

About A.D.60

To the church in Ephesus and all believers everywhere,

Be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

Stand firm then, with the waist, with the **breastplate of** your **feet fitted with the readiness peace**. In addition to all this, take you can extinguish all the flaming **helmet of salvation** and the **sword God**.



belt of truth buckled around your **righteousness** in place, and with that comes from the gospel of up the **shield of faith**, with which arrows of the evil one. Take the **of the Spirit, which is the word of**

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

Paul

from prison, Rome, Italy

(Ephesians 6:10-18)

Stand firm then, with the belt of truth buckled around your waist Ephesians 6:14

belt | belt | noun

a strip of leather or other material worn around the waist or across the chest, especially in order to support clothes or carry weapons



truth | trooTH | noun

- the quality or state of being true
- a fact or belief that is accepted as true
- that which is true or in accordance with fact or reality

*“Make them holy by your **truth**; teach them your word, which is **truth**.” - John 17:17*

*Instead, we will speak the **truth** in love, growing in every way more and more like Christ, who is the head of his body, the church. - Ephesians 4:15*

***Truthful** words stand the test of time, but lies are soon exposed. - Proverbs 12:19*

*But if someone claims to be a prophet and does not acknowledge the **truth** about Jesus, that person is not from God. Such a person has the spirit of the Antichrist, which you heard is coming into the world and indeed is already here. - 1 John 4:3*

*Finally, brothers and sisters, whatever is **true**, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. - Philippians 4:8*

*Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the **truth** you were taught, and you will overflow with thankfulness. - Colossians 2:7*

Receive Jesus' blessing:

“I’m not asking you to take them out of the world, but to keep them safe from the evil one. They do not belong to this world any more than I do. Make them holy by your **truth**; teach them your word, which is **truth**. Just as you sent me into the world, I am sending them into the world. And I give myself as a holy sacrifice for them so they can be made holy by your **truth**.”
- John 17:14-19

ACTION: Accept this gift from God. Secure the **belt of truth** around your waist. As you do so, say, “Your word is truth. Thanks be to God.”

with the breastplate of righteousness in place Ephesians 6:14

breastplate | 'bres(t),plāt |noun

a piece of armor covering the chest.

righteousness | 'rīCHəsənəs |noun

acting in accord with divine or moral law: free from guilt or sin



The breastplate of righteousness reminds us we no longer carry around the guilt of our sin. Our heart of stone is turning into a heart of love under the care

and supervision of the holy spirit. Righteousness protects our heart so we can grow in love and compassion and discern God's will.

*For Christ also suffered once for sins, the **righteous** for the unrighteous, to bring you to God. He was put to death in the body but made alive in the Spirit. - 1 Peter 3:18*

*I put on **righteousness** as my clothing; justice was my robe and my turban. - Job 29:15*

*Surely, Lord, you bless the **righteous**; you surround them with your favor as with a shield. - Psalm 5:12*

*You have been set free from sin and have become slaves to **righteousness**. - Romans 6:18*

*The salvation of the **righteous** comes from the Lord; he is their stronghold in time of trouble. - Psalm 37:39*

Receive this blessing:

And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of **righteousness** that comes through Jesus Christ—to the glory and praise of God. Philippians 1:11

ACTION: Accept this gift from God. Protect your heart by wearing the the **breastplate of righteousness**. As you do so, say, “I am free of guilt and shame. Thanks be to God.”

and with your feet fitted with the readiness that comes from the gospel of peace

Ephesians 6:15

footwear | 'fōōtwēr |noun

outer coverings for the feet

readiness | 'redēnəs |noun

the state of being fully prepared for something; willingness to do something; immediacy, quickness, or promptness



peace | pēs |noun

freedom from disturbance; quiet and tranquility; mental calm

shalom | SHə'lōm |noun (Hebrew)

primarily soundness, health but coming also to signify prosperity, well-being in general, all good in relation to man and God

Are you ready to follow the holy spirit wherever he may lead? Peace surrounds us when we allow the spirit to direct our footsteps.

*You will keep in perfect **peace** those whose minds are steadfast, because they trust in you.*
- Isaiah 26:3

*“But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us **peace** was upon him, and by his wounds we are healed.”* - Isaiah 53:5

*And the **peace** of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.* - Philippians 4:7

Receive Jesus' blessing:

“**Peace** I leave with you; my **peace** I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” - John 14:27

ACTION: Accept this gift from God. Cover your feet with **the readiness that comes from the gospel of peace**. As you do so, say, “I will go in your peace where you send me.”

In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Ephesians 6:16

shield | SHĒld |noun

a broad piece of metal or another suitable material, held by straps or a handle attached on one side, used as a protection against blows or missiles.

faith | fāTH |noun

complete trust or confidence in someone or something



*“Truly I tell you, if you have **faith** as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.” - Matthew 17:20*

*But I have prayed for you, Simon, that your **faith** may not fail. And when you have turned back, strengthen your brothers.” - Luke 22:32*

*And the prayer offered in **faith** will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. - James 5:15*

*“In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade—kept in heaven for you, who through **faith** are shielded by God’s power until the coming of the salvation that is ready to be revealed in the last time. In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your **faith**—of greater worth than gold, which perishes even though refined by fire—may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed. Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the goal of your **faith**, the salvation of your souls.”*

1 Peter 1: 3-9

*Therefore, since we have been justified through **faith**, we have peace with God through our Lord Jesus Christ, through whom we have gained access by **faith** into this grace in which we now stand. And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.*
Romans 5:1-5

Receive this blessing:

‘Well done, good and faithful servant! You have been **faithful** with a few things; I will put you in charge of many things. Come and share your master’s happiness!’ Matthew 25:23

ACTION: Accept this gift from God, **the shield of faith**, and place it on your arm. As you do so, say, “Increase our **faith!**” Luke 17:5

Take the helmet of salvation Ephesians 6:17

helmet | 'helmət | noun

a hard or padded protective hat, various types of which are worn by soldiers and others



salvation | sal'vāSH(ə)n | noun

preservation or deliverance from harm, ruin, or loss

Salvation is the first gift you received from the Lord when you confessed your sins and accepted Jesus' sacrifice in your place. The helmet of salvation protects your mind from the attacks of the devil. Satan loves to distract us and fill our minds with doubts and lies. He tells us that we are not lovable, good enough, strong enough, and that no one is looking out for us? This helmet reminds you that God loves you and He is good enough and strong enough to preserve you and deliver you from all harm, ruin and loss. The gift of eternal life is yours to hold and cannot be taken from you.

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast. - Ephesians 2:8-9

“The Lord is my strength and my defense; he has become my salvation. He is my God, and I will praise him, my father's God, and I will exalt him.” - Exodus 15:2

Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved. - Acts 4:12

Receive this blessing:

“The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.” - Numbers 6:24-26

ACTION: Accept this gift from God, the helmet of salvation, and place it upon your head. As you do so, say, “The Lord is my light and salvation - whom shall I fear? The LORD is the stronghold of my life-- of whom shall I be afraid?” - Psalm 27:1

and the sword of the Spirit, which is the word of God. Ephesians 6:17

sword | sôrd | noun

a weapon with a long metal blade and a hilt with a hand guard, used for thrusting or striking

the word of God

the Bible, or part of it; Jesus Christ

The word of God is the revelation of Jesus Christ, it is Jesus made known to us by the will of the Father through the power of the Holy Spirit. The sword of the word of God is the power of the Holy Spirit active and vibrant in our lives. The Holy Spirit enables us to stand our ground against the enemy.



*“Every **word of God** is flawless; he is a shield to those who take refuge in him. - Proverbs 30:5*

*The grass withers and the flowers fall, but the **word of our God** endures forever. - Matthew 4:4*

*Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every **word** that comes from the mouth **of God**.’” - Isaiah 40:8*

*Hear the **word of the Lord**, you Israelites, because the Lord has a charge to bring against you who live in the land: “There is no faithfulness, no love, no acknowledgment of God in the land.” - Hosea 4:1*

*For the **word of God** is alive and active. Sharper than any double-edged **sword**, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. - Hebrews 4:12*

Receive this blessing:

Now may the God of the universe equip you with every good thing for doing his will. May every favor and earthly blessing come in abundance to you, so that you may always, under all circumstances, regardless of the need have complete self-sufficiency in Him, and have an abundance for every good work and act of charity. May he work in you what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen. - 2 Corinthians 9:8

ACTION: Accept this gift from God. Pick up **the sword of the word of God**. As you do so, say, “Blessed are those who hear the **word of God** and obey it.” - Luke 11:28