

GO DEEPER BIBLE STUDY SERIES

THE ORDINARY ARMOR

Standing Firm in Everyday Life

A Study of Ephesians 6:10–20

Expanded Study and Workbook Edition

Twelve chapters • journaling pages • thirty-day field guide • leader guide

Scripture links open in the King James Version

Fun In Faith Ministry™

Supporting Scriptures • Christian Commentary • S.O.A.P. Study

Case Studies • Group Discussion • Prayer Journal

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The Ordinary Armor

Standing Firm in Everyday Life — A Study of Ephesians 6:10-20

Expanded Study and Workbook Edition

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READER'S GUIDE

About This Expanded Edition

This edition develops Ephesians 6 as a complete discipleship study. Its purpose is not to create fear or fascination with darkness, but to deepen confidence in Jesus Christ, strengthen biblical discernment, and form faithful habits of truth, holiness, peace, faith, hope, Scripture, prayer, and Christian community.

How the book is organized

- Twelve chapters follow Paul's teaching from strength in the Lord through persevering prayer and everyday faithfulness.
- Each chapter has three teaching movements, a Scripture map, a commentary lens, a discernment workshop, an extended case study, reflection and S.O.A.P. pages, a key takeaway, a group guide, and a closing prayer.
- A thirty-day field guide, with a distinct reading and response for every day, helps readers turn insight into steady practice.
- The leader guide offers a flexible plan for churches, small groups, families, and online ministry communities.
- Ruled journaling pages are provided throughout. This is a workbook as much as a book; much of it is meant to be written in.

Scripture and commentary note

Short direct quotations in the teaching sections are from the King James Version, which is in the public domain. Scripture references link to Bible Gateway, where the passage can be read in the translation you prefer; readers who find the older English difficult are encouraged to read a modern translation alongside. Paraphrases are identified by their form. Commentary insights summarize Matthew Henry, John Calvin, and David Guzik; they serve the study of Scripture and do not replace it.

A pastoral safeguard

Spiritual warfare must never be used to shame people, avoid medical or professional help, excuse abuse, or treat human beings as enemies. Wise Christian care can include prayer, Scripture, pastoral support, medical care, counseling, safety planning, and lawful intervention.

NAVIGATION

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NAVIGATION

Contents II

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THE STORY BEFORE THE ARMOR

Introduction: Equipped for Faithfulness I

Ephesians does not begin with a battlefield. It begins with praise for the God who blesses his people in Christ. Paul announces adoption, redemption, forgiveness, the promised Holy Spirit, and the immeasurable greatness of divine power. Only after unfolding grace does he describe the life that grace creates. The order is essential: identity in Christ precedes the call to stand.

The church addressed by Ephesians is not a collection of isolated spiritual heroes. Jews and Gentiles are reconciled through the cross and built together into a dwelling place for God by the Spirit. Spiritual warfare therefore has a communal shape. Believers tell truth to one another, forgive one another, sing together, pray for all the saints, and receive encouragement through faithful messengers.

The controlling command

Ephesians 6 repeatedly calls believers to stand. Standing is not passivity. It is sustained allegiance to Jesus under pressure. Sometimes it looks like refusing a dishonest shortcut. Sometimes it is confessing sin rather than protecting an image. Sometimes it is continuing to pray when the answer is delayed. The goal is faithfulness, not spectacle.

Read the foundation

[Ephesians 1:3-23](#)

[Ephesians 2:1-22](#)

[Ephesians 4:1-32](#)

KEEPING CHRIST AT THE CENTER

Introduction: Equipped for Faithfulness II

A real enemy, a greater Lord

Paul names the schemes of the devil and spiritual forces of evil. Christian teaching should neither deny that conflict nor make it the center of the faith. The enemy is dangerous, but he is not equal to God. Ephesians has already placed Christ above every rule, authority, power, and dominion. The armor passage must be read beneath that announcement of Christ's exaltation.

Discernment without superstition

Scripture speaks about the devil, the world, and disordered human desire. Not every hardship has an identifiable demonic cause, and believers are not instructed to map the unseen realm. Paul's response is concrete: depend on the Lord, put on the whole armor, stand, use the Word faithfully, and pray. Sober obedience is safer than confident speculation.

People are not the enemy

The words "not against flesh and blood" place a boundary around Christian conduct. Opposition never authorizes hatred, threats, manipulation, or violence against people. Truth may confront wrongdoing. Love may establish boundaries and pursue justice. Yet every human being remains a neighbor made in God's image and in need of grace.

How to use this workbook

Read the biblical passage before the teaching, not after it. Write in the ruled spaces; the questions are not rhetorical. If you are studying in a group, work through one chapter each week and give the case study its own conversation. If you are studying alone, pair each chapter with two or three days of the field guide in Appendix A.

A prayer before beginning

Lord Jesus, keep my attention fixed on you. Give me courage without pride, alertness without fear, conviction without cruelty, and confidence without presumption. Form your truth in my mind and your love in my conduct. Amen.

CHAPTER 1 | EPHESIANS 6 EXPANDED STUDY

1. Strong in the Lord

Ephesians 6:10-11

Spiritual strength is received through union with Christ and expressed through dependent obedience.

“Be strong in the Lord, and in the power of his might.” — Ephesians 6:10, KJV

Chapter aim

This chapter will help you locate the source of Christian strength outside yourself, recognize how self-reliance imitates courage, and take one dependent step of obedience in a responsibility that feels too large.

Read before continuing

[Ephesians 6:10-11](#)

Opening questions

1. What words, commands, promises, or reasons stand out in this passage?
2. What does the text reveal about God before it tells you what to do?
3. Where do you feel resistance, confusion, comfort, or conviction?

CHAPTER 1 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 1

Strong in the Lord

The source of strength

Paul's first instruction is essential to everything that follows. He does not begin with the believer's willpower, knowledge of the enemy, or record of success. He begins with the Lord. Christian strength grows from dependence on the living Christ. This dependence is active. A branch does not produce fruit independently of the vine, yet a living branch does bear fruit. In John 15, Jesus connects abiding in him with a fruitful life. Likewise, receiving strength from Christ moves us toward obedience, prayer, repentance, and patient endurance. Dependence does not excuse passivity; it makes faithful action possible. Ephesians has already described God's power in connection with the resurrection and exaltation of Jesus. The One who strengthens his people is the risen Lord, above every power and authority. We should read the armor passage with that earlier announcement in mind. The enemy is dangerous, but he is never Christ's equal.

Pause and respond

Where do you currently look for strength first?

CHAPTER 1 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 2

Strong in the Lord

Strength in weakness

Paul's experience in 2 Corinthians 12 challenges our assumptions. He asked for a painful affliction to be removed, but the Lord answered with sufficient grace. Weakness did not make Paul useless. It became a setting in which Christ's power was displayed. We must not turn that passage into a promise that every hardship will disappear when faith becomes strong enough. Ephesians itself describes Paul as an ambassador in chains. Faithful service and difficult circumstances can exist together. God's strength may appear in the courage to endure, the humility to receive help, or the grace to obey when relief has not arrived.

Pause and respond

Name a hardship that has not gone away. What has God supplied inside it?

CHAPTER 1 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 3

Strong in the Lord

Practice: trade self-reliance for prayerful obedience

Imagine receiving a message that unfairly questions your motives. Your first impulse is to defend yourself immediately. Dependence begins when you pause before acting, bring the hurt to God, and ask for wisdom. It continues when you choose an honest and measured response. Prayer does not replace the response; it shapes it. Name one responsibility that currently feels larger than your ability. Ask God for the strength to take the next faithful step. That step may include seeking counsel, apologizing, preparing carefully, or simply continuing a duty you would rather abandon.

Pause and respond

What is the next faithful step in a task that feels too large?

Key takeaway

God does not require self-sufficiency; he calls us to dependent obedience.

CHAPTER 1 | EPHESIANS 6 EXPANDED STUDY

Scripture Map

Strong in the Lord

Read each supporting passage in context. Record how it strengthens, qualifies, or applies the chapter's main teaching.

[John 15:1-5](#)

Abiding in Christ is the source of lasting fruit.

[2 Corinthians 12:7-10](#)

Christ's power is displayed in acknowledged weakness.

[Isaiah 40:28-31](#)

Those who wait for the Lord receive renewed strength.

[Ephesians 1:19-23](#)

The power available to believers is resurrection power.

[Psalms 46:1-3](#)

God is refuge and strength in instability.

Trace the connections

CHAPTER 1 | EPHESIANS 6 EXPANDED STUDY

Christian Commentary Lens

Strong in the Lord

A historic voice

David Guzik stresses that strength in the Lord and the armor of God must remain together. The equipment is not a charm; believers rely on God's might and then step into obedient action.

Read commentaries wisely

Christian commentators can clarify language, historical setting, theological connections, and pastoral application. They are valuable teachers, but they are not inspired Scripture. Compare their claims with the biblical text, notice where their traditions differ, and resist treating one interpreter as the final authority.

Questions for evaluation

1. Which part of this insight is clearly grounded in the words and context of the passage?
2. Does the interpretation fit the message of Ephesians as a whole?
3. What pastoral strength does it offer?
4. What qualification should be kept beside it?

CHAPTER 1 | EPHESIANS 6 EXPANDED STUDY

Discernment Workshop

Strong in the Lord

The distortion to recognize

Self-reliance can look courageous while quietly disconnecting action from prayer, Scripture, and Christian community.

Test the message

1. What is being claimed about God?
2. What does the claim ask me to fear, love, trust, or obey?
3. Is Scripture being read in context or used as decoration?
4. Does the application produce truth, holiness, peace, faith, hope, love, and humility?
5. Who benefits if I accept the claim without examination?

A faithful reframe

Spiritual strength is received through union with Christ and expressed through dependent obedience.

My discernment notes

CHAPTER 1 | EPHESIANS 6 EXPANDED STUDY

Case Study

Strong in the Lord

Daniel has spent six weeks preparing a teaching series for his church's young adults. Two days before the first session, a longtime member sends him a message questioning whether he is doing this for the congregation or for himself.

Daniel reads it four times. By evening he has drafted a reply listing every hour he has given the church without being asked. He does not send it, but he does not delete it either. Instead he stays up until two in the morning rewriting material that was already finished, and he tells his wife the message did not bother him.

Two things are happening at once. A hurtful accusation has landed, and Daniel is answering it with proof of his own adequacy. The defensive draft and the sleepless rewriting come from the same place: if he can demonstrate enough competence, the accusation will not be able to touch him. Prayer has dropped out entirely, and so has anyone who might tell him the truth.

Read the situation twice before turning the page. Notice where the reasoning turns, not only where the conduct does.

CHAPTER 1 | EPHESIANS 6 EXPANDED STUDY

Case Study — Work It Through

Strong in the Lord

1. What does Daniel actually know about the sender's intent, and what has he supplied himself?
2. What is the unspoken belief underneath the late-night rewriting?
3. Where does Ephesians 6:10 locate the strength Daniel is trying to manufacture?
4. What would it cost him to tell his wife the truth about how he felt?
5. What would a measured reply look like, written after prayer rather than instead of it?

CHAPTER 1 | EPHESIANS 6 EXPANDED STUDY

Personal Reflection

Strong in the Lord

From this chapter

1. Where do I confuse confidence in myself with confidence in Christ?
2. How does Jesus' teaching about the vine change my understanding of spiritual strength?
3. What faithful action can I take today while admitting my weakness?

Examine the heart

1. What sin should I confess without excuse?
2. What grace or promise should I receive with gratitude?
3. What specific act of obedience can I complete this week?
4. Who can pray with me and help me follow through?

CHAPTER 1 | EPHESIANS 6 EXPANDED STUDY

S.O.A.P. Study Page

Strong in the Lord

[Ephesians 6:10-11](#)

Scripture

Copy a short portion accurately. Read the surrounding paragraph.

Observation

What does the passage say? Note commands, reasons, promises, and repeated ideas.

Application

Choose one response that grows directly from the passage's meaning.

Prayer

Respond with worship, confession, thanksgiving, intercession, and a request for help.

CHAPTER 1 | EPHESIANS 6 EXPANDED STUDY

Group Study and Prayer

Strong in the Lord

Opening

Read Ephesians 6:10-11 aloud twice, using two translations if available. Listen first for what the passage reveals about God, then for the response it calls forth.

Discuss

1. What challenged or encouraged you in this chapter?
2. Where can this teaching be distorted or misused?
3. How does the gospel keep this practice from becoming self-salvation?
4. What would faithful application look like in our shared life?
5. What can the group help you practice this week?

Pray together

Pray for truth without harshness and holiness without pride. Ask God for strength in the specific places named tonight, and pray by name for one person outside this group.

My commitment

Name one task that exceeds your natural ability. Pray before beginning it, invite appropriate help, and define the next obedient step rather than trying to control the entire outcome.

Prayer

Lord Jesus, I need your strength. Deliver me from pride when I feel capable and despair when I feel weak. Teach me to remain in you and to obey through the grace you supply. Amen.

CHAPTER 2 | EPHESIANS 6 EXPANDED STUDY

2. Know the Conflict, Keep Your Eyes on Christ

Ephesians 6:11-13

The conflict is spiritual, but Christ remains Lord; people must never be treated as the ultimate enemy.

“For we wrestle not against flesh and blood.” — Ephesians 6:12, KJV

Chapter aim

This chapter will help you name the devil's schemes without becoming fascinated by them, keep personal responsibility intact, and refuse to treat any human being as your ultimate enemy.

Read before continuing

[Ephesians 6:11-13](#)

Opening questions

1. What is the passage asking its first readers to do, and why?
2. Which phrase would you most want explained?
3. What in this text runs against something you already assume?

CHAPTER 2 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 1

Know the Conflict, Keep Your Eyes on Christ

Schemes rather than spectacle

Paul describes an intelligent and hostile spiritual opposition. The devil uses schemes: deception, temptation, and strategies that draw people away from faithful allegiance to God. Genesis 3 shows temptation working through suspicion of God’s goodness and distortion of his command. The issue is not merely whether a forbidden action looks attractive. It is whether God can be trusted. This pattern still has recognizable forms. A temptation may suggest that obedience will leave us deprived, that secrecy will keep sin harmless, or that a painful experience proves God has abandoned us. Scripture helps expose the false promise beneath the immediate desire. At the same time, James teaches that our own desires can entice us into sin. We should not blame Satan in a way that removes personal responsibility. Scripture also speaks of the pressures of the world and the desires of the flesh. Discernment means taking these teachings together rather than attributing every inconvenience, disagreement, or troubling thought to direct demonic activity.

Pause and respond

Which false promise has been most persuasive to you lately?

CHAPTER 2 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 2

Know the Conflict, Keep Your Eyes on Christ

People are not our ultimate enemy

The words “not against flesh and blood” reshape the way we respond to conflict. A difficult relative, an unbelieving neighbor, or a person who opposes Christianity remains someone to whom we owe truthfulness and love. Spiritual warfare never authorizes hatred, threats, or violence against people. This does not make harmful conduct acceptable. Love can tell the truth, establish boundaries, and pursue justice. But even when we confront wrongdoing, we must refuse the desire to dehumanize the wrongdoer. Jesus commands love for enemies, and Paul tells believers to overcome evil with good. The spiritual realities named in Ephesians 6 are serious, but Paul does not provide a detailed hierarchy for us to map. His instruction is practical: receive the armor and stand. Curiosity about unseen powers must remain subordinate to what Scripture actually tells us to do.

Pause and respond

Name someone you have begun to treat as the problem itself.

CHAPTER 2 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 3

Know the Conflict, Keep Your Eyes on Christ

Practice: resist through submission

James 4 places resistance to the devil alongside submission to God, repentance, and humility. Resistance is not a display of personal spiritual importance. It includes turning from dishonesty, refusing revenge, and drawing near to God. Consider a conflict in which resentment has become habitual. Identify the actual wrongdoing without exaggeration. Then identify your own temptation: gossip, contempt, retaliation, or refusal to listen. Bring both matters to the Lord. Ask for courage to address the first and grace to repent of the second.

Pause and respond

What does submitting to God look like in your present conflict?

Key takeaway

Recognize spiritual opposition without surrendering responsibility, love, or confidence in Christ.

CHAPTER 2 | EPHESIANS 6 EXPANDED STUDY

Scripture Map

Know the Conflict, Keep Your Eyes on Christ

Read each supporting passage in context. Record how it strengthens, qualifies, or applies the chapter's main teaching.

[Genesis 3:1-7](#)

Temptation distorts God's word and questions his goodness.

[John 8:44](#)

Jesus identifies the devil with lies and murder.

[James 1:13-15](#)

Our own desires also participate in temptation.

[James 4:7-10](#)

Resistance is joined to submission, repentance, and humility.

[1 Peter 5:8-10](#)

Watchfulness rests in God's restoring grace.

Trace the connections

CHAPTER 2 | EPHESIANS 6 EXPANDED STUDY

Christian Commentary Lens

Know the Conflict, Keep Your Eyes on Christ

A historic voice

John Calvin argues that knowledge of a powerful enemy should produce preparation rather than despair. The command to stand carries confidence that the Lord supplies what faithful resistance requires.

Read commentaries wisely

Christian commentators can clarify language, historical setting, theological connections, and pastoral application. They are valuable teachers, but they are not inspired Scripture. Compare their claims with the biblical text, notice where their traditions differ, and resist treating one interpreter as the final authority.

Questions for evaluation

1. What question was this commentator answering in his own time?
2. Where would a careful reader want more evidence from the text?
3. What does this insight protect against?
4. What might it underemphasize?

CHAPTER 2 | EPHESIANS 6 EXPANDED STUDY

Discernment Workshop

Know the Conflict, Keep Your Eyes on Christ

The distortion to recognize

Fear, speculation, and blaming Satan for every problem can replace sober discernment and personal responsibility.

Test the message

1. Where did this idea come from, and what is it responding to?
2. Does it require me to know something Scripture has not told us?
3. Would this still be true if my circumstances were reversed?
4. Does it make me more honest or more defensive?
5. What would I have to ignore in order to keep believing it?

A faithful reframe

The conflict is spiritual, but Christ remains Lord; people must never be treated as the ultimate enemy.

My discernment notes

CHAPTER 2 | EPHESIANS 6 EXPANDED STUDY

Case Study

Know the Conflict, Keep Your Eyes on Christ

Marcus shares an office with a coworker who has undermined him in two meetings and takes credit for work Marcus completed. Marcus is a Christian; his coworker is not.

At first Marcus prayed for patience. Over several months the prayers changed. He began asking God to expose the man, then to remove him, then simply to make things difficult for him. He describes this to a friend as spiritual warfare. He has also started collecting evidence, forwarding emails to himself, and mentioning the situation to colleagues in ways he would not want repeated.

The wrongdoing is real. Marcus is not imagining it, and Christian teaching does not require him to pretend otherwise. But somewhere in those months the coworker stopped being a person who wrongs him and became the enemy itself. Ephesians 6:12 does not deny that Marcus is in a conflict. It denies that this man is what he is fighting.

Read the situation twice before turning the page. Notice where the reasoning turns, not only where the conduct does.

CHAPTER 2 | EPHESIANS 6 EXPANDED STUDY

Case Study — Work It Through

Know the Conflict, Keep Your Eyes on Christ

1. Which parts of Marcus's response address the wrongdoing, and which address the man?
2. What is the difference between documenting a problem and building a case against a person?
3. How would Marcus pray differently if he believed his coworker needed grace as much as he does?
4. What legitimate steps toward justice remain open to him?
5. Who could tell Marcus that his prayers have changed, and would he listen?

CHAPTER 2 | EPHESIANS 6 EXPANDED STUDY

Personal Reflection

Know the Conflict, Keep Your Eyes on Christ

From this chapter

1. Which false promise most often attracts me?
2. Have I treated a person as though that person were my ultimate enemy?
3. What would submission to God look like in the conflict I am facing?

Examine the heart

1. What sin should I confess without excuse?
2. What grace or promise should I receive with gratitude?
3. What specific act of obedience can I complete this week?
4. Who can pray with me and help me follow through?

CHAPTER 2 | EPHESIANS 6 EXPANDED STUDY

S.O.A.P. Study Page

Know the Conflict, Keep Your Eyes on Christ

[Ephesians 6:11-13](#)

Scripture

Copy a short portion accurately. Read the surrounding paragraph.

Observation

What does the passage say? Note commands, reasons, promises, and repeated ideas.

Application

Choose one response that grows directly from the passage's meaning.

Prayer

Respond with worship, confession, thanksgiving, intercession, and a request for help.

CHAPTER 2 | EPHESIANS 6 EXPANDED STUDY

Group Study and Prayer

Know the Conflict, Keep Your Eyes on Christ

Opening

Read Ephesians 6:11-13 aloud twice, using two translations if available. Listen first for what the passage reveals about God, then for the response it calls forth.

Discuss

1. Which sentence in this chapter did you most want to argue with?
2. Where have you seen this truth held well by someone you know?
3. What makes this hard to live out in our particular setting?
4. What does this ask of us together that none of us can do alone?
5. What is one thing we should stop doing as a group?

Pray together

Pray for peace without compromise and faith without presumption. Give time for silence, and let someone who rarely prays aloud go first if they wish.

My commitment

Separate the human conflict from the spiritual temptation within it. Address wrongdoing truthfully, while rejecting contempt, revenge, gossip, and dehumanization.

Prayer

Father, make me alert without making me fearful. Expose deception, humble my heart, and teach me to resist evil while loving the people around me. Amen.

CHAPTER 3 | EPHESIANS 6 EXPANDED STUDY

3. The Whole Armor of God

Ephesians 6:11-14

God equips the whole person with resources rooted in his own saving character and work.

“Put on the whole armour of God.” — Ephesians 6:11, KJV

Chapter aim

This chapter will help you trace the armor back to God's own saving character in Isaiah, resist the pull toward selective discipleship, and identify the piece of Christian obedience you most often leave off.

Read before continuing

[Ephesians 6:11-14](#)

Opening questions

1. Read the passage twice. What changed on the second reading?
2. What is promised here, and what is not promised?
3. Whom does this text address — an individual, a church, or both?

CHAPTER 3 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 1

The Whole Armor of God

God provides what he commands

The phrase “armor of God” directs our attention to divine provision. Paul is describing resources that belong to the life God gives his people: truth, righteousness, the gospel of peace, faith, salvation, and the Word of God. These are received and practiced in dependence on him. The imagery has deep biblical roots. Isaiah 59 pictures the Lord putting on righteousness like a breastplate and salvation like a helmet as he acts against injustice. Isaiah 11 describes the righteous ruler from Jesse’s line with righteousness and faithfulness around his waist. Isaiah 52 celebrates the messenger who announces peace and good news. Paul’s readers are being drawn into a story in which God saves, rules, and equips his people. Those connections help us avoid reducing the passage to an imaginative lesson about ancient military equipment. The equipment supplies the picture; God’s redemptive work supplies its meaning. Historical details can be useful, but speculative claims about every strap or metal plate can distract from Paul’s clear emphasis.

Pause and respond

Which Isaiah image most changes how you read Ephesians 6?

CHAPTER 3 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 2

The Whole Armor of God

Why the whole armor matters

We are tempted to cultivate the parts of Christian life that suit our personality. One person prizes knowledge but neglects prayer. Another speaks confidently about faith but resists correction. Someone else values kindness while avoiding difficult truth. Paul's picture challenges such selective discipleship. Truth and love belong together. Assurance and repentance belong together. Peace and courage belong together. The armor is not a menu from which we choose favorite traits. God forms a whole life of faithful dependence.

Pause and respond

Which part of Christian obedience do you quietly leave off?

CHAPTER 3 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 3

The Whole Armor of God

What it means to stand

Standing does not mean remaining motionless. In this passage it means holding firmly to the Lord and resisting the pressure to abandon faithfulness. Sometimes standing looks like refusing a dishonest shortcut. Sometimes it means confessing sin instead of protecting an image. Sometimes it is continuing to pray through weariness. Nor does standing mean we never stumble. The same gospel that equips believers also calls them back through confession and forgiveness. A fall should lead us toward the Savior, not toward the conclusion that repentance is pointless. Practice: Review the six pieces of armor. Choose one area where your habits need attention. Set a specific response for this week, such as reading Scripture before checking social media, making an overdue apology, or asking a mature believer to pray with you.

Pause and respond

What would standing look like in an ordinary day this week?

Key takeaway

God equips the whole person for a whole life of faithfulness.

CHAPTER 3 | EPHESIANS 6 EXPANDED STUDY

Scripture Map

The Whole Armor of God

Read each supporting passage in context. Record how it strengthens, qualifies, or applies the chapter's main teaching.

[Isaiah 11:1-5](#)

The promised ruler is marked by righteousness and faithfulness.

[Isaiah 52:7](#)

God's saving reign is announced as good news of peace.

[Isaiah 59:15-20](#)

The Lord himself wears righteousness and salvation.

[Romans 13:12-14](#)

Putting on the armor of light is linked with putting on Christ.

[Colossians 3:12-17](#)

The new life joins character, peace, Word, and worship.

Trace the connections

CHAPTER 3 | EPHESIANS 6 EXPANDED STUDY

Christian Commentary Lens

The Whole Armor of God

A historic voice

Matthew Henry emphasizes that the armor is God's provision and must be worn as a whole. Christian graces are not display pieces; they are meant for the continuing course of faithful life.

Read commentaries wisely

Christian commentators can clarify language, historical setting, theological connections, and pastoral application. They are valuable teachers, but they are not inspired Scripture. Compare their claims with the biblical text, notice where their traditions differ, and resist treating one interpreter as the final authority.

Questions for evaluation

1. Does this reading depend on the image, the wider letter, or both?
2. Would the point survive if the military metaphor were removed?
3. Which other Scripture would you set beside it?
4. How would you explain this to someone new to the Bible?

CHAPTER 3 | EPHESIANS 6 EXPANDED STUDY

Discernment Workshop

The Whole Armor of God

The distortion to recognize

Selective discipleship prizes favorite virtues while leaving other areas of obedience exposed and undeveloped.

Test the message

1. Does this teaching put the weight on Christ's work or on my performance?
2. Is a real observation being joined to a false conclusion?
3. Whom does this idea make it easier to look down on?
4. Does it invite correction, or does it insulate itself from it?
5. What does it promise, and can Scripture actually guarantee that?

A faithful reframe

God equips the whole person with resources rooted in his own saving character and work.

My discernment notes

CHAPTER 3 | EPHESIANS 6 EXPANDED STUDY

Case Study

The Whole Armor of God

Ruth has taught an adult Bible class for eleven years. Her lessons are carefully researched, her doctrine is sound, and people who want precision seek her out.

She has also not asked anyone's forgiveness in living memory. She corrects quickly and publicly. When a younger teacher made an interpretive mistake last spring, Ruth addressed it in front of the class in a way that ended his willingness to teach again. Asked to pray at a church gathering, she declines; she says that is not her gift. Her husband has stopped raising difficult subjects with her because the conversation always becomes a matter of who is correct.

Nothing Ruth teaches is false. That is what makes this hard to see. She has cultivated one part of Christian obedience with real discipline and left several others entirely undeveloped, and the exposed places are exactly where she does the most damage.

Read the situation twice before turning the page. Notice where the reasoning turns, not only where the conduct does.

CHAPTER 3 | EPHESIANS 6 EXPANDED STUDY

Case Study — Work It Through

The Whole Armor of God

1. Which pieces of the armor has Ruth developed, and which has she left off?
2. Why is doctrinal accuracy insufficient protection here?
3. What has her selectivity cost the people around her?
4. What would it take for Ruth to receive correction rather than deliver it?
5. Which area of obedience do you cultivate least, and who bears the cost?

CHAPTER 3 | EPHESIANS 6 EXPANDED STUDY

Personal Reflection

The Whole Armor of God

From this chapter

1. Which part of Christian obedience do I tend to neglect?
2. How do Isaiah's pictures of divine armor deepen my confidence?
3. What would standing faithfully look like in an ordinary day?

Examine the heart

1. What sin should I confess without excuse?
2. What grace or promise should I receive with gratitude?
3. What specific act of obedience can I complete this week?
4. Who can pray with me and help me follow through?

CHAPTER 3 | EPHESIANS 6 EXPANDED STUDY

S.O.A.P. Study Page

The Whole Armor of God

[Ephesians 6:11-14](#)

Scripture

Copy a short portion accurately. Read the surrounding paragraph.

Observation

What does the passage say? Note commands, reasons, promises, and repeated ideas.

Application

Choose one response that grows directly from the passage's meaning.

Prayer

Respond with worship, confession, thanksgiving, intercession, and a request for help.

CHAPTER 3 | EPHESIANS 6 EXPANDED STUDY

Group Study and Prayer

The Whole Armor of God

Opening

Read Ephesians 6:11-14 aloud twice, using two translations if available. Listen first for what the passage reveals about God, then for the response it calls forth.

Discuss

1. What did the case study surface that the teaching alone did not?
2. Which supporting passage most changed your reading of Ephesians 6?
3. Where does our church culture make this easier, and where harder?
4. What would obedience cost the person in the case study?
5. Whom in our circle should we be praying for by name this week?

Pray together

Pray for hope without denial and for perseverance without isolation. Ask God for courage for anyone in the group facing a conversation they have been avoiding.

My commitment

Review truth, righteousness, peace, faith, salvation, Scripture, and prayer. Choose the most neglected area and establish one measurable practice for the coming week.

Prayer

Lord, teach me to receive everything you provide. Keep me from selective obedience. Form truth, holiness, peace, faith, hope, and love for your Word in my daily life. Amen.

CHAPTER 4 | EPHESIANS 6 EXPANDED STUDY

4. The Belt of Truth

Ephesians 6:14

God's revealed truth steadies believers and forms truthful, sincere lives.

"Having your loins girt about with truth." — Ephesians 6:14, KJV

Chapter aim

This chapter will help you join what you confess to how you actually speak, test the false conclusions that ride alongside true observations, and practice honesty in one situation where appearances are at stake.

Read before continuing

[Ephesians 6:14](#)

Opening questions

1. What has come before this passage in the letter, and does that change it?
2. Which single word carries the most weight in these verses?
3. What would you find hardest to obey here this week?

CHAPTER 4 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 1

The Belt of Truth

Truth received and truth practiced

Truth in Ephesians is inseparable from Jesus and the gospel. Paul speaks of the word of truth, the gospel of salvation, and later says that truth is in Jesus. Christian truthfulness therefore begins with receiving God's revelation rather than inventing a reality that flatters our desires. It also reshapes conduct. Ephesians 4 tells believers to put away lying and speak truth to one another. We cannot defend biblical truth publicly while cultivating deception privately. The message we confess should form the life we live.

Pause and respond

Where does your public confession differ from your private conduct?

CHAPTER 4 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 2

The Belt of Truth

Lies often contain something true

A deceptive thought may begin with an accurate observation: “You sinned.” It then adds a false conclusion: “Therefore, returning to God is useless.” Another thought may begin, “This relationship is difficult,” and conclude, “Therefore, cruelty is justified.” Discernment requires examining the conclusion, not merely reacting to the emotional force of the thought. The gospel allows us to be honest about sin without accepting hopelessness. First John 1:8–9 rejects denial and invites confession. Romans 8:1 announces freedom from condemnation for those in Christ. These truths work together. We neither excuse sin nor treat it as stronger than the mercy of Jesus. Truth also requires context. An isolated verse can be used to support an idea the passage does not teach. Read the surrounding paragraph, identify the speaker and audience, and ask how the statement fits the message of the biblical book.

Pause and respond

Write one lie you repeatedly believe, and the passage that answers it.

CHAPTER 4 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 3

*The Belt of Truth***Practice: an honest inventory**

Think of one situation in which you are tempted to manage appearances. Perhaps you are minimizing a failure, exaggerating a success, or withholding information someone reasonably needs. Ask what you are afraid truthful speech will cost. Then ask what continued deception will do to trust. Speaking truth does not require speaking every thought or exposing another person's private matters. Ephesians 4:15 joins truth with love. The aim is faithful, appropriate honesty that serves the other person's good. Write down a recurring lie you believe about God, yourself, or other people. Beside it, record a passage that addresses it in context. Then choose a practical act of truthfulness. Truth becomes visible when a corrected belief produces a changed response.

Pause and respond

What truthful sentence have you been avoiding, and to whom?

Key takeaway

The belt of truth joins confidence in God's Word with integrity in everyday life.

CHAPTER 4 | EPHESIANS 6 EXPANDED STUDY

Scripture Map

The Belt of Truth

Read each supporting passage in context. Record how it strengthens, qualifies, or applies the chapter's main teaching.

[Ephesians 4:15](#)

Truth must be spoken in love.

[Ephesians 4:21-25](#)

Truth in Jesus leads believers to put away falsehood.

[John 14:6](#)

Jesus identifies himself as the truth.

[John 17:17](#)

God's Word is truth and sanctifies his people.

[Psalms 51:6](#)

God desires truth in the inward being.

Trace the connections

CHAPTER 4 | EPHESIANS 6 EXPANDED STUDY

Christian Commentary Lens

The Belt of Truth

A historic voice

John Calvin understands the belt as sincerity of mind and freedom from hypocrisy. He also cautions readers not to force a separate hidden meaning into every small feature of the military image.

Read commentaries wisely

Christian commentators can clarify language, historical setting, theological connections, and pastoral application. They are valuable teachers, but they are not inspired Scripture. Compare their claims with the biblical text, notice where their traditions differ, and resist treating one interpreter as the final authority.

Questions for evaluation

1. Is this a central Christian conviction or one tradition's emphasis?
2. How have other faithful readers understood the same verse?
3. What difference would each reading make in practice?
4. What remains true on either reading?

CHAPTER 4 | EPHESIANS 6 EXPANDED STUDY

Discernment Workshop

The Belt of Truth

The distortion to recognize

A person may defend biblical truth publicly while protecting exaggeration, secrecy, or hypocrisy privately.

Test the message

1. Which part of this is central Christian truth, and which is one tradition's interpretation?
2. What does it ask me to do with people who disagree?
3. Is fear or hope doing the persuading here?
4. Does it lead me toward prayer, Scripture, and community, or away from them?
5. What would a mature believer who loves me say about it?

A faithful reframe

God's revealed truth steadies believers and forms truthful, sincere lives.

My discernment notes

CHAPTER 4 | EPHESIANS 6 EXPANDED STUDY

Case Study

The Belt of Truth

Alicia is asked to record a short testimony for her church's website. Her story is real: a difficult stretch, a return to faith, a marriage that survived.

In the recording she says the change happened 'overnight.' It did not. It took about three years, involved a counselor she does not mention, and included a relapse she has never told anyone about. She also compresses two people into one and moves a conversation to a more dramatic location. Nothing she says is technically false. The overall impression is not true.

Alicia's reasoning is that a cleaner story will help more people. Underneath that is a quieter assumption: that God's actual work in her life was not impressive enough to be useful, and that the gap needs closing by her. The belt of truth is not only about avoiding lies. It is about whether she believes the real account is worth telling.

Read the situation twice before turning the page. Notice where the reasoning turns, not only where the conduct does.

CHAPTER 4 | EPHESIANS 6 EXPANDED STUDY

Case Study — Work It Through

The Belt of Truth

1. Which details are false, and which are true statements arranged to mislead?
2. What is Alicia afraid the unedited version would fail to accomplish?
3. How does confidence in the gospel free a person from managing impressions?
4. What does she owe the people who will hear this, and what does she not owe them?
5. Where are you tempted to improve on what God has actually done?

CHAPTER 4 | EPHESIANS 6 EXPANDED STUDY

Personal Reflection

The Belt of Truth

From this chapter

1. Where does my public confession differ from my private conduct?
2. Which conclusion about God needs to be tested against Scripture?
3. How can I speak truth with both clarity and gentleness?

Examine the heart

1. What sin should I confess without excuse?
2. What grace or promise should I receive with gratitude?
3. What specific act of obedience can I complete this week?
4. Who can pray with me and help me follow through?

CHAPTER 4 | EPHESIANS 6 EXPANDED STUDY

S.O.A.P. Study Page

The Belt of Truth

[Ephesians 6:14](#)

Scripture

Copy a short portion accurately. Read the surrounding paragraph.

Observation

What does the passage say? Note commands, reasons, promises, and repeated ideas.

Application

Choose one response that grows directly from the passage's meaning.

Prayer

Respond with worship, confession, thanksgiving, intercession, and a request for help.

CHAPTER 4 | EPHESIANS 6 EXPANDED STUDY

Group Study and Prayer

The Belt of Truth

Opening

Read Ephesians 6:14 aloud twice, using two translations if available. Listen first for what the passage reveals about God, then for the response it calls forth.

Discuss

1. What has changed for you since we began this study?
2. Where are you tempted to substitute knowing this for doing it?
3. What did you find yourself defending as we read?
4. How would a newcomer to faith hear this chapter?
5. What one commitment will you report back on next time?

Pray together

Pray for wisdom in handling Scripture and for love toward those who disagree with us. Close by thanking God for something he has actually done among you since this study began.

My commitment

Identify one false impression you are maintaining or one lie you repeatedly believe. Correct the first appropriately and answer the second with Scripture read in context.

Prayer

God of truth, search my heart. Expose the lies I accept and the false impressions I create. Give me courage to be honest and love to speak faithfully. Amen.

CHAPTER 5 | EPHESIANS 6 EXPANDED STUDY

5. The Breastplate of Righteousness

Ephesians 6:14

Believers are accepted through Christ and called to a holy life that reflects his grace.

“Having on the breastplate of righteousness.” — Ephesians 6:14, KJV

Chapter aim

This chapter will help you hold justification and holiness together without confusing them, recognize both self-righteousness and presumption, and make one act of repentance concrete rather than general.

Read before continuing

[Ephesians 6:14](#)

Opening questions

1. What words, commands, promises, or reasons stand out in this passage?
2. What does the text reveal about God before it tells you what to do?
3. Where do you feel resistance, confusion, comfort, or conviction?

CHAPTER 5 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 1

The Breastplate of Righteousness

Accepted by grace, called to holiness

A study of righteousness must hold together two truths. We cannot establish our acceptance with God through moral achievement. Salvation is his gift in Christ. Yet that gift produces a new direction of life. The people saved by grace are created for good works. Christians have differed over whether the breastplate primarily emphasizes the righteousness received through Christ or the righteous conduct that flows from new life. The wider biblical witness teaches both, though they should not be confused. Our obedience does not replace Christ as the basis of acceptance; our acceptance does not make obedience unnecessary.

Ephesians 4 supports a strong ethical application: the new self is created in righteousness and true holiness. Wearing the breastplate therefore involves bringing our conduct under the lordship of Jesus, with confidence that his grace precedes and enables that response.

Pause and respond

Are you trying to earn acceptance, or using grace to excuse disobedience?

CHAPTER 5 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 2

The Breastplate of Righteousness

Compromise weakens integrity

Sin makes promises it cannot keep. A secret habit promises relief but deepens concealment. A dishonest business practice promises security but erodes integrity. Harbored resentment promises protection but trains the heart in hostility. We should resist these patterns without imagining that a flawless record makes us invulnerable. The protection is not self-righteousness. It is the life of repentance and obedience that grows from belonging to Christ. When we fail, confession is part of returning to that life. First John does not tell believers to pretend they have no sin. It calls them into the light. A person walking in the light can acknowledge wrongdoing because forgiveness is found in God's faithfulness, not in successful image management.

Pause and respond

Which promise has a compromise made you that it cannot keep?

CHAPTER 5 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 3

The Breastplate of Righteousness

Practice: make repentance concrete

Suppose you have been using harsh words at home while speaking graciously in public. General regret may leave the pattern untouched. Concrete repentance names what happened, acknowledges the harm, asks forgiveness without excuses, and changes the conditions that allow the behavior to continue. An apology may need to be followed by restitution, accountability, or a new habit of stepping away before responding in anger. These actions do not purchase forgiveness. They express the seriousness of turning toward God.

Pause and respond

Where is your repentance still general rather than specific?

Key takeaway

Righteous living grows from grace and expresses itself in sincere repentance and obedience.

CHAPTER 5 | EPHESIANS 6 EXPANDED STUDY

Scripture Map

The Breastplate of Righteousness

Read each supporting passage in context. Record how it strengthens, qualifies, or applies the chapter's main teaching.

[Ephesians 2:8-10](#)

Grace saves and creates a people for good works.

[Ephesians 4:22-24](#)

The new self is created in righteousness and holiness.

[Philippians 3:8-9](#)

Paul rejects self-made righteousness for righteousness through faith.

[1 John 1:5-9](#)

Walking in the light includes honest confession.

[Titus 2:11-14](#)

Grace trains believers to reject ungodliness.

Trace the connections

CHAPTER 5 | EPHESIANS 6 EXPANDED STUDY

Christian Commentary Lens

The Breastplate of Righteousness

A historic voice

Calvin applies the breastplate especially to upright and holy conduct, while other Christian interpreters emphasize righteousness received in Christ. The wider New Testament holds acceptance and transformed living together without confusing them.

Read commentaries wisely

Christian commentators can clarify language, historical setting, theological connections, and pastoral application. They are valuable teachers, but they are not inspired Scripture. Compare their claims with the biblical text, notice where their traditions differ, and resist treating one interpreter as the final authority.

Questions for evaluation

1. Which part of this insight is clearly grounded in the words and context of the passage?
2. Does the interpretation fit the message of Ephesians as a whole?
3. What pastoral strength does it offer?
4. What qualification should be kept beside it?

CHAPTER 5 | EPHESIANS 6 EXPANDED STUDY

Discernment Workshop

The Breastplate of Righteousness

The distortion to recognize

Self-righteousness tries to earn acceptance, while presumption uses grace to excuse deliberate disobedience.

Test the message

1. What is being claimed about God?
2. What does the claim ask me to fear, love, trust, or obey?
3. Is Scripture being read in context or used as decoration?
4. Does the application produce truth, holiness, peace, faith, hope, love, and humility?
5. Who benefits if I accept the claim without examination?

A faithful reframe

Believers are accepted through Christ and called to a holy life that reflects his grace.

My discernment notes

CHAPTER 5 | EPHESIANS 6 EXPANDED STUDY

Case Study

The Breastplate of Righteousness

For most of a year Tom has spoken sharply to his wife and children in the evenings. He is warm and patient with everyone else. Each time it happens he feels genuinely awful, apologizes in general terms, and resolves to do better.

His apologies sound like this: 'I've been under a lot of pressure. I'm sorry if I've been short with everyone.' His daughter has stopped coming downstairs after dinner. Tom has noticed and has not asked why. He has prayed about his temper many times and has never named a single specific occasion in those prayers.

Tom's remorse is real, and it has changed nothing for a year. Regret that stays general leaves the pattern completely intact. Concrete repentance would mean naming what he actually said and to whom, acknowledging the harm without explaining the pressure that produced it, asking forgiveness without the word 'if,' and changing the conditions — the hour, the workload, the drive home — that keep producing the same evening.

Read the situation twice before turning the page. Notice where the reasoning turns, not only where the conduct does.

CHAPTER 5 | EPHESIANS 6 EXPANDED STUDY

Case Study — Work It Through

The Breastplate of Righteousness

1. What is the difference between Tom's remorse and repentance?
2. What work is the word 'if' doing in his apology?
3. Why might his daughter need him to name a specific evening rather than a general tendency?
4. What conditions would have to change, not just what intentions?
5. How does grace make this kind of specificity possible rather than terrifying?

CHAPTER 5 | EPHESIANS 6 EXPANDED STUDY

Personal Reflection

The Breastplate of Righteousness

From this chapter

1. Am I trying to earn acceptance through performance, or using grace to excuse disobedience?
2. Where is repentance still vague?
3. What action would demonstrate an honest change of direction?

Examine the heart

1. What sin should I confess without excuse?
2. What grace or promise should I receive with gratitude?
3. What specific act of obedience can I complete this week?
4. Who can pray with me and help me follow through?

CHAPTER 5 | EPHESIANS 6 EXPANDED STUDY

S.O.A.P. Study Page

The Breastplate of Righteousness

[Ephesians 6:14](#)

Scripture

Copy a short portion accurately. Read the surrounding paragraph.

Observation

What does the passage say? Note commands, reasons, promises, and repeated ideas.

Application

Choose one response that grows directly from the passage's meaning.

Prayer

Respond with worship, confession, thanksgiving, intercession, and a request for help.

CHAPTER 5 | EPHESIANS 6 EXPANDED STUDY

Group Study and Prayer

The Breastplate of Righteousness

Opening

Read Ephesians 6:14 aloud twice, using two translations if available. Listen first for what the passage reveals about God, then for the response it calls forth.

Discuss

1. What challenged or encouraged you in this chapter?
2. Where can this teaching be distorted or misused?
3. How does the gospel keep this practice from becoming self-salvation?
4. What would faithful application look like in our shared life?
5. What can the group help you practice this week?

Pray together

Pray for truth without harshness and holiness without pride. Ask God for strength in the specific places named tonight, and pray by name for one person outside this group.

My commitment

Make repentance specific: name the wrong, acknowledge the harm, ask forgiveness without excuses, and change the conditions that allow the behavior to continue.

Prayer

Holy Father, thank you for receiving me through Jesus. Cleanse me from hidden sin and self-righteousness. Let the grace that forgives me also train me to live faithfully. Amen.

CHAPTER 6 | EPHESIANS 6 EXPANDED STUDY

6. Feet Ready with the Gospel of Peace

Ephesians 6:15

The gospel gives firm footing through peace with God and readiness to carry reconciliation to others.

“Your feet shod with the preparation of the gospel of peace.” — Ephesians 6:15, KJV

Chapter aim

This chapter will help you rest in reconciliation with God, understand why a passage about conflict equips believers with peace, and prepare to speak the gospel to someone with both conviction and gentleness.

Read before continuing

[Ephesians 6:15](#)

Opening questions

1. What is the passage asking its first readers to do, and why?
2. Which phrase would you most want explained?
3. What in this text runs against something you already assume?

CHAPTER 6 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 1

Feet Ready with the Gospel of Peace

Peace begins with reconciliation

The gospel announces what God has done through Jesus to reconcile sinners to himself. Romans 5:1 connects justification by faith with peace with God. This peace is more than a calm feeling. It concerns a changed relationship made possible through Christ. Ephesians also describes peace between people who were once divided. Christ brings Jew and Gentile together in one body through the cross. The peace of the gospel is therefore personal and communal. It forms a people who share access to the Father by one Spirit. In a passage about conflict, Paul equips believers with peace. That combination should correct our tone. We resist evil while carrying a message of reconciliation. A combative personality is not proof of spiritual maturity.

Pause and respond

Where are you trying to establish worth through winning?

CHAPTER 6 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 2

Feet Ready with the Gospel of Peace

Readiness and stability

The wording about preparation or readiness has been understood with different emphases: a firm footing supplied by the gospel, readiness to move in obedience, and readiness to share the good news. We should avoid pretending the verse settles every detail of the image. Together with the surrounding Scriptures, it clearly calls us to be equipped by the gospel of peace. A person grounded in reconciliation with God can approach difficult situations without needing to prove personal worth through victory in every argument. That freedom allows us to listen carefully, speak honestly, and remain patient when another person disagrees.

Pause and respond

What footing does peace with God give you in a difficult conversation?

CHAPTER 6 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 3

Feet Ready with the Gospel of Peace

Practice: carry peace into a real conversation

Think of someone with whom spiritual conversations have become tense. Before speaking again, ask whether your goal has become winning rather than helping. Prepare to explain the gospel simply: humanity's sin, Christ's death and resurrection, and God's call to repentance and faith. Then listen. Ask what the person actually believes and why. Do not answer an imagined objection while ignoring the real question. Colossians 4 calls for gracious speech suited to the person before us. Peacemaking does not mean concealing disagreement or declaring every belief equally true. It means approaching people as those who need grace, just as we do. The message of the cross gives us both conviction and humility.

Pause and respond

Whose actual question have you been answering past?

Key takeaway

The gospel gives believers firm ground and sends them toward others with good news.

CHAPTER 6 | EPHESIANS 6 EXPANDED STUDY

Scripture Map

Feet Ready with the Gospel of Peace

Read each supporting passage in context. Record how it strengthens, qualifies, or applies the chapter's main teaching.

[Ephesians 2:13-18](#)

Christ creates peace with God and between divided peoples.

[Romans 5:1](#)

Justification by faith brings peace with God.

[Isaiah 52:7](#)

The messenger announces peace and God's reign.

[Romans 10:14-15](#)

The good news must be carried and proclaimed.

[Colossians 4:5-6](#)

Gracious speech responds wisely to each person.

Trace the connections

CHAPTER 6 | EPHESIANS 6 EXPANDED STUDY

Christian Commentary Lens

Feet Ready with the Gospel of Peace

A historic voice

Guzik highlights both a prepared foundation and readiness for movement. The gospel steadies the believer and prepares the believer to bear good news in the world.

Read commentaries wisely

Christian commentators can clarify language, historical setting, theological connections, and pastoral application. They are valuable teachers, but they are not inspired Scripture. Compare their claims with the biblical text, notice where their traditions differ, and resist treating one interpreter as the final authority.

Questions for evaluation

1. What question was this commentator answering in his own time?
2. Where would a careful reader want more evidence from the text?
3. What does this insight protect against?
4. What might it underemphasize?

CHAPTER 6 | EPHESIANS 6 EXPANDED STUDY

Discernment Workshop

Feet Ready with the Gospel of Peace

The distortion to recognize

A combative spirit may defend correct ideas in a manner that contradicts the message of grace being announced.

Test the message

1. Where did this idea come from, and what is it responding to?
2. Does it require me to know something Scripture has not told us?
3. Would this still be true if my circumstances were reversed?
4. Does it make me more honest or more defensive?
5. What would I have to ignore in order to keep believing it?

A faithful reframe

The gospel gives firm footing through peace with God and readiness to carry reconciliation to others.

My discernment notes

CHAPTER 6 | EPHESIANS 6 EXPANDED STUDY

Case Study

Feet Ready with the Gospel of Peace

At a family dinner, Priya's brother-in-law says he cannot believe in a God who would allow his mother's illness. He says it plainly, without hostility.

Priya answers immediately. She has read about this and moves through the material well: free will, a fallen creation, the cross as God's entry into suffering. Her arguments are sound. Twenty minutes later he has stopped responding and the table has gone quiet.

What Priya answered was the question as she had studied it. What her brother-in-law asked was about his mother. He was not presenting a problem in philosophy of religion; he was telling his family something about the last two years of his life. Priya's feet were ready — she was prepared to speak — but readiness in Ephesians 6:15 belongs to the gospel of peace, and peace here would have begun with a question rather than an answer.

Read the situation twice before turning the page. Notice where the reasoning turns, not only where the conduct does.

CHAPTER 6 | EPHESIANS 6 EXPANDED STUDY

Case Study — Work It Through

Feet Ready with the Gospel of Peace

1. What was actually being asked, and what did Priya answer?
2. Where did the goal shift from helping to winning?
3. What would listening have cost her, and what might it have opened?
4. How can conviction and gentleness operate in the same conversation?
5. What question could she ask him this week?

CHAPTER 6 | EPHESIANS 6 EXPANDED STUDY

Personal Reflection

Feet Ready with the Gospel of Peace

From this chapter

1. Am I resting in peace with God or trying to establish my worth through approval?
2. Does my manner fit the gospel I announce?
3. What preparation would help me speak of Christ more clearly?

Examine the heart

1. What sin should I confess without excuse?
2. What grace or promise should I receive with gratitude?
3. What specific act of obedience can I complete this week?
4. Who can pray with me and help me follow through?

CHAPTER 6 | EPHESIANS 6 EXPANDED STUDY

S.O.A.P. Study Page

Feet Ready with the Gospel of Peace

[Ephesians 6:15](#)

Scripture

Copy a short portion accurately. Read the surrounding paragraph.

Observation

What does the passage say? Note commands, reasons, promises, and repeated ideas.

Application

Choose one response that grows directly from the passage's meaning.

Prayer

Respond with worship, confession, thanksgiving, intercession, and a request for help.

CHAPTER 6 | EPHESIANS 6 EXPANDED STUDY

Group Study and Prayer

Feet Ready with the Gospel of Peace

Opening

Read Ephesians 6:15 aloud twice, using two translations if available. Listen first for what the passage reveals about God, then for the response it calls forth.

Discuss

1. Which sentence in this chapter did you most want to argue with?
2. Where have you seen this truth held well by someone you know?
3. What makes this hard to live out in our particular setting?
4. What does this ask of us together that none of us can do alone?
5. What is one thing we should stop doing as a group?

Pray together

Pray for peace without compromise and faith without presumption. Give time for silence, and let someone who rarely prays aloud go first if they wish.

My commitment

Prepare a simple gospel explanation, ask a sincere question, and listen to the actual answer. Pray for an opportunity to speak of Christ without turning the person into a project or opponent.

Prayer

Prince of Peace, settle my heart in your reconciling work. Make my speech gracious and truthful. Prepare me to carry your gospel wherever you lead. Amen.

CHAPTER 7 | EPHESIANS 6 EXPANDED STUDY

7. The Shield of Faith

Ephesians 6:16

Faith trusts the character and promises of God rather than demanding a preferred outcome.

"Taking the shield of faith." — Ephesians 6:16, KJV

Chapter aim

This chapter will help you fix faith on God's character rather than a preferred outcome, answer accusation with promise read in context, and bring one fear you have carried alone into the light.

Read before continuing

[Ephesians 6:16](#)

Opening questions

1. Read the passage twice. What changed on the second reading?
2. What is promised here, and what is not promised?
3. Whom does this text address — an individual, a church, or both?

CHAPTER 7 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 1

The Shield of Faith

Faith has an object

Faith is not confidence that our preferred outcome must happen. It is trust in God as he has made himself known. Its strength rests ultimately in his faithfulness, not in the intensity of our feelings. That distinction matters when circumstances hurt. A believer may trust God deeply while grieving, trembling, or asking hard questions. Psalm 56 brings fear directly into the act of trusting. The presence of fear does not make trust impossible; it becomes the setting in which trust is exercised. The father in Mark 9 brings his struggling faith to Jesus. He does not wait until he has resolved every inward conflict. His appeal directs us toward the same posture: honest dependence on the One who can help.

Pause and respond

What have you been treating as the object of faith?

CHAPTER 7 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 2

The Shield of Faith

Answer the accusation with God's promise

Paul describes the evil one's attacks as fiery darts. The image suggests assaults intended to wound and spread destruction. In practical application, we may think of temptations toward distrust, accusation, despair, or arrogant independence. These are examples of how the image can illuminate experience, not a claim that every distressing thought has a directly identifiable spiritual source. Faith answers by returning to what God has said. When accusation insists that confession is pointless, faith remembers God's promise of forgiveness. When suffering is interpreted as proof of abandonment, faith looks to the crucified and risen Christ. When temptation promises that disobedience will secure happiness, faith entrusts the future to the Lord. This response is more than reciting a phrase. We read the promise in context, bring our situation to God, and act in line with his Word. Faith grows as trust becomes obedience.

Pause and respond

Which accusation needs answering with a promise read in context?

CHAPTER 7 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 3

The Shield of Faith

Practice: bring one fear into the light

Choose one fear you have been carrying alone. Describe it honestly in prayer. Find a passage that reveals God's character without promising an outcome the text does not guarantee. Share the concern with a trustworthy believer who can pray with you. Then identify one action that expresses trust. It may be refusing a dishonest solution, asking for help, or continuing a responsibility while the outcome remains uncertain. The aim is not to manufacture a fearless feeling. It is to entrust yourself to the faithful Lord.

Pause and respond

What fear have you carried alone, and who could carry it with you?

Key takeaway

Faith receives God's truth and entrusts the outcome to his wisdom and care.

CHAPTER 7 | EPHESIANS 6 EXPANDED STUDY

Scripture Map

The Shield of Faith

Read each supporting passage in context. Record how it strengthens, qualifies, or applies the chapter's main teaching.

[Genesis 15:1-6](#)

Abram trusts the promise-giving God.

[Psalms 56:3-4](#)

Fear becomes an occasion for trust.

[Mark 9:14-29](#)

Struggling faith brings its need directly to Jesus.

[Hebrews 11:1-6](#)

Faith trusts God and acts on what he has revealed.

[1 John 5:4-5](#)

Faith in Jesus overcomes the world.

Trace the connections

CHAPTER 7 | EPHESIANS 6 EXPANDED STUDY

Christian Commentary Lens

The Shield of Faith

A historic voice

Calvin closely joins faith and the Word: the Word supplies the promise and faith receives it. The shield and sword remain distinct images while working in inseparable partnership.

Read commentaries wisely

Christian commentators can clarify language, historical setting, theological connections, and pastoral application. They are valuable teachers, but they are not inspired Scripture. Compare their claims with the biblical text, notice where their traditions differ, and resist treating one interpreter as the final authority.

Questions for evaluation

1. Does this reading depend on the image, the wider letter, or both?
2. Would the point survive if the military metaphor were removed?
3. Which other Scripture would you set beside it?
4. How would you explain this to someone new to the Bible?

CHAPTER 7 | EPHESIANS 6 EXPANDED STUDY

Discernment Workshop

The Shield of Faith

The distortion to recognize

Faith can be reduced to emotional certainty, positive thinking, or a claim that God must remove every hardship now.

Test the message

1. Does this teaching put the weight on Christ's work or on my performance?
2. Is a real observation being joined to a false conclusion?
3. Whom does this idea make it easier to look down on?
4. Does it invite correction, or does it insulate itself from it?
5. What does it promise, and can Scripture actually guarantee that?

A faithful reframe

Faith trusts the character and promises of God rather than demanding a preferred outcome.

My discernment notes

CHAPTER 7 | EPHESIANS 6 EXPANDED STUDY

Case Study

The Shield of Faith

Grace had a biopsy nine days ago. The result was supposed to come Tuesday and has not.

Two friends from church have told her confidently that God has already healed her and that she should not speak negatively. A third has told her that anxiety indicates weak faith. Grace has stopped mentioning the wait to anyone. She lies awake rehearsing outcomes and has begun avoiding prayer, because when she prays she feels she is supposed to produce a certainty she does not have.

Her friends have handed her a shield she cannot lift. Faith in Ephesians 6 is not the achievement of confident feeling; it is trust in the God who has revealed himself, and Psalm 56 places fear inside the act of trusting rather than outside it. Grace does not need to resolve her fear before she prays. The fear is the thing she brings.

Read the situation twice before turning the page. Notice where the reasoning turns, not only where the conduct does.

CHAPTER 7 | EPHESIANS 6 EXPANDED STUDY

Case Study — Work It Through

The Shield of Faith

1. What have Grace's friends made faith depend on?
2. How does Psalm 56:3–4 describe trusting while afraid?
3. What can be honestly promised about God's character, and what cannot be promised about the result?
4. What would it look like for someone to sit with her without predicting the outcome?
5. Which fear have you stopped bringing to God because you thought you should have resolved it first?

CHAPTER 7 | EPHESIANS 6 EXPANDED STUDY

Personal Reflection

The Shield of Faith

From this chapter

1. What am I treating as the object of faith: God or a desired outcome?
2. Which promise do I need to understand more carefully?
3. How could obedience express trust in my present uncertainty?

Examine the heart

1. What sin should I confess without excuse?
2. What grace or promise should I receive with gratitude?
3. What specific act of obedience can I complete this week?
4. Who can pray with me and help me follow through?

CHAPTER 7 | EPHESIANS 6 EXPANDED STUDY

S.O.A.P. Study Page

The Shield of Faith

[Ephesians 6:16](#)

Scripture

Copy a short portion accurately. Read the surrounding paragraph.

Observation

What does the passage say? Note commands, reasons, promises, and repeated ideas.

Application

Choose one response that grows directly from the passage's meaning.

Prayer

Respond with worship, confession, thanksgiving, intercession, and a request for help.

CHAPTER 7 | EPHESIANS 6 EXPANDED STUDY

Group Study and Prayer

The Shield of Faith

Opening

Read Ephesians 6:16 aloud twice, using two translations if available. Listen first for what the passage reveals about God, then for the response it calls forth.

Discuss

1. What did the case study surface that the teaching alone did not?
2. Which supporting passage most changed your reading of Ephesians 6?
3. Where does our church culture make this easier, and where harder?
4. What would obedience cost the person in the case study?
5. Whom in our circle should we be praying for by name this week?

Pray together

Pray for hope without denial and for perseverance without isolation. Ask God for courage for anyone in the group facing a conversation they have been avoiding.

My commitment

Describe one fear honestly. Find a passage that reveals God's character without promising what it does not promise. Then take one action that expresses trust and obedience.

Prayer

Faithful God, strengthen my trust in you. Help me bring fear and uncertainty into your presence. Teach me to rely on your character and obey your Word. Amen.

CHAPTER 8 | EPHESIANS 6 EXPANDED STUDY

8. The Helmet of Salvation

Ephesians 6:17

Salvation anchors identity in Christ's finished work and hope in God's promised future.

"Take the helmet of salvation." — Ephesians 6:17, KJV

Chapter aim

This chapter will help you anchor assurance in Christ's finished work rather than your most recent spiritual day, and let resurrection hope reshape how you read a difficult present.

Read before continuing

[Ephesians 6:17](#)

Opening questions

1. What has come before this passage in the letter, and does that change it?
2. Which single word carries the most weight in these verses?
3. What would you find hardest to obey here this week?

CHAPTER 8 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 1

*The Helmet of Salvation***Salvation has a future**

The gospel tells us what Christ has accomplished and where his saving work is taking his people. Believers have been redeemed, are being formed in holiness, and await the completion of God's promised restoration. First Peter calls this a living hope grounded in the resurrection of Jesus. First Thessalonians 5 describes the helmet as the hope of salvation. Read alongside Ephesians, this points us toward confidence in God's promised future. The present struggle is real, but it is not the final chapter of the Christian's story. Hope changes how we interpret the present. Suffering cannot prove that Christ has failed. Delay cannot cancel God's promise. Our inability to see the whole path does not mean the destination has disappeared.

Pause and respond

What most controls your sense of spiritual security?

CHAPTER 8 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 2

The Helmet of Salvation

Assurance belongs to Christ

Assurance becomes unstable when we build it entirely on our latest spiritual experience. A good day produces confidence; a difficult day seems to erase it. Scripture directs us toward the objective work of Jesus and the trustworthy promises of God. Romans 8 grounds freedom from condemnation in Christ and celebrates God's preserving love. Ephesians 1 connects the Spirit's sealing with the promised inheritance. These passages invite believers to look beyond fluctuating moods to the Savior who died and rose again. That confidence does not make self-examination unnecessary. A person deliberately protecting sin should respond with repentance rather than empty reassurance. But repentance itself points us back to mercy. The purpose of biblical examination is faithful return to God, not endless preoccupation with ourselves.

Pause and respond

Where does assurance rise and fall with your latest day?

CHAPTER 8 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 3

The Helmet of Salvation

Practice: remember your larger story

When you feel reduced to your failure, disappointment, or present limitation, write a short statement of gospel hope: God has acted in Christ; I am called to repent and trust him; his people await resurrection life; my present circumstances are not ultimate. Use the words carefully. Do not claim that every painful consequence will disappear now. Hope can coexist with ongoing responsibility, loss, and rebuilding. The helmet does not remove the difficult day; it equips us to face that day in light of God's future. Spend time reading Romans 8:31–39 slowly. Notice how Paul argues from God's action in Christ to confidence in his love. Let the passage shape your understanding before turning it into a personal prayer.

Pause and respond

How does resurrection hope change today specifically?

Key takeaway

The hope of salvation anchors the believer in Christ's work and God's promised future.

CHAPTER 8 | EPHESIANS 6 EXPANDED STUDY

Scripture Map

The Helmet of Salvation

Read each supporting passage in context. Record how it strengthens, qualifies, or applies the chapter's main teaching.

[Ephesians 1:13-14](#)

The Spirit is the guarantee of the promised inheritance.

[1 Thessalonians 5:8-11](#)

The helmet is linked with the hope of salvation.

[Romans 8:1](#)

There is no condemnation for those in Christ.

[Romans 8:31-39](#)

Nothing can separate believers from God's love in Christ.

[1 Peter 1:3-5](#)

The resurrection gives living hope and a guarded inheritance.

Trace the connections

CHAPTER 8 | EPHESIANS 6 EXPANDED STUDY

Christian Commentary Lens

The Helmet of Salvation

A historic voice

Calvin connects the helmet directly with the hope of salvation. Looking toward the promised completion of God’s saving work equips believers against discouragement and surrender.

Read commentaries wisely

Christian commentators can clarify language, historical setting, theological connections, and pastoral application. They are valuable teachers, but they are not inspired Scripture. Compare their claims with the biblical text, notice where their traditions differ, and resist treating one interpreter as the final authority.

Questions for evaluation

1. Is this a central Christian conviction or one tradition’s emphasis?
2. How have other faithful readers understood the same verse?
3. What difference would each reading make in practice?
4. What remains true on either reading?

CHAPTER 8 | EPHESIANS 6 EXPANDED STUDY

Discernment Workshop

The Helmet of Salvation

The distortion to recognize

Assurance becomes unstable when it rises and falls entirely with recent performance, emotion, or circumstances.

Test the message

1. Which part of this is central Christian truth, and which is one tradition's interpretation?
2. What does it ask me to do with people who disagree?
3. Is fear or hope doing the persuading here?
4. Does it lead me toward prayer, Scripture, and community, or away from them?
5. What would a mature believer who loves me say about it?

A faithful reframe

Salvation anchors identity in Christ's finished work and hope in God's promised future.

My discernment notes

CHAPTER 8 | EPHESIANS 6 EXPANDED STUDY

Case Study

The Helmet of Salvation

Nathan led a small group for four years. Eight months ago an affair came to light. He confessed, stepped down, and his marriage is in slow, painful repair.

He has not been back to church. When people from the group reach out he answers briefly. He told one of them that he does not think returning to God is the point anymore — not because he doubts God exists, but because he believes he has used up whatever standing he had. He can quote the verses about forgiveness. He does not think they apply to someone who knew better.

Nathan's conclusion contains a true premise. He did know better, and there are consequences he will carry for years. The false step is the inference. The armor passage is written to people who need God's strength, not to people who have proved they deserve it, and the helmet of salvation rests on Christ's finished work rather than on Nathan's record.

Read the situation twice before turning the page. Notice where the reasoning turns, not only where the conduct does.

CHAPTER 8 | EPHESIANS 6 EXPANDED STUDY

Case Study — Work It Through

The Helmet of Salvation

1. Which part of Nathan's reasoning is true, and where exactly does it turn false?
2. What does 1 John 1:8-9 say to a person who believes confession is now pointless?
3. How can hope be real while consequences remain?
4. What would a wise friend say first, and what would they not say?
5. Where have you treated a past failure as stronger than God's mercy?

CHAPTER 8 | EPHESIANS 6 EXPANDED STUDY

Personal Reflection

The Helmet of Salvation

From this chapter

1. What most strongly controls my sense of spiritual security?
2. How does resurrection hope change the way I view today?
3. Where do I need both repentance and renewed confidence in Christ?

Examine the heart

1. What sin should I confess without excuse?
2. What grace or promise should I receive with gratitude?
3. What specific act of obedience can I complete this week?
4. Who can pray with me and help me follow through?

CHAPTER 8 | EPHESIANS 6 EXPANDED STUDY

S.O.A.P. Study Page

The Helmet of Salvation

[Ephesians 6:17](#)

Scripture

Copy a short portion accurately. Read the surrounding paragraph.

Observation

What does the passage say? Note commands, reasons, promises, and repeated ideas.

Application

Choose one response that grows directly from the passage's meaning.

Prayer

Respond with worship, confession, thanksgiving, intercession, and a request for help.

CHAPTER 8 | EPHESIANS 6 EXPANDED STUDY

Group Study and Prayer

The Helmet of Salvation

Opening

Read Ephesians 6:17 aloud twice, using two translations if available. Listen first for what the passage reveals about God, then for the response it calls forth.

Discuss

1. What has changed for you since we began this study?
2. Where are you tempted to substitute knowing this for doing it?
3. What did you find yourself defending as we read?
4. How would a newcomer to faith hear this chapter?
5. What one commitment will you report back on next time?

Pray together

Pray for wisdom in handling Scripture and for love toward those who disagree with us. Close by thanking God for something he has actually done among you since this study began.

My commitment

Write a four-sentence gospel summary that names Christ's work, your call to repent and believe, the hope of resurrection, and the fact that today's trial is not the final chapter.

Prayer

God of hope, steady my heart in your salvation. Keep me from careless presumption and from despair. Help me live today in the light of the resurrection. Amen.

CHAPTER 9 | EPHESIANS 6 EXPANDED STUDY

9. The Sword of the Spirit

Ephesians 6:17

The Spirit gives the Word of God to expose deception, form obedience, and answer temptation.

"The sword of the Spirit, which is the word of God." — Ephesians 6:17, KJV

Chapter aim

This chapter will help you receive Scripture as the Spirit's gift for obedience, learn from how Jesus answered the tempter, and study a passage properly before you quote it at anyone, including yourself.

Read before continuing

[Ephesians 6:17](#)

Opening questions

1. What words, commands, promises, or reasons stand out in this passage?
2. What does the text reveal about God before it tells you what to do?
3. Where do you feel resistance, confusion, comfort, or conviction?

CHAPTER 9 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 1

The Sword of the Spirit

The Word belongs to the Spirit

Paul identifies the sword directly. It is the Word of God. We do not need to invent a hidden weapon or discover a special phrase. God has spoken, and his people are called to hear, believe, and obey. The Spirit does not lead believers away from the truth he has given. Scripture teaches, corrects, and trains God's people for faithful living. Its work reaches beneath appearances, exposing motives we may prefer to conceal. That means the sword first challenges our own heart. We misuse Scripture when we wield it against others while refusing its correction ourselves. The disciple approaches the Word ready to be taught, not merely armed with arguments.

Pause and respond

Do you study Scripture to be changed or to confirm your opinions?

CHAPTER 9 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 2

The Sword of the Spirit

Jesus and the temptation in the wilderness

Matthew 4 provides a clear model of faithful use of Scripture under temptation. Jesus answers the tempter from Deuteronomy. He refuses to treat hunger as permission to abandon obedience, refuses to test the Father, and refuses worship directed anywhere but God. The tempter also cites Scripture. This is a crucial warning: the presence of biblical words does not guarantee a faithful interpretation. Jesus' answer shows that one passage must not be used to justify disobedience to the wider teaching of God's Word. Read the Deuteronomy passages in context. They concern Israel's dependence, worship, and covenant faithfulness. Jesus answers as the faithful Son who trusts the Father. His example is richer than a technique for winning verbal contests.

Pause and respond

Where have you seen accurate quotation used unfaithfully?

CHAPTER 9 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 3

The Sword of the Spirit

Practice: study before you quote

Choose a temptation that regularly troubles you. Find a relevant passage and read the surrounding section. Ask what the passage teaches about God, what response it calls for, and how it connects with the gospel. Next, summarize the teaching in your own words. Memorize a short portion accurately. Finally, decide how obedience will look when the temptation returns. If the issue is anger, the response may involve a pause, a gentle answer, and a later conversation. If the issue is dishonesty, it may involve correcting a misleading statement. Memorization helps us remember what God has said, but it is not a magical barrier. A verse faithfully understood and obeyed serves its purpose better than a long list recited without attention to meaning.

Pause and respond

What passage will you learn and practice this week?

Key takeaway

The Spirit's sword is God's Word, received with understanding and expressed in obedience.

CHAPTER 9 | EPHESIANS 6 EXPANDED STUDY

Scripture Map

The Sword of the Spirit

Read each supporting passage in context. Record how it strengthens, qualifies, or applies the chapter's main teaching.

[Matthew 4:1-11](#)

Jesus answers temptation with Scripture faithfully understood.

[Deuteronomy 6:13-16](#)

Israel is called to worship and trust God alone.

[Deuteronomy 8:1-3](#)

God's Word sustains life beyond bread.

[2 Timothy 3:14-17](#)

Scripture equips God's people for every good work.

[Hebrews 4:12-13](#)

God's Word exposes the thoughts and intentions of the heart.

Trace the connections

CHAPTER 9 | EPHESIANS 6 EXPANDED STUDY

Christian Commentary Lens

The Sword of the Spirit

A historic voice

Matthew Henry emphasizes a biblical text that is well understood and rightly applied. The force lies neither in isolated words nor in performance, but in God's truth received with faith and obedience.

Read commentaries wisely

Christian commentators can clarify language, historical setting, theological connections, and pastoral application. They are valuable teachers, but they are not inspired Scripture. Compare their claims with the biblical text, notice where their traditions differ, and resist treating one interpreter as the final authority.

Questions for evaluation

1. Which part of this insight is clearly grounded in the words and context of the passage?
2. Does the interpretation fit the message of Ephesians as a whole?
3. What pastoral strength does it offer?
4. What qualification should be kept beside it?

CHAPTER 9 | EPHESIANS 6 EXPANDED STUDY

Discernment Workshop

The Sword of the Spirit

The distortion to recognize

A verse can be treated like a charm, quoted outside its context, or wielded against others while its correction is resisted personally.

Test the message

1. What is being claimed about God?
2. What does the claim ask me to fear, love, trust, or obey?
3. Is Scripture being read in context or used as decoration?
4. Does the application produce truth, holiness, peace, faith, hope, love, and humility?
5. Who benefits if I accept the claim without examination?

A faithful reframe

The Spirit gives the Word of God to expose deception, form obedience, and answer temptation.

My discernment notes

CHAPTER 9 | EPHESIANS 6 EXPANDED STUDY

Case Study

The Sword of the Spirit

A post circulating in Eric's church group quotes a single verse to argue that a particular group of people should be treated with contempt. The verse is real and quoted accurately. Several people Eric respects have shared it.

Eric is uneasy but cannot immediately say why, and the accuracy of the quotation makes him doubt his own reaction. He shares it.

In Matthew 4 the tempter also quotes Scripture accurately. Jesus does not answer by disputing the words; he answers from the wider teaching the quotation has been cut away from. That is the test Eric needed. Who is speaking in the passage, to whom, and about what? Does the conclusion fit the argument of the book it comes from? Does the application produce the love, humility, and truthfulness the rest of Scripture requires? A verse used to license contempt has been turned against its own author.

Read the situation twice before turning the page. Notice where the reasoning turns, not only where the conduct does.

CHAPTER 9 | EPHESIANS 6 EXPANDED STUDY

Case Study — Work It Through

The Sword of the Spirit

1. Who is speaking in the original passage, to whom, and for what purpose?
2. What does the surrounding paragraph do to the conclusion being drawn?
3. Why is accurate quotation not the same as faithful use?
4. What does Jesus' method in Matthew 4 model for Eric?
5. What does Eric owe the people he already shared it with?

CHAPTER 9 | EPHESIANS 6 EXPANDED STUDY

Personal Reflection

The Sword of the Spirit

From this chapter

1. Do I study Scripture to be changed or mainly to confirm my opinions?
2. Have I used a verse outside its context?
3. What passage can I learn and practice this week?

Examine the heart

1. What sin should I confess without excuse?
2. What grace or promise should I receive with gratitude?
3. What specific act of obedience can I complete this week?
4. Who can pray with me and help me follow through?

CHAPTER 9 | EPHESIANS 6 EXPANDED STUDY

S.O.A.P. Study Page

The Sword of the Spirit

[Ephesians 6:17](#)

Scripture

Copy a short portion accurately. Read the surrounding paragraph.

Observation

What does the passage say? Note commands, reasons, promises, and repeated ideas.

Application

Choose one response that grows directly from the passage's meaning.

Prayer

Respond with worship, confession, thanksgiving, intercession, and a request for help.

CHAPTER 9 | EPHESIANS 6 EXPANDED STUDY

Group Study and Prayer

The Sword of the Spirit

Opening

Read Ephesians 6:17 aloud twice, using two translations if available. Listen first for what the passage reveals about God, then for the response it calls forth.

Discuss

1. What challenged or encouraged you in this chapter?
2. Where can this teaching be distorted or misused?
3. How does the gospel keep this practice from becoming self-salvation?
4. What would faithful application look like in our shared life?
5. What can the group help you practice this week?

Pray together

Pray for truth without harshness and holiness without pride. Ask God for strength in the specific places named tonight, and pray by name for one person outside this group.

My commitment

Study one passage that addresses a recurring temptation. Read the paragraph, summarize its meaning, memorize a short portion accurately, and decide what obedience will look like.

Prayer

Spirit of God, teach me through Scripture. Correct my interpretations, uncover my motives, and help me obey. Make your Word familiar to my mind and fruitful in my life. Amen.

CHAPTER 10 | EPHESIANS 6 EXPANDED STUDY

10. Pray at All Times

Ephesians 6:18-20

Persistent, Spirit-dependent prayer accompanies the whole armored life and embraces the needs of all God's people.

"Praying always with all prayer and supplication in the Spirit." — Ephesians 6:18, KJV

Chapter aim

This chapter will help you move prayer from emergency response to continuing dependence, widen your intercession beyond your own circumstances, and pray as Paul asked to be prayed for.

Read before continuing

[Ephesians 6:18-20](#)

Opening questions

1. What is the passage asking its first readers to do, and why?
2. Which phrase would you most want explained?
3. What in this text runs against something you already assume?

CHAPTER 10 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 1

Pray at All Times

Prayer accompanies the whole life

After describing the armor, Paul calls believers to prayer. He does not attach a seventh piece of equipment to it in this passage. Prayer accompanies the whole struggle as an expression of dependence on God. The repeated breadth of the instruction matters: all occasions, varied prayer, perseverance, and all the saints. Prayer is not reserved for moments when circumstances become unbearable. Thanksgiving in ordinary life, confession after failure, petitions for wisdom, and intercession for others all belong here. Praying in the Spirit means relying on the Spirit's help and seeking God in keeping with his will. Christians differ over how this phrase relates to particular spiritual gifts, but the passage plainly calls the whole church to persistent, Spirit-dependent prayer. Romans 8 assures us of the Spirit's help in weakness.

Pause and respond

When do you usually begin to pray?

CHAPTER 10 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 2

Pray at All Times

Watchfulness and perseverance

Watchfulness keeps prayer connected with real needs. We notice a believer growing discouraged, a relationship becoming strained, or a temptation gaining influence. We bring these concerns to God before indifference or panic takes control. Perseverance means returning when the answer is delayed. It does not mean pressuring God with a flawless formula. Jesus' teaching in Luke 18 encourages prayer rooted in confidence in God's justice. The contrast between the unjust judge and our faithful God strengthens the invitation to keep praying.

Pause and respond

Whose need have you noticed and not brought to God?

CHAPTER 10 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 3

Pray at All Times

Paul's surprising request

Paul asks for prayer that he will speak the gospel boldly. His chains have not erased his calling. This does not forbid praying for relief; it broadens our concerns beyond relief alone. We may ask both for deliverance from hardship and for faithfulness within it. This is especially relevant to ministry. Public teaching, online content, and personal evangelism require more than visibility. They require clarity, courage, humility, and dependence on God. Paul's example gives every believer a reason to pray for those who communicate the gospel. Practice: Pray today for one personal need, one struggling believer, one person who does not know Christ, and one gospel worker. Include thanksgiving. Ask not only for changed circumstances but also for wisdom and faithful action within them.

Pause and respond

What would change if gospel faithfulness became a central request?

Key takeaway

Prayer keeps the armored life dependent, alert, and connected to the needs of others.

CHAPTER 10 | EPHESIANS 6 EXPANDED STUDY

Scripture Map

Pray at All Times

Read each supporting passage in context. Record how it strengthens, qualifies, or applies the chapter's main teaching.

[Luke 18:1-8](#)

Jesus teaches perseverance grounded in God's justice.

[Romans 8:26-27](#)

The Spirit helps believers in weakness.

[Philippians 4:6-7](#)

Prayer and thanksgiving bring anxiety before God.

[Colossians 4:2-4](#)

Watchful prayer seeks open doors and clear gospel speech.

[1 Timothy 2:1-6](#)

The church prays broadly in light of God's saving desire.

Trace the connections

CHAPTER 10 | EPHESIANS 6 EXPANDED STUDY

Christian Commentary Lens

Pray at All Times

A historic voice

Calvin stresses prayer in prosperity and adversity, perseverance when answers are delayed, and intercession prompted by the needs of other believers. Paul himself demonstrates that gifted leaders need the prayers of the church.

Read commentaries wisely

Christian commentators can clarify language, historical setting, theological connections, and pastoral application. They are valuable teachers, but they are not inspired Scripture. Compare their claims with the biblical text, notice where their traditions differ, and resist treating one interpreter as the final authority.

Questions for evaluation

1. What question was this commentator answering in his own time?
2. Where would a careful reader want more evidence from the text?
3. What does this insight protect against?
4. What might it underemphasize?

CHAPTER 10 | EPHESIANS 6 EXPANDED STUDY

Discernment Workshop

Pray at All Times

The distortion to recognize

Prayer can become an emergency control strategy rather than a continuing relationship of dependence, worship, and intercession.

Test the message

1. Where did this idea come from, and what is it responding to?
2. Does it require me to know something Scripture has not told us?
3. Would this still be true if my circumstances were reversed?
4. Does it make me more honest or more defensive?
5. What would I have to ignore in order to keep believing it?

A faithful reframe

Persistent, Spirit-dependent prayer accompanies the whole armored life and embraces the needs of all God's people.

My discernment notes

CHAPTER 10 | EPHESIANS 6 EXPANDED STUDY

Case Study

Pray at All Times

The leadership team at a growing church meets to pray on the first Monday of each month. The requests are written on a whiteboard: attendance numbers, the building fund, the summer launch, the reach of a video series.

These are not unworthy. But over eleven months the board has never once included a request for holiness among the leaders, for courage in personal witness, for a suffering believer by name, or for anyone in the city who does not know Christ. One elder noticed and did not raise it, because the meetings are short and the list is already long.

Paul, writing from prison, asks the Ephesians to pray that he would speak boldly. He does not ask first for release. That request does not forbid praying about circumstances; it refuses to let circumstances be the whole of what prayer is for. Applied to this whiteboard, it would change roughly everything on it.

Read the situation twice before turning the page. Notice where the reasoning turns, not only where the conduct does.

CHAPTER 10 | EPHESIANS 6 EXPANDED STUDY

Case Study — Work It Through

Pray at All Times

1. What do eleven months of requests reveal about what this team believes prayer is for?
2. Why might Paul ask for boldness before release?
3. What would need to come off the list to make room, or does anything?
4. Who is missing from these prayers entirely?
5. What keeps the elder who noticed from speaking?

CHAPTER 10 | EPHESIANS 6 EXPANDED STUDY

Personal Reflection

Pray at All Times

From this chapter

1. Do I pray mainly when I lose control?
2. Whose needs have I overlooked?
3. How would my prayers change if gospel faithfulness became a central concern?

Examine the heart

1. What sin should I confess without excuse?
2. What grace or promise should I receive with gratitude?
3. What specific act of obedience can I complete this week?
4. Who can pray with me and help me follow through?

CHAPTER 10 | EPHESIANS 6 EXPANDED STUDY

S.O.A.P. Study Page

Pray at All Times

[Ephesians 6:18-20](#)

Scripture

Copy a short portion accurately. Read the surrounding paragraph.

Observation

What does the passage say? Note commands, reasons, promises, and repeated ideas.

Application

Choose one response that grows directly from the passage's meaning.

Prayer

Respond with worship, confession, thanksgiving, intercession, and a request for help.

CHAPTER 10 | EPHESIANS 6 EXPANDED STUDY

Group Study and Prayer

Pray at All Times

Opening

Read Ephesians 6:18-20 aloud twice, using two translations if available. Listen first for what the passage reveals about God, then for the response it calls forth.

Discuss

1. Which sentence in this chapter did you most want to argue with?
2. Where have you seen this truth held well by someone you know?
3. What makes this hard to live out in our particular setting?
4. What does this ask of us together that none of us can do alone?
5. What is one thing we should stop doing as a group?

Pray together

Pray for peace without compromise and faith without presumption. Give time for silence, and let someone who rarely prays aloud go first if they wish.

My commitment

Pray for one personal need, one suffering believer, one unbelieving person, and one gospel worker. Include worship, confession, thanksgiving, and a request for faithful action.

Prayer

Father, teach me to pray with perseverance. Help me notice those who need encouragement. Give your people courage to speak of Jesus and grace to remain faithful in hardship. Amen.

CHAPTER 11 | EPHESIANS 6 EXPANDED STUDY

11. Wearing the Armor in Everyday Relationships

Ephesians 4:25-32; 6:1-9

Spiritual faithfulness becomes visible in homes, workplaces, churches, and the responsible use of authority.

Chapter aim

This chapter will help you test whether your private conduct matches your public faith, use authority the way Christ's impartial lordship requires, and take one clear step in a real relationship.

Read before continuing

[Ephesians 4:25-32; 6:1-9](#)

Opening questions

1. Read the passage twice. What changed on the second reading?
2. What is promised here, and what is not promised?
3. Whom does this text address — an individual, a church, or both?

CHAPTER 11 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 1

Wearing the Armor in Everyday Relationships

The battlefield includes ordinary obedience

The armor passage follows instruction about daily conduct and household relationships. That placement matters. Paul does not separate spiritual seriousness from the way believers speak, work, parent, or treat those under their authority. Ephesians 6 tells children to obey their parents in the Lord and calls fathers away from provoking their children toward anger. It also addresses enslaved people and masters within the ancient social order. We should name that historical reality accurately rather than treating slavery as identical to modern employment. The instruction to masters rejects threatening conduct and reminds them that their own Master shows no partiality. The passage must not become permission to coerce or mistreat others. For contemporary application, we can ask how Christ's lordship changes responsibility and the use of power. Parents should correct without humiliation. Leaders should reject intimidation. Workers should act with integrity. People under pressure should seek wise support rather than assuming faithful endurance requires silence about harm.

Pause and respond

Does your conduct at home agree with your public faith?

CHAPTER 11 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 2

Wearing the Armor in Everyday Relationships

Truth, righteousness, and peace at home

An everyday disagreement can reveal whether our beliefs are becoming practices. The belt of truth calls us to describe the problem honestly. The breastplate of righteousness calls us to refuse manipulation. The gospel of peace reminds us that reconciliation matters. Faith entrusts the outcome to God rather than using control as a substitute for trust. The helmet of salvation prevents a difficult moment from becoming the whole story of our identity. The Word guides our response. Prayer interrupts the assumption that we can repair relationships through technique alone. These connections are practical applications of the passage, not a formula guaranteeing that another person will change. We remain responsible for our own conduct while recognizing that reconciliation ordinarily requires honest participation from both sides.

Pause and respond

How do you use whatever influence or authority you hold?

CHAPTER 11 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 3

Wearing the Armor in Everyday Relationships

We stand as a people

Paul closes Ephesians with Tychicus, a trusted messenger sent to encourage the believers. The letter's final movement is personal and communal. The church's life includes communication, comfort, peace, love, faith, and grace. That ending corrects an isolated picture of the Christian warrior. We pray for one another, bear burdens, and receive encouragement. Belonging to a faithful Christian community gives us people who can challenge our blind spots and help us keep going. Practice: Choose one relationship in which you can take a clear step of obedience. Offer an honest apology, refuse gossip, express gratitude, ask for counsel, or pray with someone. Make the step specific enough to complete this week.

Pause and respond

Who knows you well enough to encourage and correct you?

Key takeaway

God's armor becomes visible in the ordinary ways we love, speak, work, and serve.

CHAPTER 11 | EPHESIANS 6 EXPANDED STUDY

Scripture Map

Wearing the Armor in Everyday Relationships

Read each supporting passage in context. Record how it strengthens, qualifies, or applies the chapter's main teaching.

[Ephesians 4:25-32](#)

Truthful, gracious speech replaces corrupt patterns.

[Ephesians 5:1-2](#)

Believers imitate God through sacrificial love.

[Ephesians 5:15-21](#)

Wisdom and the Spirit shape communal life.

[Galatians 6:1-2](#)

Restoration requires gentleness and burden-bearing.

[Hebrews 10:23-25](#)

Believers encourage one another toward love and good works.

Trace the connections

CHAPTER 11 | EPHESIANS 6 EXPANDED STUDY

Christian Commentary Lens

Wearing the Armor in Everyday Relationships

A historic voice

Matthew Henry reads Ephesians 6 as a call to faithful responsibility under the lordship of Christ. The commands confront tyranny and partiality rather than providing religious cover for coercion.

Read commentaries wisely

Christian commentators can clarify language, historical setting, theological connections, and pastoral application. They are valuable teachers, but they are not inspired Scripture. Compare their claims with the biblical text, notice where their traditions differ, and resist treating one interpreter as the final authority.

Questions for evaluation

1. Does this reading depend on the image, the wider letter, or both?
2. Would the point survive if the military metaphor were removed?
3. Which other Scripture would you set beside it?
4. How would you explain this to someone new to the Bible?

CHAPTER 11 | EPHESIANS 6 EXPANDED STUDY

Discernment Workshop

Wearing the Armor in Everyday Relationships

The distortion to recognize

Religious language can hide manipulation, intimidation, neglect, or a split between public ministry and private character.

Test the message

1. Does this teaching put the weight on Christ's work or on my performance?
2. Is a real observation being joined to a false conclusion?
3. Whom does this idea make it easier to look down on?
4. Does it invite correction, or does it insulate itself from it?
5. What does it promise, and can Scripture actually guarantee that?

A faithful reframe

Spiritual faithfulness becomes visible in homes, workplaces, churches, and the responsible use of authority.

My discernment notes

CHAPTER 11 | EPHESIANS 6 EXPANDED STUDY

Case Study

Wearing the Armor in Everyday Relationships

Pastor Reed is warm in the pulpit and widely liked. Staff turnover at his church is high and nobody outside the staff knows why.

In private he manages by pressure. He reminds a worship leader that her position depends on his recommendation. He tells an administrator that raising a concern with the board would show a lack of loyalty. When someone resigns he speaks generously about them publicly, which makes the departing person's account sound bitter by comparison. Two people have left ministry altogether.

Ephesians 6:9 tells masters to stop threatening, and grounds that command in a Master who shows no partiality. Reed's public warmth is not the opposite of his private conduct; it is what makes the private conduct effective, because it ensures no one will be believed. This is not a personality issue to be managed. Where authority is being used to silence people, appropriate intervention — the board, and where conduct is unlawful, the proper authorities — is part of what faithfulness requires, not a failure of grace.

Read the situation twice before turning the page. Notice where the reasoning turns, not only where the conduct does.

CHAPTER 11 | EPHESIANS 6 EXPANDED STUDY

Case Study — Work It Through

Wearing the Armor in Everyday Relationships

1. How does the public warmth function in relation to the private conduct?
2. What does 'he that is your Master also is in heaven' say about how Reed holds his position?
3. Why is confidentiality not the same as secrecy here?
4. What would a person outside the staff need in order to be believed?
5. What is the difference between forgiving someone and leaving them in authority?

CHAPTER 11 | EPHESIANS 6 EXPANDED STUDY

Personal Reflection

Wearing the Armor in Everyday Relationships

From this chapter

1. Does my conduct at home agree with my public faith?
2. How do I use influence or authority?
3. Who knows me well enough to encourage and correct me?

Examine the heart

1. What sin should I confess without excuse?
2. What grace or promise should I receive with gratitude?
3. What specific act of obedience can I complete this week?
4. Who can pray with me and help me follow through?

CHAPTER 11 | EPHESIANS 6 EXPANDED STUDY

S.O.A.P. Study Page

Wearing the Armor in Everyday Relationships

[Ephesians 4:25-32; 6:1-9](#)

Scripture

Copy a short portion accurately. Read the surrounding paragraph.

Observation

What does the passage say? Note commands, reasons, promises, and repeated ideas.

Application

Choose one response that grows directly from the passage's meaning.

Prayer

Respond with worship, confession, thanksgiving, intercession, and a request for help.

CHAPTER 11 | EPHESIANS 6 EXPANDED STUDY

Group Study and Prayer

Wearing the Armor in Everyday Relationships

Opening

Read Ephesians 4:25-32; 6:1-9 aloud twice, using two translations if available. Listen first for what the passage reveals about God, then for the response it calls forth.

Discuss

1. What did the case study surface that the teaching alone did not?
2. Which supporting passage most changed your reading of Ephesians 6?
3. Where does our church culture make this easier, and where harder?
4. What would obedience cost the person in the case study?
5. Whom in our circle should we be praying for by name this week?

Pray together

Pray for hope without denial and for perseverance without isolation. Ask God for courage for anyone in the group facing a conversation they have been avoiding.

My commitment

Choose one relationship and take a clear step: apologize, establish a wise boundary, reject gossip, express gratitude, invite correction, or seek appropriate support for harm.

Prayer

Lord Jesus, rule over my relationships. Make me truthful, patient, and just. Teach me to receive help and to strengthen others with the grace you have shown me. Amen.

CHAPTER 12 | EPHESIANS 6 EXPANDED STUDY

12. Standing Until the End

Ephesians 6:13

Believers persevere because Jesus has triumphed and God will complete his saving work.

“Having done all, to stand.” — Ephesians 6:13, KJV

Chapter aim

This chapter will help you measure faithfulness by allegiance to Christ rather than by ease, return through repentance rather than concealment, and keep God's promised future in view while the conflict continues.

Read before continuing

[Ephesians 6:13](#)

Opening questions

1. What has come before this passage in the letter, and does that change it?
2. Which single word carries the most weight in these verses?
3. What would you find hardest to obey here this week?

CHAPTER 12 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 1

Standing Until the End

Victory is rooted in Jesus

Christian hope begins with what Jesus has done. Colossians 2 connects the forgiveness of sins with Christ's triumph over hostile powers. The cross, which appeared to display his defeat, belongs to the announcement of his victory. That victory does not mean believers experience no present conflict. Jesus told his disciples that they would face trouble while calling them to courage because he had overcome the world. The New Testament holds together accomplished redemption, present endurance, and future restoration. We therefore measure faithfulness by allegiance to Christ, not by uninterrupted ease. A Christian who continues to trust, repent, love, and pray through hardship has not missed the meaning of victory. Such perseverance is one of the places where the sustaining grace of God becomes visible.

Pause and respond

Where have you measured faithfulness by ease?

CHAPTER 12 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 2

Standing Until the End

Return when you fall

Some readers will finish this study conscious of how often they have failed. You may remember words you cannot unsay or habits you should have confronted earlier. Let that awareness lead you to repentance rather than concealment. The armor passage is addressed to people who need God's strength. It offers no encouragement to pride. If you have sinned, confess it. Where possible, repair what you have harmed. Receive the help of mature believers. Return to the ordinary practices of Scripture, prayer, fellowship, and obedience. The Christian life is not sustained by pretending that the past did not happen. It is sustained by the Savior whose mercy calls us into a different future. Grace can restore us to faithfulness while we continue to face the consequences of earlier choices.

Pause and respond

What are you concealing that repentance would bring into the open?

CHAPTER 12 | EPHESIANS 6 EXPANDED STUDY

Deeper Teaching 3

Standing Until the End

An in-depth conclusion: a life shaped by the gospel

The armor begins and ends with God's provision. Truth frees us from deception because God has spoken. Righteousness forms our conduct because grace has made us new. Peace steadies and sends us because Christ has reconciled us to the Father. Faith receives what God promises. Salvation gives us a future that suffering cannot erase. The Word directs us, and prayer keeps us dependent. These gifts belong together because they belong to life in Christ. They are not independent spiritual techniques. The Christian who reads Scripture while refusing repentance has separated what God joins. The person who prays for victory while nourishing hatred has forgotten that people are not the ultimate enemy. The believer who pursues holiness while doubting that grace can receive a penitent sinner needs to hear the gospel again. To stand, then, is to remain faithful to Jesus with the resources Jesus supplies. We stand in private when no one applauds. We stand in community when another person needs our prayers. We stand in witness when truth is costly. We stand in repentance when pride would rather hide. Revelation 21 points beyond the struggle toward God's dwelling with his people, the end of death, and the removal of sorrow. The armor is for the present conflict; the promised future is life in God's renewed creation. Keep that destination before you. The Lord who calls his people to stand is worthy of their trust.

Pause and respond

What practice will you continue after this study ends?

Key takeaway

Stand firm in Christ today, trusting the Savior who has overcome and will complete his work.

CHAPTER 12 | EPHESIANS 6 EXPANDED STUDY

Scripture Map

Standing Until the End

Read each supporting passage in context. Record how it strengthens, qualifies, or applies the chapter's main teaching.

[John 16:33](#)

Jesus promises trouble and grounds courage in his victory.

[Colossians 2:13-15](#)

The cross announces forgiveness and Christ's triumph.

[Hebrews 12:1-3](#)

Endurance grows by looking to Jesus.

[1 Peter 5:10-11](#)

God promises to restore and establish his suffering people.

[Revelation 21:1-5](#)

God's renewed creation is the final horizon of hope.

Trace the connections

CHAPTER 12 | EPHESIANS 6 EXPANDED STUDY

Christian Commentary Lens

Standing Until the End

A historic voice

Across the historic commentaries, standing is not spiritual bravado. It is sustained allegiance to Christ through the resources God gives, with repentance after failure and hope fixed on God’s final victory.

Read commentaries wisely

Christian commentators can clarify language, historical setting, theological connections, and pastoral application. They are valuable teachers, but they are not inspired Scripture. Compare their claims with the biblical text, notice where their traditions differ, and resist treating one interpreter as the final authority.

Questions for evaluation

1. Is this a central Christian conviction or one tradition’s emphasis?
2. How have other faithful readers understood the same verse?
3. What difference would each reading make in practice?
4. What remains true on either reading?

CHAPTER 12 | EPHESIANS 6 EXPANDED STUDY

Discernment Workshop

Standing Until the End

The distortion to recognize

Victory may be confused with uninterrupted comfort, immediate success, or denial of grief and ongoing consequences.

Test the message

1. Which part of this is central Christian truth, and which is one tradition's interpretation?
2. What does it ask me to do with people who disagree?
3. Is fear or hope doing the persuading here?
4. Does it lead me toward prayer, Scripture, and community, or away from them?
5. What would a mature believer who loves me say about it?

A faithful reframe

Believers persevere because Jesus has triumphed and God will complete his saving work.

My discernment notes

CHAPTER 12 | EPHESIANS 6 EXPANDED STUDY

Case Study

Standing Until the End

Miriam has prayed for her son for nineteen years. He is not hostile to faith; he simply has no interest, and the conversations they used to have stopped a long time ago.

She still prays, but she is tired of it, and the tiredness has become its own accusation. At a women's study last month someone said that God answers persistent prayer, and Miriam went home and cried, because she has been persistent for nineteen years and is now unsure whether she is being told that the delay is her fault.

Nothing in Ephesians 6 promises Miriam the outcome she wants on a schedule. What it does is redefine what standing means. She has continued to trust, to repent, to love her son, and to pray through two decades without visible result. That is not a failed version of faithfulness; in this passage it is the thing itself. Her weariness needs company and lament, not a diagnosis.

Read the situation twice before turning the page. Notice where the reasoning turns, not only where the conduct does.

CHAPTER 12 | EPHESIANS 6 EXPANDED STUDY

Case Study — Work It Through

Standing Until the End

1. What did Miriam hear in the statement about persistent prayer, and what may have been meant?
2. How does Ephesians 6:13 define standing, and what does it not promise?
3. Where do lament and hope belong together in Scripture?
4. What would genuine support look like for her this month?
5. Who is carrying something long and unresolved that you have stopped asking about?

CHAPTER 12 | EPHESIANS 6 EXPANDED STUDY

Personal Reflection

Standing Until the End

From this chapter

1. How has this study changed my picture of spiritual warfare?
2. What practice will I continue?
3. Who can help me remain faithful over the coming months?

Examine the heart

1. What sin should I confess without excuse?
2. What grace or promise should I receive with gratitude?
3. What specific act of obedience can I complete this week?
4. Who can pray with me and help me follow through?

CHAPTER 12 | EPHESIANS 6 EXPANDED STUDY

S.O.A.P. Study Page

Standing Until the End

[Ephesians 6:13](#)

Scripture

Copy a short portion accurately. Read the surrounding paragraph.

Observation

What does the passage say? Note commands, reasons, promises, and repeated ideas.

Application

Choose one response that grows directly from the passage's meaning.

Prayer

Respond with worship, confession, thanksgiving, intercession, and a request for help.

CHAPTER 12 | EPHESIANS 6 EXPANDED STUDY

Group Study and Prayer

Standing Until the End

Opening

Read Ephesians 6:13 aloud twice, using two translations if available. Listen first for what the passage reveals about God, then for the response it calls forth.

Discuss

1. What has changed for you since we began this study?
2. Where are you tempted to substitute knowing this for doing it?
3. What did you find yourself defending as we read?
4. How would a newcomer to faith hear this chapter?
5. What one commitment will you report back on next time?

Pray together

Pray for wisdom in handling Scripture and for love toward those who disagree with us. Close by thanking God for something he has actually done among you since this study began.

My commitment

Choose one practice to continue for the next thirty days, one person who can encourage you, and one area where returning to faithfulness requires confession or repair.

Prayer

Victorious Savior, keep me faithful. When I stumble, lead me to repentance. When I grow tired, renew my hope. Let my life bear witness to your truth, grace, and power until I see you face to face. Amen.

APPENDIX A | THIRTY-DAY ARMOR OF GOD FIELD GUIDE

Days 1-2

Day 1: Strength in Christ

[Ephesians 6:10](#)

Observe: Where does Paul locate the believer's strength, and where does he refuse to locate it?

Practice: Name one task today you would normally attempt on competence alone. Pray before you begin it.

Pray: Ask God for strength you do not feel, and thank him that the command assumes his supply.

Day 2: The risen Lord

[Ephesians 1:19-23](#)

Observe: List everything this passage says Christ is above.

Practice: Write the name of a situation that feels larger than God, then read the list again beside it.

Pray: Praise God for the resurrection and exaltation of Jesus before you ask for anything.

APPENDIX A | THIRTY-DAY ARMOR OF GOD FIELD GUIDE

Days 3-4

Day 3: Abiding

[John 15:1-5](#)

Observe: What does the branch do, and what does it not do?

Practice: Identify one activity you have been sustaining without prayer. Bring it back today.

Pray: Ask to remain in Christ rather than merely to work for him.

Day 4: Recognizing schemes

[Ephesians 6:11](#)

Observe: What does the word 'schemes' suggest about how temptation operates?

Practice: Name one recurring temptation and the specific promise it makes you.

Pray: Ask God for alertness without fear, and for honesty about your own desires.

APPENDIX A | THIRTY-DAY ARMOR OF GOD FIELD GUIDE

Days 5–6

Day 5: People are not enemies

[Ephesians 6:12](#)

Observe: Who is excluded from the category of enemy in this verse?

Practice: Think of one person you have been treating as the problem itself. Pray for their good by name.

Pray: Ask forgiveness for contempt, and pray for love toward someone difficult.

Day 6: Submission and resistance

[James 4:7-10](#)

Observe: Notice what surrounds the command to resist. What comes before and after it?

Practice: Choose one act of submission — a confession, an apology, a refusal to retaliate — and do it today.

Pray: Draw near to God honestly, naming what you would rather keep hidden.

APPENDIX A | THIRTY-DAY ARMOR OF GOD FIELD GUIDE

Days 7–8

Day 7: The whole armor

[Ephesians 6:13](#)

Observe: How many times does 'stand' appear here, and what is it set against?

Practice: Review the six pieces. Which one have you left off this week?

Pray: Ask God to equip the whole person, not only the parts you enjoy developing.

Day 8: Truth in Jesus

[Ephesians 4:21-25](#)

Observe: What does Paul say truth is 'in'?

Practice: Correct one misleading impression you have allowed to stand.

Pray: Ask God to expose the lies you accept as easily as the ones you tell.

APPENDIX A | THIRTY-DAY ARMOR OF GOD FIELD GUIDE

Days 9–10

Day 9: Truthful speech

[Ephesians 4:15](#)

Observe: What two things does verse 15 join together?

Practice: Say one true thing today that you have been softening, and say it kindly.

Pray: Pray for someone with whom you need to be both honest and gentle.

Day 10: Grace and good works

[Ephesians 2:8-10](#)

Observe: What is the relationship between verse 8, verse 9, and verse 10?

Practice: Do one good work today specifically as gratitude, not as payment.

Pray: Thank God that acceptance precedes obedience, and ask that obedience follow.

APPENDIX A | THIRTY-DAY ARMOR OF GOD FIELD GUIDE

Days 11–12

Day 11: Confession

[1 John 1:5-9](#)

Observe: What does this passage refuse to let believers say about themselves?

Practice: Name one sin specifically in writing. Not a category — an instance.

Pray: Confess it plainly and receive the promise of verse 9.

Day 12: Peace with God

[Romans 5:1](#)

Observe: What is the result of justification according to this verse?

Practice: Identify where you are trying to establish worth through approval, and stop for one day.

Pray: Thank God for peace that was made rather than achieved.

APPENDIX A | THIRTY-DAY ARMOR OF GOD FIELD GUIDE

Days 13–14

Day 13: The gospel of peace

[Ephesians 2:13-18](#)

Observe: Who is brought near, and by what means?

Practice: Take one step toward reconciliation in a relationship that has cooled.

Pray: Pray for unity in your church across a real difference.

Day 14: Gracious witness

[Colossians 4:5-6](#)

Observe: What does this passage say about how believers speak to outsiders?

Practice: Ask one sincere question of someone who does not share your faith, and listen to the whole answer.

Pray: Pray for that person by name, and for your own manner.

APPENDIX A | THIRTY-DAY ARMOR OF GOD FIELD GUIDE

Days 15–16

Day 15: Faith amid fear

[Psalm 56:3-4](#)

Observe: Where is fear placed in relation to trust in these verses?

Practice: Write down one fear you have not spoken aloud. Tell one trustworthy person.

Pray: Bring the fear itself to God rather than waiting to feel confident.

Day 16: Faith and promise

[Hebrews 11:1-6](#)

Observe: What does faith do in each example the writer gives?

Practice: Take one action that only makes sense if God is who he says he is.

Pray: Ask for faith fixed on God's character rather than on a preferred outcome.

APPENDIX A | THIRTY-DAY ARMOR OF GOD FIELD GUIDE

Days 17–18

Day 17: Living hope

[1 Peter 1:3-5](#)

Observe: What is the hope grounded in, and where is it kept?

Practice: Write four sentences of gospel hope and keep them where you will see them.

Pray: Thank God for a future that present circumstances cannot cancel.

Day 18: No condemnation

[Romans 8:1](#)

Observe: What is announced here, and for whom?

Practice: Notice one accusation you have been carrying and answer it with this verse in context.

Pray: Ask God for assurance that rests on Christ rather than on your best day.

APPENDIX A | THIRTY-DAY ARMOR OF GOD FIELD GUIDE

Days 19–20

Day 19: The Spirit's sword

[Ephesians 6:17](#)

Observe: Whose sword is it, and what is it identified as?

Practice: Read one paragraph of Scripture slowly enough to summarize it in your own words.

Pray: Ask the Spirit to correct your interpretations, not only your conduct.

Day 20: Jesus answers temptation

[Matthew 4:1-11](#)

Observe: Notice that the tempter also quotes Scripture. How does Jesus answer?

Practice: Find the Deuteronomy context behind one of Jesus' three replies.

Pray: Ask for the wisdom to tell faithful use of Scripture from clever use of it.

APPENDIX A | THIRTY-DAY ARMOR OF GOD FIELD GUIDE

Days 21–22

Day 21: Scripture equips

[2 Timothy 3:14-17](#)

Observe: What four things is Scripture profitable for?

Practice: Let one passage correct you today rather than arm you.

Pray: Pray for those who teach Scripture publicly, including anyone who teaches you.

Day 22: Prayer in weakness

[Romans 8:26-27](#)

Observe: What does the Spirit do when we do not know how to pray?

Practice: Pray badly today. Do it anyway, without editing.

Pray: Thank God that weak prayer is still heard.

APPENDIX A | THIRTY-DAY ARMOR OF GOD FIELD GUIDE

Days 23–24

Day 23: Watchful prayer

[Colossians 4:2-4](#)

Observe: What does Paul ask the Colossians to pray for?

Practice: Add one request for gospel faithfulness to whatever you normally ask for.

Pray: Pray for an open door for someone you know who is speaking of Christ.

Day 24: Prayer for boldness

[Ephesians 6:19-20](#)

Observe: What does a prisoner ask for, and what does he not ask for first?

Practice: Pray for boldness in a specific conversation you expect this week.

Pray: Ask for both deliverance and faithfulness, in that order or the reverse.

APPENDIX A | THIRTY-DAY ARMOR OF GOD FIELD GUIDE

Days 25–26

Day 25: Faithfulness at home

[Ephesians 6:1-4](#)

Observe: What is required of children here, and what is forbidden to fathers?

Practice: Correct one habit of speech at home — the tone, the timing, or the volume.

Pray: Pray for the members of your household by name and by need.

Day 26: Faithfulness at work

[Ephesians 6:5-9](#)

Observe: What does verse 9 say to those who hold power?

Practice: Do one thing at work today that you would be content to have made public.

Pray: Pray for someone under your authority, or for someone under authority that frightens them.

APPENDIX A | THIRTY-DAY ARMOR OF GOD FIELD GUIDE

Days 27–28

Day 27: Mutual encouragement

[Hebrews 10:23-25](#)

Observe: What three things does the writer urge, and what warning accompanies them?

Practice: Contact one believer you have lost touch with, and say something specific.

Pray: Thank God for a person who has kept you going, then tell them.

Day 28: Running with endurance

[Hebrews 12:1-3](#)

Observe: Who is watching, what is laid aside, and where do the runners look?

Practice: Lay aside one weight — a commitment, a grudge, a habit — for the next thirty days.

Pray: Ask for endurance, and name the thing you are tired of.

APPENDIX A | THIRTY-DAY ARMOR OF GOD FIELD GUIDE

Days 29–30

Day 29: Christ's triumph

[Colossians 2:13-15](#)

Observe: What was nailed to the cross, and what was made a public spectacle?

Practice: Read this passage aloud where you usually feel defeated.

Pray: Praise Christ for a victory already accomplished before asking for anything.

Day 30: Standing in hope

[Revelation 21:1-5](#)

Observe: What is removed in these verses, and what is made new?

Practice: Choose one practice from these thirty days to continue, and tell someone.

Pray: Pray for the day when this passage is no longer promise but sight.

APPENDIX B | LEADER GUIDE

Leading the Study

A flexible twelve-session rhythm

- Welcome and prayer — 10 minutes
- Read the main passage — 10 minutes
- Discuss the teaching and Scripture map — 25 minutes
- Work through the case study — 15 minutes
- Name one application — 10 minutes
- Pray in response — 15 minutes

Leader posture

Lead as a fellow disciple under Scripture. Encourage participation without pressuring disclosure. Correct confidently when the gospel is distorted, but distinguish central Christian truth from secondary interpretive differences. Do not present yourself as able to diagnose unseen causes behind another person's suffering.

Using the case studies

The case studies are the heart of each session. Read the situation aloud, then let the group work the questions before you offer a reading of your own. Resist the urge to resolve the case quickly; the value is in the group noticing where a real person's reasoning turned, not in reaching the answer the leader already has.

When needs exceed the group

Serious mental-health concerns, abuse, threats, criminal conduct, and medical emergencies require appropriate professional or legal help. Prayer and pastoral care can accompany such help; they must not be used to delay safety or responsible action.

APPENDIX B | LEADER GUIDE

Group Covenant

- We will center our study on Jesus Christ and read Scripture in context.
- We will listen carefully and speak truth with love.
- We will protect appropriate confidentiality while never promising secrecy about danger or abuse.
- We will avoid sensational claims and admit what Scripture does not tell us.
- We will make room for questions, grief, repentance, and growth.
- We will pray for one another and honor appropriate boundaries.

Names and commitments

APPENDIX B | LEADER GUIDE

Leader Session Planner

Photocopy or reprint this page for each of the twelve sessions.

Session aim

Main passage and supporting texts

Key gospel connection

Commentary insight to explain

Likely question or misunderstanding

Case study emphasis

Application to name aloud

Prayer focus

APPENDIX C | SOURCES

Commentary Sources and Further Study

The main exposition and practical examples in this book are original study material. Labeled commentary insights are brief paraphrases of the sources below. They do not imply that the commentators endorse every application in this book. Scripture remains the primary authority for the study.

Matthew Henry

Concise Commentary on the Whole Bible, Ephesians 6, verses 10–18. Used in Chapters 3 and 9 for the completeness of God’s provision and the faithful use of Scripture.

<https://www.biblestudytools.com/commentaries/matthew-henry-concise/ephesians/6.html>

John Calvin

Commentary on Galatians and Ephesians, on Ephesians 6:10–13, translated by William Pringle. Used in Chapter 2 for dependence on God’s power and preparation in the face of spiritual opposition.

<https://ccel.org/ccel/calvin/calcom41/calcom41.iv.vii.iii.html>

John Calvin

Commentary on Galatians and Ephesians, on Ephesians 6:14–20. Used in Chapters 4, 5, 7, 8, and 10 for sincerity, practical righteousness, faith and the Word, salvation’s hope, and persevering prayer.

<https://ccel.org/ccel/calvin/calcom41/calcom41.iv.vii.iv.html>

David Guzik

Enduring Word Bible Commentary, Ephesians 6, section B. Used in Chapters 1 and 6 for strength in the Lord and gospel readiness.

<https://enduringword.com/bible-commentary/ephesians-6/>

Historical commentaries reflect their authors’ theological traditions. Where an interpretation is contested, this book identifies the distinction instead of presenting it as universal agreement.

APPENDIX C | FURTHER STUDY

Reading Ephesians as a Whole

Read Ephesians straight through in one sitting, paying particular attention to how chapters 1–3 ground the commands of chapters 4–6. Trace the themes of power, peace, truth, the Spirit, prayer, and the church. Then revisit the armor passage and note how much of its vocabulary has already appeared in the letter.

Read in Scripture

[Ephesians 1-6](#)

[Isaiah 59](#)

[Romans 8](#)

If you want a modern commentary alongside these

The three sources above are historic and freely available, and they share a broadly Reformed outlook. Readers who want a wider range should consult a modern academic commentary on Ephesians as well, and compare where the readings differ.

Notes
