

Ephesians 6:14-17 - 14 Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness, 15 and having shod your feet with the preparation of the gospel of peace; 16 in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming missiles of the evil one. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God. NASB
A. Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness, 15 and having shod your feet with the preparation of the gospel of peace; - Here Paul mentions the first three articles of armor. These were devices which were worn at all times on the battlefield, whereas the [shield, helmet, and sword] were taken up only at the moment of battle. Paul uses these implements of armor to describe by analogy the fundamental elements needed in the “*struggle against evil*” which the Christian endures. It is with and in these, “*truth-righteousness-peace,*” that the Christian is to “*stand firm.*”

having girded your loins with truth, - The people of the first century often wore long flowing robes and needed to cinch them up before undertaking laborious tasks such as running or working or fighting. In the same way the Christian is to “cinch up” or “*gird up*” his/her clothing “*with God’s truth.*” Truth is the very nature of God and the antinomy of the devil’s warfare, which is lying, deceiving, cunning crafty deceit, etc...the Christian stands in the truth of God’s unwavering promises of deliverance and casts down every false thought or temptation, remembering God’s truth and forsaking the devil’s lies at every turn.

Philippians 4:8 - 8 Finally, brethren, **whatever is true,** whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, **let your mind dwell on these things.** NASB

Matthew 4:3-4 - 3 And **the tempter came and said** to Him, "If You are the Son of God, command that these stones become bread." 4 But He answered and said, "**It is written,** 'Man shall not live on bread alone, but on every word that proceeds out of the mouth of God.'" NASB

The Christian will often be assailed with lying, deceiving, tempting situations, but must **CAST THEM DOWN** with the **TRUTH** of God’s Word in order to “*stand firm.*”

having put on the breastplate of righteousness, - The breastplate was that piece of armor which covered the body from the neck to the thighs, both front and back, and undoubtedly was meant to protect all the vital organs. In the same way, righteousness of Christian life, is that vital-central-fundamental element of warfare which makes us to stand. For the Christian to live an integral, holy and pure life of devotion to God is to cause him/her to “*stand firm*” against the enemy who seeks to draw him/her into sin and wickedness. That Paul intends this to be practical righteousness(the righteous living) and not positional righteousness(rightstanding with God because of Christ) is obvious because of his use of it elsewhere in(1 Thess 5:8) a similar manner.

1 Thessalonians 5:8 - 8 But since we are of the day, let us be sober, **having put on the breastplate of faith and love,** and as a helmet, the hope of salvation. NASB

The Christian will often be assailed with lying, deceiving, tempting situations, but must **WARD THEM OFF** with **OBEDIENCE** to God’s Word in order to “*stand firm.*”

having shod your feet with the preparation of the gospel of peace; - The shoes were that piece of the panoply that gave the soldier sure footing and good balance, even in slippery places. In the same way, the Christian is afforded that wholehearted assurance that he/she has been reconciled unto to God and is not subject to the lying, deceitful accusations that the evil one whispers in our ears in order to cause us to loose confidence.

Instead we “*stand firm*” in the gospel of peace, reconciled to God with full assurance of His favor which has been merited for us by Christ.

Ephesians 2:8-9 - 8 For **by grace you have been saved through faith**; and that not of yourselves, it is the gift of God; 9 not as a result of works, that no one should boast. NASB
The word rendered preparation— **gk.** hetoimasia means, readiness, fitness for, preparation, and speaks of the sure footing of God’s peace which keeps us even in the darkest hours of doubt and fear.

John 16:33 - 33 "These things I have spoken to you, **that in Me you may have peace**. In the world you have tribulation, **but take courage**; I have overcome the world." NASB
The Christian will often be assailed with lying, deceiving, tempting situations, but must **TRAMPLE THEM** with the assurance of **PEACE** from God’s Word in order to “*stand firm*.”
B. in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming missiles of the evil one. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God. - The words “*in addition to all*,” are more properly understood as “*above all*” and mean that these are the more principal and vital pieces of armor which we must “*take up*” for battle. Here Paul mentions the second three articles of armor. These were devices [shield, helmet, and sword] which were taken up only at the moment of battle. The former elements [belt, breastplate, shoes] he says we were to “have” implemented....having gird, having put on, having shod.....whereas these he tells us to “*take them up*.”

taking up the shield of faith with which you will be able to extinguish all the flaming missiles of the evil one - Here Paul mentions “*faith*” and likens it to the soldiers “*shield*.” This faith is that trust in and reliance on God which is our strength and constant dependence on the power of His might is a sure victory. In the same way that a soldier is protected from very specific attacks of the enemy by deflecting attacks with his shield, the Christian is “*able to extinguish*” the attacks of his/her enemy by faith. Therefore as the evil one launches his “*flaming*” schemes and methods against us by temptation, lies and deceit, fears and doubts, we employ our trust in God’s promises and power to meet each and every attack which are quenched and overcome. The “*flaming missiles*” have been described as blasphemous thoughts, unbelief, sudden temptation to do wrong, or thoughts that wound and torment the soul. Yet with the mighty “*shield of faith*” in God, the Christian “*extinguishes*” the burning of each and every attack.

1 John 5:4 - 4 For whatever is born of God overcomes the world; and this is **the victory that has overcome the world — our faith**. NASB

1 John 4:4 - 4 You are from God, little children, and have overcome them; because **greater is He who is in you than he who is in the world**. NASB

Romans 8:35-39 - 35 Who shall separate us from the love of Christ? Shall **tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?** 36 Just as it is written, "For Thy sake we are being put to death all day long; We were considered as sheep to be slaughtered." 37 But **in all these things we overwhelmingly conquer through Him** who loved us. 38 For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, 39 nor height, nor depth, nor any other created thing, shall be able to separate us from the love of God, which is in Christ Jesus our Lord. NASB

take the helmet of salvation, - “Though the body they may kill” says Luther, “God’s truth abideth still.” In all the Christian warfare we have the overwhelming confidence of eternal life which has been given to us freely by God through Christ. And even if the “spiritual forces of wickedness” by so vicious as to take our very life, we shall be saved by the precious blood of Christ. How then can we lose? Death for the Christian is the doorway to heaven! In Thessalonians Paul describes the helmet of salvation as our

“hope.” Even as the helmet covers the head, we have the good hope of eternal life as a helmet to cover the most vital part of our spiritual life.

1 Thessalonians 5:8 - 8 But since we are of the day, let us be sober, having put on the breastplate of faith and love, and as a **helmet, the hope of salvation**. NASB

the sword of the Spirit, which is the word of God – Here is the great offensive weapon by which the enemy is slain, the WORD OF GOD. It is by this most powerful of all things that no devil can stand and every temptation is dashed to pieces. As the Christian is assailed by every lie and tempting attack, he/she employs the mighty promises of God’s truth to render them helpless and of no affect. Even as Jesus met the tempter in the wilderness, the Christian is to cast down every lying temptation which stands opposed to God’s truth.

2 Corinthians 10:3-6 - 3 For though we walk in the flesh, we do not war according to the flesh, 4 for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. 5 We **are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ**.NASB

If this be true, how shall we **“take up the sword of the Spirit?”** We must study, meditate on and memorize the bible. We should have the Word of God **“hidden in our hearts”** and ready to meet the tempter even as Jesus did in the wilderness.

Psalms 119:9-11 - 9 How can a young man keep his way pure? By keeping it according to Thy word. 10 With all my heart I have sought Thee; Do not let me wander from Thy commandments.

11 **Thy word I have treasured in my heart ,That I may not sin against Thee**. NASB