

Week 50: The Whole Armor of God, Standing Firm in Spiritual Warfare

A Sabbath Family Bible Study

Introduction

The Christian life is not a neutral life. Scripture teaches that believers are engaged in a real and ongoing spiritual battle. This battle is not primarily against people. It is not fought with physical weapons. It is a conflict against spiritual forces that oppose truth, righteousness, and obedience to God.

Because of this, God has provided armor, not physical armor, but spiritual protection and strength for His people, so that we can stand firm. The command is not to advance recklessly, nor to retreat in fear, but to stand. This week we learn that spiritual maturity includes awareness, preparation, and discipline. A household that ignores spiritual warfare will be vulnerable, while a household that stands in God's armor will remain steady, protected, and faithful.

Scripture Reading (KJV)

(Ephesians 6:10-13, Ephesians 6:14-17, Ephesians 6:18-20, Matthew 4:1-4, Matthew 4:8-10, Psalm 18:1-6, 16-19)

Ephesians 6:10–13 - Understanding the Battle

10 Finally, my brethren, be strong in the Lord, and in the power of his might.

11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

Commentary

The source of strength is clear: “be strong in the Lord.” This battle cannot be fought with human ability alone, it requires dependence on God. Paul identifies the real enemy. The struggle is not ultimately against flesh and blood, but against spiritual forces. This changes how we respond to conflict.

Instead of reacting with anger, pride, or fear, believers are called to stand with clarity and discipline. The repeated command is not retreat or compromise, but to stand! We must recognize that spiritual battles often appear in everyday life, temptation, conflict, distraction, and discouragement. Without awareness, these moments are mishandled and the battle is lost.

Ephesians 6:14–17 - The Armor Described

14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

15 And your feet shod with the preparation of the gospel of peace;

16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

Commentary

Each piece of armor represents a critical aspect of our spiritual life:

- **Belt of Truth** - Stability and foundation. Without truth, everything else collapses.
- **Breastplate of Righteousness** - Protection of the heart through right living.
- **Gospel Shoes** - Readiness to stand and move with peace grounded in Christ.
- **Shield of Faith** - Defense against attacks, doubts, and deception.
- **Helmet of Salvation** - Protection of the mind through assurance of salvation.
- **Sword of the Spirit (Word of God)** - The only offensive weapon; truth spoken and applied.

We must train ourselves to live in truth, pursue righteousness, trust God, and rely on Scripture. Neglecting any part creates vulnerability to ourselves and others.

Ephesians 6:18–20 - Prayer and Watchfulness

18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

19 And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel,

20 For which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak.

Commentary

Prayer is what activates the armor. Believers are called to pray: Always, with perseverance, for others, and for boldness. Prayer maintains our awareness and dependence on God.

Paul, even while imprisoned, asks not for comfort but for boldness. This reveals the priority of the mission we are charged with. Families must develop consistent prayer habits, because without prayer, spiritual awareness fades and strength weakens.

Matthew 4:1–4 - The Example of Christ in Warfare

1 Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil.

2 And when he had fasted forty days and forty nights, he was afterward an hungred.

3 And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread.

4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

Matthew 4:8–10

8 Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them;

9 And saith unto him, All these things will I give thee, if thou wilt fall down and worship me.

10 Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.

Commentary

Jesus models spiritual warfare. He does not argue with Satan, but responds with Scripture: “It is written.” This demonstrates the power of the Word of God as the primary weapon in spiritual battle. Temptation often targets: Physical needs, identity, power, and control. Jesus resists each through truth.

We must train ourselves and our children to respond to temptation with Scripture, and not emotion or reasoning alone.

Discussion Questions for All Ages

Young Children

- Who helps us be strong?
- What is the armor of God?
- What did Jesus use to fight temptation?

Older Children & Teens

- Why is the battle not against people?
- Which piece of armor do you struggle to use most?
- How does Scripture help in difficult situations?

Adults

- Are you actively preparing for spiritual battle or reacting to it?
 - Which area of the armor is weakest in your life?
 - Is prayer a consistent practice in your household?
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Psalm Reading - Psalm 18:1–6, 16–19

1 I will love thee, O LORD, my strength.

2 The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower.

3 I will call upon the LORD, who is worthy to be praised: so shall I be saved from mine enemies.

4 The sorrows of death compassed me, and the floods of ungodly men made me afraid.

5 The sorrows of hell compassed me about: the snares of death prevented me.

6 In my distress I called upon the LORD, and cried unto my God: he heard my voice out of his temple, and my cry came before him, even into his ears.

16 He sent from above, he took me, he drew me out of many waters.

17 He delivered me from my strong enemy, and from them which hated me: for they were too strong for me.

18 They prevented me in the day of my calamity: but the LORD was my stay.

19 He brought me forth also into a large place; he delivered me, because he delighted in me.

Commentary

God is described as strength, fortress, and deliverer. This reinforces that protection does not come from our efforts alone, but from reliance on God. The armor equips us, but God sustains.

Hymn: “A Mighty Fortress Is Our God”

By Martin Luther (1529)

1.

A mighty fortress is our God,
A bulwark never failing;
Our helper He, amid the flood
Of mortal ills prevailing.
For still our ancient foe
Doth seek to work us woe;
His craft and power are great,
And, armed with cruel hate,
On earth is not his equal.

2.

Did we in our own strength confide,
Our striving would be losing;
Were not the right Man on our side,
The Man of God's own choosing:
Dost ask who that may be?
Christ Jesus, it is He;
Lord Sabaoth His name,

From age to age the same,
And He must win the battle.

3.

And though this world, with devils filled,
Should threaten to undo us,
We will not fear, for God hath willed
His truth to triumph through us:
The prince of darkness grim,
We tremble not for him;
His rage we can endure,
For lo, his doom is sure,
One little word shall fell him.

4.

That word above all earthly powers,
No thanks to them, abideth;
The Spirit and the gifts are ours
Through Him who with us sideth:
Let goods and kindred go,
This mortal life also;
The body they may kill:
God's truth abideth still,
His kingdom is forever.

Family Application Points

1. Recognize the Battle

Teach your family that spiritual warfare is real and ongoing.

2. Put on the Whole Armor

Do not neglect any area of truth, righteousness, or faith.

3. Use Scripture as Your Weapon

Train your household to respond to temptation with God's Word.

4. Build a Life of Prayer

Make prayer a consistent and central practice.

5. Stand Firm

Do not compromise truth under pressure. Remain steady and faithful.

A Sabbath Feast Prayer

Father, we thank You that You have not left us unprotected. As we sit at this table, bless this food before us and bless the loving hands that prepared it. Strengthen our family in Your truth. Help us to stand firm against temptation and to walk in obedience. Teach us to rely on Your Word and to remain faithful in every battle. In Jesus' name, Amen.

Closing Prayer

Lord, You are our strength and our defense. Equip us with Your armor and train us to stand firm. Guard our minds, our hearts, and our actions. Teach us to use Your Word with wisdom and to depend on You in every moment. May our home be protected, disciplined, and faithful in the face of every challenge. In Jesus' name we pray, Amen.