. I declare that I will not let the enemy condemn me for my lack of success, because you are pleased with me when I try. You want me to learn to be content in doing my best. You want me to love myself anyway, just as you do.

**I put on the Breastplate of Righteousness.**

I acknowledge that I am able to wear this breastplate because Jesus took my sin and gave me his righteousness. Lord, I will remind myself today of the enormous price Jesus paid so that I could be set free. Jesus did not take sin lightly, and I will not take sin lightly. I will show my respect for you, Lord, by seeking to obey you and seeking to please you this day.

**I put on the Shoes of Peace.**

I thank you for the peace I have about my future home in heaven. I feel restful and serene when I think about the glorious place where I will spend eternity. Jesus told us that he gives us his peace. Father God, I want to feel peace in my daily life. I want to feel calm and content as I move through my day. By the power of Jesus Christ, I declare that today I will grow in my ability to live in peace. I will reject worry and fear. I will remember to trust you through all the circumstances of my day. I will not be moved by what I see or hear. I WILL be moved by what the Bible says. Your promises are true. Your promises are backed by the honor of your name.

**I put on the Helmet of Salvation.**

I thank you for my eternal salvation. I thank you for the saving power of Jesus Christ that daily works in my life - helping me to defeat sin and helping me to put on the love of Christ. Thank you that you are renewing my mind and showing me how to defeat my wrong thoughts and wrong attitudes. Thank you that you are taking me from the way I have always been to the godly way I can be through the power of Jesus Christ.

**I pick up the Shield of Faith.**

I will feed my faith today. My faith will grow stronger this day. I will meditate on your promises to take care of me. When the enemy sends fiery darts my way - in order to discourage me or get me to doubt you - I will raise my shield of faith and deflect his attacks. My shield is a shield of confidence that you, God, are able to take care of me. I will continually remind myself of your faithfulness. Lord, I will be unwavering in my devotion to you this day.

**I pick up the Sword of the Spirit which is the Word of God.**

I will give voice to the Word of God today. I will become more and more comfortable speaking out Scripture. Lord, I will remind myself that when I speak your Scriptures, your power is unleashed. You have given believers words that will change the world. Lord, I dedicate my mouth to you. I want all my words to please you. Help me to gain greater control over my tongue. I declare that today I will use my tongue to bless others, and I will avoid strife and unnecessary conflict.

Father, as I leave this time of prayer, I am going to be a freshly focused follower of Jesus Christ!  
Amen

*Copyright © 2012 Beth McLendon of [Inspirational-prayers.com](http://Inspirational-prayers.com)*