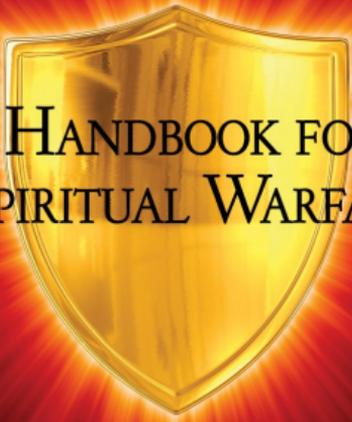


EPHESIANS:



HANDBOOK FOR SPIRITUAL WARFARE

We are in a spiritual battle we can win.

The Apostle Paul tells us how in his letter to the Ephesians.

First he gives us the preparation we need:

- We need to understand and declare for ourselves, who we are in Christ (chapters 1-3).
- We must then know how we are to live (chapters 4-6:9).

Knowing and applying these truths, we are prepared to stand our ground in prayer against the evil forces of darkness. He describes the full armor of God that we are to put on for prayer.

Full Armor of God

This armor of God is much more than a word picture. It describes the lifestyle we are to live as children of Christ. Every part of the armor has a verse reference to one of the names or attributes of Christ Himself.

The key points that Paul made in Ephesians are summarized here, so that you can pray through them and feel you are ready for significant prayer. The sword of the Spirit that Paul describes as our offensive weapon for prayer is the Word of God, the Bible. It's an arsenal for prayer, and every verse can be a weapon.

Who Am I in Christ? Ephesians 1-3

Positive affirmations of the truth of our position in Christ. Excellent verses to speak aloud and to use as prayers of praise and thanksgiving to our gracious God!

In Christ...

I have been blessed with every spiritual blessing.

I was chosen before the creation of the world.

I am holy and blameless in God's sight.

I have been adopted as God's child.

I have been redeemed by His blood.

I have been forgiven by His grace.

I have been chosen according to His purpose and will.

I have been predestined to be His own.

I have been marked with the seal of the Holy Spirit.

I have been guaranteed an inheritance.

I have been made alive with Christ.

I have been saved by grace.

I have been affirmed as God's workmanship, His masterpiece.

I have been assured that God has prepared good works for me to do.

I have been granted access to the Father by the Holy Spirit.

I have been joined with others in the body of Christ to become a dwelling for the Holy Spirit.

I have been given assignment to make known to the rulers and authorities in the heavenly realms the manifold wisdom of God.

I have been given freedom to approach God with confidence through faith in Christ.

How am I then to live?

Ephesians 4:1-28

What lifestyle prepares us for taking up the full armor of God to stand our ground against Satan?

Paul describes it in Ephesians 4-6:9. Let's go through the points he makes as a way to examine our conscience and confess any sins God brings to mind:

Father, am I walking worthy of my calling?...

Does my character, do my relationships reflect—
a willingness to humble myself?
gentleness?
longsuffering, patience?
bearing with, putting up with others in love?
endeavoring to keep unity with others?
living with others in peace? in unity of faith?
growing with others in my knowledge of Christ?

Is there in my life any—
lack of purity, even in thought?
failure to care about right and wrong?
giving in to immorality on any level?

Am I constantly putting off my old nature and any sinful habits, my former conduct?

Am I letting You renew my mind?

Am I consciously putting on my new nature, seeking righteousness and holiness?

Do I ever lie? exaggerate? shade the truth? fail to correct wrong impressions?

Have I gone to bed angry without apologizing and making things right?

Have I given the devil a foothold by failing to deal with all the sin in my life? Am I hanging on to any sins without confessing them, without repenting—turning away from them in God's strength?

Have I stolen anything? —
even small things, like office supplies?
someone's reputation, through gossip?
anyone's time, with thoughtless interruptions?

How am I then to live? Ephesians 4:28-6:9

Do I ever say things that are unwholesome?

Am I an encourager, always building others up? Or is my spirit critical and judgmental?

Do I grieve the Holy Spirit with sins?

Am I bitter about anything?

Do I lose my temper? Have anger or show rage?

Do I slander others with my talk?

Am I kind? Compassionate?

Do I forgive others as God has forgiven me?

Am I living a life characterized by love?

Have I been immoral? Impure in thought or action?

Am I greedy? Materialistic?

Do I engage in obscene language or foolish talk? Off color jokes?

Am I living as a child of the light, giving no place to deeds of darkness?

Do I live wisely, making the most of every opportunity for Christ?

Do I seek to understand the Lord's will when faced with choices and decisions?

Am I daily filled with the Spirit?

Do I sing psalms, hymns, spiritual songs with others? Make music in my heart?

Do I always give thanks for everything?

Do I submit to others?

If married—

Do I love my wife as my own body?

Do I respect my husband?

Are my children obedient?

Am I bringing them up in the training and instruction of the Lord?

Do I honor my parents?

Do I serve my employers or those in ministry wholeheartedly doing God's will from my heart?

Praying on the Armor of God

Ephesians 6:10-18

Father,

I know we're in a spiritual battle. Keep me clothed in Your full armor. (Ephesians 6:10-18)

The armor is my lifestyle in Christ—my armor of light! Help me to live a life that exhibits the truth of my salvation: that I'm a child of God, given new life in Christ, and Satan cannot harm me. (Romans 13:12, 14; John 1:12; 2 Corinthians 5:17; 1 John 5:18)

I take up the belt of truth, acknowledging Christ as my truth—the way, the truth, the life. May I always tell the truth. Don't let me settle for half-truths, exaggerate, or withhold the truth. (Ephesians 6:13-14; John 14:6; 16:8; 1 John 1:9)

May right living guard my heart like a breastplate of armor, for it affects everything I do. Help me to make godly choices that keep me centered in Your will. (Proverbs 4:23; Ephesians 6:14)

May the truth of the gospel and the peace that it brings give me sure footing, like boots on a soldier's feet. Help me to stand in the confidence that my sins are forgiven, that I belong to You. Keep me ready to share the good news that Christ died for our sins, that we are saved by faith. (Ephesians 6:15; 2:8-9)

I take up Christ as my shield of faith, for He is the reason for my faith. May I live by faith, trusting in the promises of the Bible. Keep my faith strong enough to extinguish the flaming arrows Satan sends my way. (Psalm 84:9; Ephesians 1:15; 6:16)

Christ is my helmet of salvation, for there's no other name by which I'm saved. Jesus is my Redeemer, who laid down His life for me. May that truth keep me steadfast in my thinking. (Ephesians 6:17; Acts 4:12; Titus 2:13; Psalm 19:14; John 10:11)

Jesus defeated Satan with Scripture. May speaking the Word give me victory as well! May Your Word, spoken in prayer, be the sword in my hands that defeats the powers of darkness. May the Scriptures I pray be Your Word that does not return empty, but accomplishes Your purposes. (Matthew 4:1-11; Ephesians 6:17; Isaiah 55:11)

In Jesus' name, amen.

Jesus Is

As we take our stand in prayer, let us keep in mind where the real the authority and power lies. May we keep our eyes on Jesus, the author and perfecter of our faith (Hebrews 12:2)!

Satan is a fallen angel (Luke 10:18)—

but Jesus is the creator of all things!

(Colossians 1:16)

Satan rules a kingdom of darkness (Matthew 12:26; Revelation 2:13)—

but Jesus is King of kings, Lord of lords!

(Revelation 19:16)

Satan is the prince of this world (John 12:31)—

but Jesus is the Prince of princes! (Daniel 8:25)

Satan is roams the earth like a roaring lion

(1 Peter 5:8)—

but Jesus is the Lion of the tribe of Judah!

(Revelation 5:5)

Satan is a deceiver (Revelation 20:7-8, 10) and the father of lies (John 8:44)—

but Jesus is the way, *the truth*, the life!

(John 14:6)

Satan is a tempter (Genesis 3:13; Matthew 4:1-11)—

but Jesus brings us through every temptation! (1 Corinthians 10:13)

Satan is our accuser (Revelation 12:10-11)—

but Jesus is the One in whom there is no condemnation! (Romans 8:1)

Satan is a thief, out to steal, kill and destroy (John 10:10a)—

but Jesus is the giver of abundant life!

(John 10:10b)

Satan is the destroyer (Revelation 9:11—*Abaddon* and *Apollyon* mean “Destroyer”)—

but Jesus is the One who holds everything together! (Colossians 1:17)

PrayerPower

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