

Ephesians 6: Spirit Empowered Living – The Armour of God

Key Passage

“10 A final word: Be strong in the Lord and in his mighty power. 11 Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil. 12 For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. 13 Therefore, put on every piece of God’s armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. 14 Stand your ground, putting on the belt of truth and the body armor of God’s righteousness. 15 For shoes, put on the peace that comes from the Good News so that you will be fully prepared. 16 In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. 17 Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. 18 Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. 19 And pray for me, too. Ask God to give me the right words so I can boldly explain God’s mysterious plan that the Good News is for Jews and Gentiles alike. 20 I am in chains now, still preaching this message as God’s ambassador. So pray that I will keep on speaking boldly for him, as I should.”

Ephesians 6:10–20 (NLT)

Introduction: The Final Word of Paul

Paul closes his letter to the Ephesians by urging believers to *“be strong in the Lord and in his mighty power.”*

This strength is not human, but divine—rooted in *the Spirit* and expressed through unity in the body of Christ.

Paul reminds us:

- The battle is *spiritual*, not physical.
- We are equipped to *stand firm* in God’s strength, not our own.

The Real Battle

Paul explains our battle is not against flesh and blood

“12 For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world...”

Ephesians 6:12 (NLT)

- The “powers” (Greek: *methodia*, meaning schemes or strategies*) work through deception.
- These powers oppose the unity and maturity of God’s people.

Paul reminds us that the church is equipped for maturity and unity

11 And he **gave** some on the one hand as apostles,
and some prophets, and some evangelists,
and some as shepherds and teachers,
12 for the equipping of the holy ones
for the work of the ministry,
for the building of the **body** of the **Messiah**,
13 until we all attain
unto the unity of the faith
and unto the knowing of the **Son of God**,
unto a mature person,
unto the measure of the stature of the **fullness of the Messiah**,
14 so that we might no longer be babies,
tossed by waves and driven by every wind of teaching
done by the trickery of **humans**, in the craftiness of a scheme of deception,

Ephesians 4:11-14 (Literal)

The threat: false narratives and deceptive worldviews that distort the truth of the new humanity in Christ.

The Armour of God: A Collective Calling

¹¹Put on the full armor of God, so that y'all have power to stand against the schemes of the slanderer,
¹²because our battle is not against flesh and blood, but against the rulers, against the authorities, against the cosmic-powers of this darkness, against the spiritual forces of evil in the heavenlies.
¹³Because of this, take up the **armor of God**, so that y'all have power to stand in resistance on the day of evil, and having fulfilled one's duty, to stand.
¹⁴Stand, therefore, having girded y'all's loins with truth, and having put on the breastplate of justice,
¹⁵and having tied y'all's feet with the good news of peace,
¹⁶in all situations having taken up the shield of faith, by which y'all have power to extinguish the flaming arrows of the evil one.
¹⁷And take the helmet of salvation, and the Spirit's sword, which is the word of God.

Ephesians 6:13–17 (Literal)

Each piece of armour reflects the character of Christ

Piece of Armour	Represents	Scripture
Belt of Truth	Integrity, sincerity, truthfulness	Eph 6:14
Breastplate of Righteousness	Right living, justice	Eph 6:14
Shoes of Peace	Readiness to share the Gospel	Eph 6:15
Shield of Faith	Protection from doubt and lies	Eph 6:16
Helmet of Salvation	Assurance of identity in Christ	Eph 6:17
Sword of the Spirit	Word of God – Rhema, spoken truth	Eph 6:17

The armour is *corporate*—the “you” is plural (“y’all”), meaning *the church collectively resists the powers*.

The Power of Prayer and Intercession

¹⁸*With every prayer and petition, praying on every occasion in the Spirit, and for this reason staying alert with all endurance and petition for all of the holy ones,*

¹⁹*and for me, so that a word would be given to me when I open my mouth, to make known with boldness the open secret of the good news,*

²⁰*on behalf of which I am an ambassador in chains, so that by it I might be bold as I am obligated to speak.*

Ephesians 6:18–20 (Literal)

Prayer is continual (“on every occasion”), Spirit-led, and intercessory.

Paul models dependence on prayer even while imprisoned.

Spirit-filled prayer sustains the community and empowers mission.

The Biblical Background of the Armour

Paul draws on imagery from **Isaiah**, merging God’s own armour with the Messiah’s.

“He put on righteousness as his body armor and placed the helmet of salvation on his head...”

Isaiah 59:15–17 (NLT)

God Himself *steps in* to bring justice and salvation when humanity fails.

Paul reimagines this armour as *ours in Christ*—we wear what God wears.

“He will wear righteousness like a belt and truth like an undergarment.”

Isaiah 11:4–5 (NLT)

“How beautiful on the mountains are the feet of the messenger who brings good news, the good news of peace and salvation...”

Isaiah 52:7 (NLT)

Paul unites these prophetic visions:

The *Divine Warrior* of Isaiah becomes *the Messiah* of Ephesians.

To “put on Christ” is to put on His armour—His character, His Spirit, His mission, His protection from sin.

Romans Connection: The Armour of Light

“Let us put aside the deeds of darkness and put on the armor of light... clothe yourselves with the Lord Jesus Christ.”

Romans 13:11–14 (NIV)

Here, the armour is **Christ Himself**—a call to moral and spiritual transformation.

Putting on Christ = putting on the armour.

The armour is not an external outfit, but an *internal reality* of Spirit-empowered living keeping us from the influences of the powers of evil which bring about sin in our lives.

Living in the “Now and Not Yet”

Jesus has already triumphed over the powers (Eph 1:21), yet the battle continues in this in-between time.

The church stands united as a new humanity empowered by the Spirit.

We actively *resist evil* through truth, faith, and love—never through human conflict.

“Our battle is not against flesh and blood...”

Standing firm means

Staying close together (like Roman soldiers in formation).

Protecting each other in community.

Advancing in unity under Christ’s authority.

The Closing Blessing

“Peace to the brothers and sisters, and love with faith, from God the Father and from Lord Jesus the Messiah. Grace be with all who love our Lord Jesus Messiah with incorruptible love.”

Ephesians 6:23–24 (Literal)

Paul closes the letter with the same themes it began with—**peace, love, faith, and grace**.

Reflection & Application

1. What is the purpose of the armour—to protect *what* and *whom*?
2. How can we “stand” together as a Spirit-empowered community?
3. What part of Christ’s character (truth, peace, faith, etc.) do you need to “put on” this week?

Takeaway

To “put on the armour of God” is to *put on Christ Himself*.

It’s about embodying the new humanity, standing in unity, empowered by the Spirit, and reflecting the wisdom and love of God to the world and not succumbing to the powers of evil.