Committed Christian Life



The War



But grow in the grace and knowledge of our Lord and Savior Jesus Christ. 2 Peter 3:18

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The War



We are in a battle, a battle being waged at the highest levels of the universe between the greatest of all enemies: God and Satan. We have chosen to be in God's army when we moved from Satan's camp to His. Let's pursue victory in our personal lives, and for God's Kingdom. That is the goal of this lesson—to pursue victory.

This lesson is taken from the course Committed Christian Life.

Other lessons in this course are:

- 1) "The Goal and Process of the Christian Life"

 Do you know what the goal is? Are you struggling to be a "good" Christian? Learn what God wants to do in and through you in this supernatural life we are called to.
- 2) "The Power for the Spiritual Life"

 Learn about the ministry of the Holy Spirit to unbelievers and believers and the three commands God's Word gives us about the Holy Spirit.
- 4) "Prayer: Worship and Praise" Prayer is an expression of our relationship to God. Learn a fresh focus as you seek His face before you seek His hand.
- 5) "Prayer: Petition and Intercession"

 Now with Almighty God in focus learn the joys of intercession. Included are the basic principles of prayer, hindrances to prayer and the importance of corporate prayer.
- 6) "Alive and Powerful The Word Of God"

 The Bible is our main source of communication from our Heavenly Father and the food of our spiritual lives. Learn how to make the most of this living, powerful resource.
- 7) "Walking By Faith"

 The foundational principle of Kingdom living is faith. Learn how to deal with the challenges to faith as well as steps to knowing God's will for your life.
- 8) "Spiritual Transformation"
 What God has promised is that He will transform us by the power of His Holy Spirit so that we become like Him. This lesson will begin to answer the question: As a result of my walk with Christ, what changes in my character should take place?

9) "Understanding Suffering"

Learn the five purposes of suffering and how our response to suffering will make or break us. We alone decide whether suffering will drive us to bitterness, or to spiritual maturity.

10) "Fellowship in the Family"

Learn how to help build unity in the church, our "family", how to deal with conflict and how to practice fellowship that honors Christ and brings joy to our hearts.

11) "Ministering To Your Fellowman"

This lesson which will challenge you as to examine how you can serve others. It will open your eyes to why God has given you gifts from His Holy Spirit, and how important it is for you to minister to those around you.

12) "Redeeming The Time"

What does the Bible say about work and how we should use our time? Do you know what your priorities are and do you set goals that reflect that? This lesson will help you redeem the time.

13) "Preparing for Revival"

There is much talk about revival, but little evidence of it. Take a look at the history of revivals and the principles we can use to bring revival now, here—in our own lives, in our church, in Ukraine.

Introduction

Did you ever wonder with all of the resources we have available to us why the Christian life is so difficult? Often we lose sight of the fact that we actually live in enemy territory and we are at war. The temptation when we think of Satan is to either minimize his influence or overreact to it. He would like us **not** to be aware of him at all so that he can get on with his deceptive work. But if we are aware of him, then he would love to have **all** of our focus on him so that we become overwhelmed with what we are up against. Therefore, we need to be knowledgeable of who the enemy is, but always keep our focus on our own victorious Commander. He has won the victory and will lead us on to many more victories!

Because in any war it is absolutely necessary to know and properly assess your enemy, this lesson covers Satan and his tactics. Knowing your enemy includes recognizing the ways in which he operates and realizing at what points you are most vulnerable to his attacks.

And as we understand the enemy and his tactics then we must properly assess our own resources for the battle. How reassuring to know that we fight not from weakness or retreat but from the victory already won and assured by the death and resurrection of Jesus Christ. Because of this, we need not fear our foe, only recognize his strength and deviousness, and then be prepared to use the resources God has provided for his attacks.

As you do this lesson, for the greatest benefit to your spiritual journey right now, we recommend three things:

- Keep a spiritual journal, at least while you work your way through this lesson. This should include people and needs you are praying for, answers God gives, where you are reading in your Bible and what God is teaching you.
- 2) Make a goal to have a daily quiet time with the Lord. If you are in a leadership position we would challenge you to set aside an hour a day for one month. However if you do not already have a regular quiet time, start with a daily goal that you are willing to practice for one month.
- 3) Memorize 4 Bible verses. We suggest you choose 4 verses from Hebrews 11—the famous chapter on faith.

Throughout this lesson there are various questions, exercises and assignments that will help you interact with the material and apply it to your own life situation. Note that at the end of this lesson there is an answer key so that you may check your understanding of the material covered.

Use a notebook to write out your answers to the exercises. This is your "thinking" notebook so that you can put down your own answers and thoughts on what you are learning. Our learning is reinforced by writing it down so this is an excellent tool as you pursue growth in your personal life.

LESSON OUTLINE

- I. The Enemy
 - A. His First Dealing with Men
 - B. His Dominion in this World
 - C. His Advantage Defeated through Christ
 - D. His Use of Temptation
- II. Satan's Army
- III. The Source of Victory
 - A. Our Strength
 - B. Our Offense
 - C. Our Defense

- IV. Our Spiritual Armor
 - A. The Belt of Truth
 - B. The Breastplate of Righteousness
 - C. Shoes of the Preparation of the Gospel of Peace
 - D. The Shield of Faith
 - E. The Helmet of Salvation
 - F. The Sword of the Spirit
 - G. Using Our Armor
 - H. Prayer

Conclusion

LESSON OBJECTIVES

At the end of this lesson you should be able to:

- 1. Explain the advantage gained by Satan at the time of man's fall.
- 2. Describe at least three tactics used by Satan to keep unbelievers from knowing about God's plan of redemption.
- 3. Give three Biblical examples of how Satan tempts believers to focus their attention on things other than Christ, His Word, or works.
- 4. Describe the spiritual significance and practical value of each of the six pieces of armor God has provided for believers in their warfare with Satan and his forces.
- 5. Share with others what you have learned about Satan's schemes and how to defeat them.

LESSON ASSIGNMENTS

This gives you a brief overview of how to proceed with this lesson.

- 1. Review the Lesson Outline and study the objectives.
- 2. Read the definitions of key terms.
- 3. Read this lesson and do the questions and exercises using the Bible as the key reference.
- 4. Have a quiet time of one hour each day. Evaluate whether you are doing this at the best time of day for your personal schedule. You may want to try a different time or divide it into two half-hour segments, or if it is very difficult to find an extended period of time, three 20-minute segments. Be faithful in using your Spiritual Journal.
- 5. Memorize four verses from Hebrews 11. If you have already done other lessons from the course Committed Christian Life, continue memorizing from where you left off. If you memorized four verses a week—you can memorize the whole chapter in 10 weeks. A valuable source of Encouragement to your daily Christian walk—to remember and think about the heroes of our faith.
- 6. Project Preach or teach on "How to Defeat Satan's Schemes".

DEFINITION OF KEY TERMS

Advantage — superiority of position or condition

Satan — A Hebrew name which means "adversary" or "opponent". Other titles used are: the devil, which means "slanderer" (Matthew 4:1); Beelzebul, ruler of the demons (Luke 11:15); the evil one (Matthew 13:19); father of lies (John 8:44); god of this world (2 Cor. 4:4); ruler of this world (John 12:31); prince of the power of the air (Eph. 2:2); and the tempter (1 Thess. 3:5).

Demons — Evil spirits; fallen angels who joined Satan in his rebellion against God

6 COMMITTED CHRISTIAN LIFE

I. The Enemy

James 4:7 tells us: "Resist the devil and he will flee from you." Peter in 1 Peter 5:8, 9 says: "Be of sober *spirit*, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. But resist him, firm in *your* faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world" (emphasis added). These men, James and Peter, were definite about the fact that we are under spiritual attack.



Question 1 State in your own words the commands that tell us how to deal with Satan.



Question 2 Read 2 Corinthians 2:11 and Ephesians 6:11. What methods does Satan use against us?

As the most glorious of all created beings, Satan is superior to man in all respects. He is greater in strength, wisdom, intelligence, and position. Why then are contrived plots, trickery, and intrigues

strength, wisdom, intelligence, and position. Why then are contrived plots, trickery, and intrigues his way of dealing with men? Why does he not just reach out and crush man through his evil host of demons?

The answer is twofold. First, though man is lower than the angels, God has put restraints and limitations on what Satan may do (2 Thessalonians 2:3-6, especially v. 6; Job 1:12; 2:6). Second, since he wants to be like God, Satan wants the worship of man (Matthew 4:9, 10; Revelation 13:3-4). But because God has given mankind a free will, Satan has to win loyalty by fair means or foul.

Consequently, Satan and his host are limited in the use of their power but unlimited in the use of their intelligence and wisdom. Because they cannot just use force they need to persuade by lies. Therefore, they do not come openly as evil despots but slyly as deceitful workers.

We also need to remember that as powerful and intelligent as Satan is, he is not like God. He is not omnipresent. He is not all powerful—his actions are limited by God's permission. He is not sovereign. He is a created being, a fallen angel.



Question 3	Question 3 why does Satan resort to scheming in order to get his way:				





Question 4 According to 2 Corinthians 11:13, 14, how does Satan disguise himself?

A. His First Dealing with Men

To see how all of this unfolds in the history of man, let us go back to the beginning. In the beginning man was without sin. The world was perfect and man was not in conflict with his flesh. Consequently, temptation could not come through the flesh or the world but only through an outside source. And come it did, through a creature that invaded from another dimension—the spirit dimension.

Adam only knew the blessings of God and the prohibition of the tree. Of the tree of the knowledge of good and evil he was not to eat, but of all other provisions within the Garden he could freely choose. Set before him was life and blessing, death and cursing. The only qualification for life and

blessing was to trust God and obey. To bring upon himself the judgment of God, death and cursing, he simply had to demonstrate a heart of unbelief and disobey.

And so enters Satan, through the serpent, and sets before man the lie. And what is the lie? The lie is that the creature does not have to be responsible to the Creator in order to receive the blessings of God; that independence from God is a workable option in God's universe; that peace, joy, and meaning to life can be achieved outside of God when, in reality, these things are only obtained in dependence on Him.



Question 5 Read Deuteronomy 30:15-20. Moses laid before the Israelites their options between life and blessing or death and cursing. What was required of them to receive life and blessings from God?

In the Garden of Eden Eve, imagining a good that was better than what God had offered, took and ate and gave to her husband who was there with her (Genesis 3:6). The woman was deceived, but the man was not. He had openly rebelled (1 Timothy 2:14). Sin was therefore introduced through Adam (Romans 5:12), and the lie that was born in Satan and had spread through one-third of the angels (Revelation 12:4) was now in the human race.

What had Satan achieved? Did Adam sell his soul and the human race to the devil when he sinned? Did Satan become the master of the human race? The answer is no. Adam did not sell his soul and the human race to the devil. Satan did not become his master. What Satan achieved was the movement of man from dependence on God to a state of independence. In so doing, man disqualified himself from the legal right of rulership of planet earth and fell under the curse of sin and death.

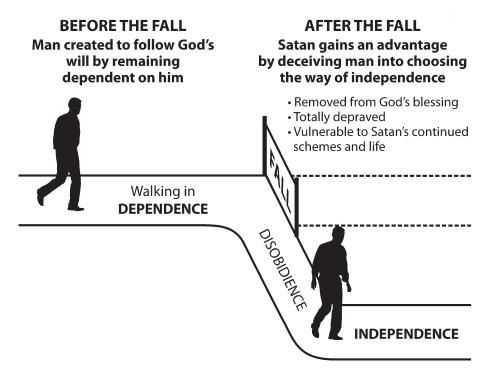


Diagram 3-1 SPIRITUAL WARFARE

B. Satan's Dominion in this World

Satan gained an advantage over man and planet earth by causing man's separation from God. He is now able to assert his dominion and rulership and is consequently called "the god of this world",

"the prince of the power of the air". He greatly desires man as his ally, or more preferably as his subject. But he still is left with the practical problem of turning his present advantage into an actual kingdom where man willingly and openly agrees to worship him.

Because of this, he is left with the task of continually asserting the lie while putting himself forth as the one who, when worshiped, can help fulfill it. This is why Ephesians 2:2 says that, when we were dead in trespasses and sins, we were walking according to the course of this world and therefore in agreement with the prince of this world. We believed the lie and chose to live independent of God.

James says each one is tempted when he is carried away by his own lust (James 1:14-15). No one can ever say, "The devil made me do it". The devil can only tempt or solicit our sinful propensity, not demand that we do evil. But when we give territory to him, we do become subject to him.

To accomplish his objective of developing an earthly kingdom over man, Satan resorts to scheming and craftiness using his new advantage. What is his new advantage? The new advantage is that man is now born in sin with a natural propensity to choose the way of independence instead of dependence. He is born separated from his Creator and chooses only to satisfy his sinful flesh. He is also born into a fallen and cursed world that supports his sinful flesh by appealing to the lust of the eyes, the lust of the flesh, and the boastful pride of life (1 John 2:16). As long as man is in sin, he is in rebellion against God.

Consequently, Satan has only to hide the truth from the unbeliever, keeping him blinded to the fact that there is a way back to eternal blessing and dependence on God; that there is a way out from under God's wrath and the despair and false hope that independence has brought. To this end Satan and his demons distort and twist the truth to their advantage. All you have to do is read again the temptation of Jesus to see a prime example of this perversion of truth (Matthew 4:1-10).

cation of Jesus to see a prime example of this perversion of truth (Matthew 4:1-10)
ion 6 What is the lie that Satan is trying to sell to the human race?
ion 7 What is the advantage that Satan gained at the time of man's fall?
ion 8 What is the only thing that Satan needs to do to perpetuate his lie to the
ever?
ion 9 Read the following verses as they are listed and state the different ways Satans fallen angels seek to deceive.
atians 1:8, 11-12
atians 1.0, 11-12

c) 1 Timothy 4:1

d) 2 Corinthians 11:13, 15; Matthew 24:11_____

e) Matthew 13:19		
f) Acts 10:38; Matthew 8:16		
g) Matthew 24:24; 2 Thessalonians 2:3-4; Revelation 13:2, 4, 11-17 _		

In addition to the different deceptions you have listed from the Scriptures we know that Satan tries to replace true religion with idolatry and religiosity (1 Corinthians 9:20; Acts 17:16, 22-23; Colossians 2:23). He is constantly offering imitations of the real thing. For anything that God has done Satan will try to offer a false imitation.



Exercise 1

Looking for evidence. As you review the tactics of Satan towards the unbeliever, what examples have you seen of this where you live? Find at least three examples, write them in your notebook, and be prepared to share them at the group meeting.

C. Satan's Advantage Defeated through Christ

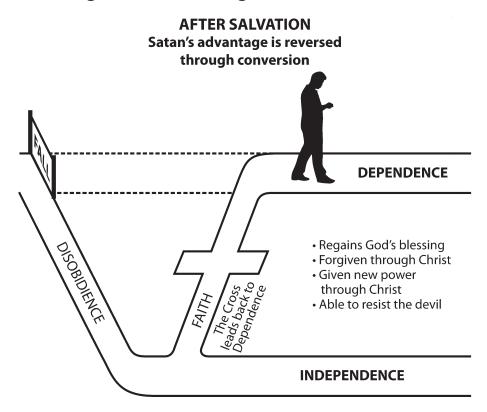


Diagram 3-2 **SPIRITUAL WARFARE**

Had Bible history stopped with the Fall, Satan's task of maintaining his advantage over man would have been much simpler. But God introduced something totally unexpected. He introduced the knowledge of the Seed of the woman (Genesis 3:15), Who would:

- 1. Reverse the flow of history for humanity and the earth (Genesis 12:1-3; Romans 8:18-21)
- 2. Secure a present and final victory over Satan through the cross (Colossians 2:13-15)
- 3. Demonstrate that dependence is superior to independence (Matthew 4:1-10 with Philippians 2:1-11)
- 4. Ensure the final disposal of Satan, his host, and all unbelievers (Revelation 5:1-5; 20:7-15)

Therefore, Satan's task is not a simple one. Instead, he is faced with a three-fold front toward which he must continually war. He must oppose the holy angels in the spiritual realm (Daniel 10:13), prevent the knowledge of God from being received by the unbeliever, and oppose the Seed of the woman (Jesus Christ) and all those He redeems.

The advantage that Satan gained over man in the Fall is, therefore, reversed in Christ through faith (1 John 5:4-5). Though the world has not yet changed, the believer in it has.

Who you are as a believer is extremely important to your victory against Satan. These are truths that you need to reinforce to yourself over and over as Satan tries to put doubts into your mind.



Question 10 A list of verses follows. Fill in the verses that are blank with a few words that state what it says about your standing with God, as you will see done in those already completed for you. As you read these verses, let your heart be filled with wonder of how God looks upon you and who you are through Him.

1) <u>Justified</u>	Romans 3:24
2)	Romans 5:1
3) Reconciled	Romans 5:10
4) <u>Redeemed and forgiven</u>	Ephesians 1:7; Colossians 1:14
5)	Romans 4:5,6
6)	Ephesians 1:3
7)	Romans 8:16
8) <u>Heir of God</u>	Romans 8:17
9)	1 Corinthians 6:19
10)	Corinthians 6:20
11) <u>United with the Lord</u>	1 Corinthians 6:17
12)	Ephesians 2:5
13)	Ephesians 2:6
14)	2 Corinthians 5:17
15) <u>Christ's friend</u>	John 15:15
16)	Ephesians 1:1
17) <u>Complete in Christ</u>	Colossians 2:10
18) Able to walk in newness of life	Romans 6:4
19) <u>No longer a slave to sin</u>	Romans 6:6-7
20)	Romans 8:1
21)	
22)	Romans 6:14

23) Access to God	Ephesians 2:18
24)	Romans 8:35-39
25)	1 John 5:18

Sin's power in the believer has been broken. But it is important to note that the believer is still susceptible to Satan regaining his advantage over him through his falling into sin.

D. Satan's Use of Temptation

By setting temptation before the believer, Satan once again entices him to stumble and fall as he originally tempted Adam and Eve. Because the believer is still prey to the lie of going outside the prescribed boundaries of God and seeking blessing in independence rather than dependence, he is still susceptible to stumbling, falling, and allowing Satan to once again regain an advantage (1 Peter 2:16; Romans 6:12-13; 12:1-2).

This is vividly illustrated in 2 Corinthians 2:8-11, 14. The disobedience of verse 9 would have allowed Satan to gain an unfair advantage in verse 11 had the church not changed its actions.

When an advantage is gained in military terminology, we know that the motivation for gaining the advantage is to gain power over the other side. For Satan, then, it is advantage, or power, that comes to him through unlawful gain through sin. To state it simply, when we sin, he gains power in our lives.

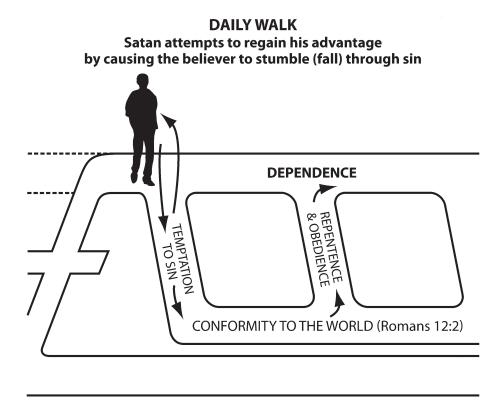


Diagram 3-3 **SPIRITUAL WARFARE**

When we take the route of independence, Satan gains an unlawful advantage over us i.e., the devil is given a place and opportunity (Ephesians 4:27). When we repent and turn from sin, Satan's advantage is taken away (2 Corinthians 2:10-11) although the consequences of the sin usually continue. Triumph and victory can, therefore, only be maintained in Christ (2 Corinthians 2:14), in the way of obedience, in the way of dependence (Proverbs 3:5-8).

Two practical illustrations of Satan gaining the advantage over us are found in 1 Corinthians 7 and 1 Peter 3. In 1 Corinthians 7:5 Paul says that prolonged abstinence of sex in the marriage relationship gives Satan an unfair advantage by making it easier to tempt one of the marriage partners to seek sexual satisfaction outside of the prescribed boundaries of their own marriage. In 1 Peter 3:7 Peter says that inconsiderate treatment of wives and failure to live with them in an understanding way also gives Satan an unfair advantage in that the believer's weapon of prayer is hindered (see Ephesians 6:10, 13, 18).

By setting forth repeated situations of temptation, Satan continually forces the believer to choose between right and wrong, between obedience and disobedience, between dependence and independence. Satan:

- 1. Uses situations that are outwardly good but are at odds with the plans and purpose of God (Matthew 16:21-23).
- 2. Uses conditions that appeal to the flesh (1 Thessalonians 4:3-4).
- 3. Uses the pressures, cares, discouragements, and worries of the world to force us to shrink back from obedience (1 Peter 4:1-4).
- 4. Tries to keep us immature so that godly choices are generally hindered (Ephesians 4:14).
- 5. Causes doubt so that the sure footing of faith is never fully gained (Genesis 3:1, 4).
- 6. Promotes hypocritical and worldly actions over actions of faith and love (Acts 5:1, 3; John 2:15-17).
- 7. Promotes false conclusions or deductions so that we might be deceived (Matthew 24:24).
- 8. Afflicts physically when no sin has been committed to force men to blame God (Job 1:9-12).
- 9. Will incite persecution against us to cause us to deny the faith (Revelation 2:10).
- 10. Would have us prideful in positions which demand humility and service (1 Timothy 3:6).
- 11. Would have us trust in our own resources rather than in God's strength (1 Corinthians 2:1-8).
- 12. Will seek to have us choose human wisdom over godly wisdom (James 3:13-18).
- 13. Will keep us defeated by having us think that all difficulties are removed in Christ (2 Corinthians 12:7-10).
- 14. Will infiltrate the church through false teachers, false disciples (tares), and through division (2 Corinthians 11:13-15; Matthew 13:38-39; 2 Corinthians 2:10-11).



Exercise 2

Personal evaluation. Take time right now to go back over the above list carefully. From that list choose three ways that Satan has tried to gain an "advantage" over you in the past month. After you have had time to think about it, write in your notebook what method he used, what happened, and how you dealt with it. What can you do the next time to be better prepared and "resist" him?

Primarily, then, he is in the business of enticing believers to evil (sin) through the world and the flesh by seeking to cause us to have our eyes focused on self, things, or other people instead of on Christ, His Word, and works (Colossians 3:1-3). Satan is truly a schemer, liar, and murderer from the beginning (John 8:44). The believer therefore must be sober and on the alert (1 Peter 5:8), for Satan opposes everything that God does.



Recommended reading: You may read Chapter 12 "Concerning Temptation" in *The Christian's Secret to a Happy Life* for your personal encouragement in this area of temptation.

II. Satan's Army

As has been stated, Satan is a limited created being and does not have the same qualities that we associate with God even though he is a supernatural being and lives in the spiritual world. So he has definite limitations but his influence in the world is extended by an army of fallen angels who are often referred to in Scripture as demons or unclean spirits. Satan is referred to as the prince or ruler of demons (Matthew 12:24) and as "the devil and his angels" (Matthew 25:41). We are told that one-third of the angels fell with Satan in his rebellion. So he has a powerful force at his command. He does have a kingdom (Matthew 12:26).

Because demons work in Satan's dominion their agenda is his agenda. It interesting to note some of the specific activities attributed to demons in the Bible.



Question 11 Read each of the following verses and state in each case the involvement of demons:

a. Psalm 106:36-38	
b. 1 Timothy 4:1	
c. James 3:14-16	

And in addition we have many instances of them possessing, oppressing and afflicting people in various ways. They can be the source of physical ailments (Matthew 9:32, 33; 12:22; 17:15-18). They can cause mental disorders as we see in the instance of the man in the Gerasenes (Luke 8:27-29) and with the boy who had convulsions and was thrown into the fire and into water in a suicidal mania (Mark 9:22). Christ freed people repeatedly while he was here on earth. We assume that these people were unbelievers before they came to Christ and somehow demons had assumed power over them.

Our knowledge of demons and angels is limited, but their existence is definite despite the fact that they live in the unseen spiritual world around us. Demons are intelligent beings who had (and have) a definite knowledge of Christ and His power (Mark 1:23-24; 3:11; 5:7). They know that they are judged and condemned, and they have some knowledge of the future which is probably based on centuries of observation of the human race rather than ability to predict exact events.

Sometimes people become concerned with demon possession and exorcism and how this can be done. We have many Biblical stories of demon possession and exorcism by Christ, by His disciples, and by Paul. When Christ cast a demon or demons out he just spoke with authority, "Be quiet, and come out of him!" (Mark 1:25), "I command you, come out of him and do not enter him again" (Mark 9:25). Usually in the Ancient World, and even today, exorcism is associated with rituals and special preparations and methods. Biblically the only special preparation Jesus mentioned was when His disciples failed to cast out a demon. Then He said, "This kind cannot come out by anything but prayer" (Mark 9:29). The power to cast out demons was in the authority of Christ and faith in Him.

We have no evidence that Christians can be "demon-possessed"; however, Christians can allow themselves to be vulnerable and be oppressed by demons. Demons have no power over us spiritually other than the power we allow them to have. Sometimes the vulnerability to their power comes through our ancestors or present family members who have particularly been involved in the occult or other satanic or demonic activities.

We do not have to fear demonic activity because Christ in us is infinitely greater and stronger than any demon. If you become involved in some way with someone who is demon possessed, you do have the power in Christ to stand against it. The warning here is not the inability to stand against

demons, but that when a person is freed, he turns to Christ and receives Him. Christ warned of the return of demons in even greater force if that life remained "unoccupied" (Matthew 12:43-45).

It is wonderful to see that as Jesus was preaching the Gospel demons were defeated, cast out, repeatedly. And we see this repeated in the Book of Acts in the early church. Philip, Paul and others were involved in unclean spirits coming out of people. Paul testified that Jesus Himself had told him to preach and testify so that "they may turn from darkness to light and from the dominion of Satan to God" (Acts 26:18).

If we really believe the scriptural testimony to the existence and activity of demons, and if we really believe that "the Son of God appeared for this purpose, to destroy the works of the devil (1 John 3:8), then it would seem appropriate to expect that even today when the gospel is proclaimed to unbelievers, and when prayer is made for believers who have perhaps been unaware of this dimension of spiritual conflict, there will be a genuine and often immediately recognizable triumph over the power of the enemy. We should expect that this would happen, think of it as a normal part of the work of Christ in building up his kingdom, and rejoice in Christ's victory in it.¹

Let us go on to examine more closely the basis of our victory over these evil beings. We will continue to speak of Satan as the enemy because he is the perpetrator and the leader of all those who rebel against God. But it is important to be aware of the fact that he does not act alone. He has great unseen forces in the form of demons at his beck and call.

III. The Source of Victory

It is important to always keep in mind that the war of the believer is not a war with unbelievers nor a war fought with the physical. In Ephesians 6:12 Paul emphatically states that we do not struggle against flesh and blood. Rather we struggle against these spiritual forces of wickedness. We do not kill demons, and we cannot even wound the devil. It is not that kind of a battle. Our war is a cosmic war with the believer pitted against stratagems from all the forces of darkness (Ephesians 6:11). We are pitted against a satanic and demonic host that is anti-God. We are pitted against those who oppose God in everything:

- As Jesus **reveals truth**, Satan conceals it (John 1:17; 8:44; 2 Corinthians 4:3-4);
- As Jesus **gives life**, Satan takes it (John 5:24; Hebrews 2:14);
- As Jesus **produces divine fruit**, Satan produces fleshly fruit (Galatians 5:19-23);
- As Jesus **tests to mature us**, Satan tempts to destroy us (James 1:2-4; 1 Peter 5:8);
- As Jesus **sets us free**, Satan makes us slaves to sin (John 8:31; 2 Timothy 2:26);
- As Jesus **defends us**, Satan accuses us (1 John 2:1; Revelation 12:10).

The war is therefore exceedingly intense. The goal is to obtain total supremacy over the souls of men. Satan will do all he can to destroy you. If he is unable to take you back into his kingdom, he will do all he can to make you a weak believer, practically speaking, a defeated believer. And failing that he will try everything in his power to hinder any work you do for God. He will try to foil your attempts to help other believers become strong in their faith. And at all cost he will try to stop you from bringing truth to those who are still subjects in his kingdom of darkness.

¹ Grudem, , 433.

A. Our Strength

God has not left us defenseless. He has provided everything that we need to fight this battle for His kingdom. Nor do we ever fight alone. The Lord is often referred to as a warrior.



Question 12 Read Exodus 15:3 and some of the context. How was God a warrior?

Jeremiah 20:11 also pictures the Lord as a "mighty warrior", someone to be feared, someone who fights for us, as He was with Jeremiah when he was surrounded by enemies.

Therefore in Ephesians 6:10, before our spiritual armor is laid out, we are told to "be strong in the Lord and the strength of His might". We can stand confidently beside the One for Whom we fight—and Who fights for us. We know that Jesus was able to release people who were oppressed by Satan through the power of the Holy Spirit—because "God was with Him" (Acts 10:38). We can have confidence in this battle against the powers of darkness.

In terms of security Paul says that, if God is for us, who is against us? Who shall separate us from the love of Christ? The answer comes back: no one or nothing--not natural or physical disasters; not death or life; not angels or principalities; nothing present or to come; no created thing shall separate us from the love of God.

As well as this assurance we have the swift-footed intercession of the Holy Spirit. In Romans 8:26-27 Paul says that the Spirit helps our weakness by interceding for us even when we do not know how to pray. Christ Himself is also at the right hand of God making intercession for us (Romans 8:34; Hebrews 7:25). And we ourselves can come before God in prayer for victory when Satan attacks. As a matter of fact this issue of prayer is so critical that this key passage in Ephesians 6 about our spiritual weapons ends with an admonition to be praying at all times. We have the privilege of calling down God's power to deal with this mighty opponent of ours.



Question 13 Read Romans 8:31, 35, 38-39. What is our security as we face these battles?

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Question 14 Who is interceding for us in this battle?

B. Our Offense

In terms of firepower we have been fitted with offensive weapons. It says in 2 Corinthians 10:4-5 that we have been outfitted with divinely powered weapons for the destruction of fortresses, capable of destroying speculations or anything lofty raised up against the knowledge of God. We have everything pertaining to life and godliness, according to 2 Peter 1:3, while Ephesians 1:19-20 says that all who believe have a power in accordance with that which raised Christ from the dead. This power is released through the Holy Spirit, God's Word, and prayer (2 Timothy 1:7; Ephesians 6:17-18).



Question 15 Read Ephesians 3:20. What is the source of this power that works within us? What are the limitations on this power?

COMMITTED CHRISTIAN LIFE



Question 16 In terms of our offensive weapons	what do the following Scriptures have to say
a) 2 Corinthians 10:4-5	
b) Ephesians 3:20 and 2 Peter 1:3	
c) Ephesians 6:17	

C. Our Defense

In terms of protection we have our defensive weapons. Paul says in Ephesians 6:10-11 that God has provided personal armor divinely fitted for the believer so that we are able to resist the devil's offense, his evil schemes. Here, though, there is a prerequisite. We must take up the armor (Ephesians 6:13) and put it on (Ephesians 6:11). In other words, our protection is fully supplied, but we must use it and not be caught off guard (1 Peter 5:8).

We are going to discuss this armor in more detail in the next section, but again as we turn to our place in this battle we are reassured over and over in Scripture that God is there for us, that He will protect us and shield us. King David himself was a mighty warrior for the Lord from the time he was a boy but he understood that he needed to seek God's protection from his enemies, and that God would protect him. His battles took place in the physical realm, but he was fighting them for God from the time he slew Goliath. He saw his enemies as the enemies of God, not just as personal enemies.

Look up the following verses and answer the questions:

- 2 Samuel 22:3, 31, 36
- Psalm 28:7
- Psalm 91:4
- Psalm 115:11
- Psalm 144:2

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Question	18 What else d	lo you learn ab	out God's pro	tection?	

Defeat or setback can only be blamed on the fact that the believer has forgotten to take up the armor of God. In Christ the believer is made complete, but the believer must also take advantage practically of what he has been given. While remembering that the primary objective of Satan's offense is to gain the advantage over the believer through schemes that would cause him to be ensnared in sin, let us now look at the armor.

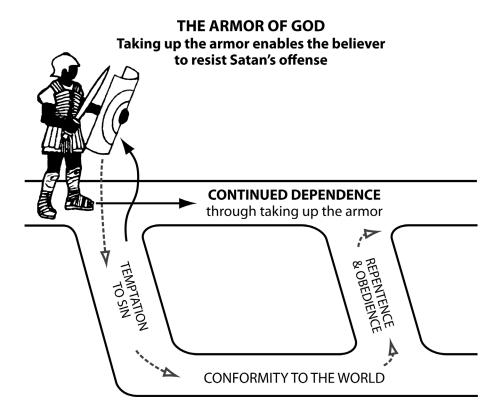


Diagram 3-4 **SPIRITUAL WARFARE**

IV. Our Spiritual Armor

At the time Paul wrote to the Ephesians he was himself in prison and in daily contact with soldiers. So it was natural that he would see a spiritual comparison in our equipment from God. In Paul's illustration of the soldier, no vital part of the body is left unprotected, and no extremity is without its proper equipment. First mentioned is the belt. With it the soldier tucked his robe in and fastened on his sword so that he would have freedom and ease of movement as he fought. Over lungs and heart (from his neck to his thighs), one of the most critical parts of his body, he wore a coat of mail (see 1 Kings 22:34 for a king of Israel who was struck in a joint of this piece). It consisted of two parts, one covering the front and the other the back. It was made of rings, or metal pieces in the form of fish scales, or plates (1 Samuel 17:5). On his feet there were thongs, or sandals, that were bound over the instep and round the ankle, having the soles thickly studded with hobnails for swift, sure footing. In one hand, usually the left, was a shield. It was a large oblong piece, about 1.3 x 1 meter, usually made of wood glued together in a double layer that was covered with linen and leather. It was bound around the edges with metal and securely laced to the arm. In a battle its curved surface was often polished smooth or rubbed with oil so that the arrows or darts tipped with burning pitch would glance off, or if they stuck, be extinguished. On the head was a helmet, usually made with skin or leather, strengthened with bronze, and often adorned with a crest or plume. It guarded the head from a blow by a sword, club, or battle-axe. In the right hand he held his sword: not a long, broad, or straight sword but a smaller two-edged sword resembling very much a dagger (13-42 cm. long). This is the only offensive weapon that Paul mentions.

To these articles Paul attached spiritual realities: to the belt--truth; to the breastplate--righteousness; to the feet--the gospel of peace; to the shield--faith; to the helmet--salvation; and to the sword--the Word of God.

A. The Belt of Truth

In Paul's day the Roman soldier wore tunics--big square pieces of material with holes for the head and arms, which hung low and loose over the body. To prevent undue hindrance, when it came time for battle, the soldier would pull the four corners through his belt to obtain the greatest mobility and flexibility. The belt of truth pictures for us a man who has applied the truth of God, who is surrounded by that truth, who uses that truth to hold everything in its proper place.



Question 19 What did Jesus have to say about Satan in John 8:44?



Question 20 What is the contrast between Satan and God? Read Numbers 23:19 and Hebrews 6:18.

As we have seen, Satan is a liar and his kingdom is based on lies and half-truths. How critical then that we know the truth. Jesus Christ said, "I am the way, the truth, and the life" (John 14:6). We are told to "put on" this armor. In Romans 13:14 we also have this command to "put on".



Question 21 What is the command in Romans 13:14?

Knowing His truth, accepting His truth, filling our minds and hearts with truth is one of the ways we can "put Him on".

In addition to "putting on" the truth God has taught us, we must be people of truth. Not only should we be sharing the truths of Scripture, but we must always speak honestly and keep our ways honest so that we can truly be girded with the belt of truth. We need to let truth and honesty permeate our very being, i.e. love honesty and truth and hate deception and untruths (Ephesians 4:25). Lying is one of Satan's temptations, but we must always walk in the ways of truthfulness. We need to have an attitude of truthfulness.

B. The Breastplate of Righteousness

No Roman soldier in his right mind would ever go into battle without his breastplate on. It protected him in hand-to-hand combat and from unexpected or stray arrows. So whose righteousness is being used as a breastplate? Ours? This is unlikely since we are often told that our own efforts at righteousness fall so far short of God's desire and holiness.

Rather, Paul tells us to put on the righteousness of Christ, to wear it as armor. When we stumble and sin, we need to again claim the righteousness of Jesus Christ. The righteousness of Christ defends us against Satan's accusations of unrighteousness. He is ever accusing us and telling us that we are not good enough. But that is exactly why Christ became the sacrificial Lamb of God (Galatians 2:21). Because He was perfectly righteous, He could and did die so that we would be accepted through His righteousness (Romans 5:19; 8:10). That is why we are washed by His blood.

One of Satan's key tactics is to tell us that we need to do more, that we are not good enough, that when we stumble God is going to reject us. This is a lie from Satan to strip you of your breastplate.

But the righteousness of Christ does not give us license to sin. A right relationship with Him will result in our desire to live righteous lives, and as we seek to walk in obedience to God we give Satan less and less opportunity to gain a foothold in our lives. So personal righteousness does have a place in the effectiveness of our breastplate. First Timothy 6:11 admonishes us to "pursue righteousness".



C. Shoes of the Preparation of the Gospel of Peace

Shoes for the Olympic athlete are extremely important. One uses different shoes for various sports. Tennis players' shoes are different depending upon the surface they are playing on, but they are also different from the runner's shoes. If shoes are so important to the athlete, you can imagine how important they are to the soldier fighting for his Lord. In this case the soldiers' feet are shod with the preparation for the gospel of peace.



Question 23 How do 2 Corinthians 5:19 and Colossians 1:20 relate to "the gospel of peace"?

These shoes are the symbol of both stability and motion. The believer should be prepared to shift as the battle shifts. The continued recognition by the believer that he is at peace with God, reconciled to Him, gives him a continued preparedness for action and movement knowing that God is not against him but for him. Consequently, no matter what the circumstances are, no matter how difficult, he knows that, because of the good news, he is at peace with God.

In addition to this stability that he can "stand" on, as a soldier looking to take back enemy territory he is able to move out with the gospel and share it with others freely. Isaiah 52:7 states: "How lovely on the mountains are the feet of him who brings good news, who announces peace and brings good news of happiness, who announces salvation, *and* says to Zion, 'Your God reigns!" The Christian soldier can run into battle shouting out the good news with joy, sending out the good news to those who are in the darkness of Satan's kingdom.

D. The Shield of Faith

When Paul comes to the shield of faith, he says "in addition to all". The soldier already has some good equipment at hand to help him stand firm against Satan and his evil forces. Now he adds to that the shield of faith.

The duty of the shield was to put out the flaming arrows of the evil one. This shield, says Paul, is not just to extinguish some but **all**. Those flaming arrows are: A) the schemes and deceptions of the host of Satan, as indicated in verse 11; B) the struggle with the spiritual forces of wickedness, verse 12; C) the attack in the day of evil, verse 13; all those seducing temptations of impurity, self-ishness, doubt, fear, disappointment, lust, greed, vanity, and covetousness that come through the lust of the flesh, the lust of the eyes, and the boastful pride of life (1 John 2:16).

What is this faith that functions as such a shield? It is unwavering confidence in God. It is the life of faith by which the just man lives out his life (Habakkuk 2:4). It is the faith that gives a man eternal life (Romans 1:17). It is the faith, or belief, that Adam did not exercise in the Garden when God told him not to eat of the tree of good and evil. It is the faith of Job who, when tempted, did not sin but entrusted himself to a faithful Creator in doing what is right (Job 1:21-22; 2:9-10; 19:25; 1 Peter 4:19).



Exercise 3

Think about using the shield of faith. Write in your notebook ideas of how you can actually use the shield of faith. What can you do to be prepared for Satan's attacks? How do you in your spiritual life hold up this shield of faith?

E. The Helmet of Salvation

The helmet is another critical piece of armor. A helmet serves the purpose of protecting the head, the brain, which is the command center for the whole body. We know that if someone receives a hard blow to the head he can suffer a concussion which can effectively disable the whole body, and if it is severe enough of a blow can even bring death. And so God has provided the helmet of salvation. We know that our salvation is in Jesus Christ and in God. And when we put the helmet on we thwart Satan's attacks of doubts and fears. Our minds are the battleground for many of Satan's attacks. But we know we have eternal life in heaven as well as God's intervention to save us from Satan's wiles.



Question 24 What is the difference between owning a helmet and wearing	g a helmet?

We have salvation but we need to think and practice what that means in our daily lives as believers. Satan will keep attacking but we have the constant assurance of salvation that we can claim repeatedly.

F. The Sword of the Spirit

We come now to the only weapon that can be considered as an offensive weapon. This weapon is used when the enemy is engaged in hand-to-hand combat. It is used when the battle becomes fierce. In Ephesians 6:12 Paul has already used a word that evidences the nature of our struggle. The word for "struggle" or "wrestle" indicates that it is hand-to-hand combat. It is no wonder that Paul uses the smaller dagger for his illustration, since the big broadsword or long sword would be ineffective in such an encounter.

In this instance we are told that the sword of the Spirit is the sword produced, or given, by the Spirit. It is the Word of God. Of course if a sword is to be effective, it must be used. Holding it in your hand will not be sufficient. So this is not just a body of truth, but the Word of God connected with results. Consequently, wielding the sword of the Spirit is using and applying the Word of God as God intended it to be used. But using a sword requires skill. With the other pieces of armor we need to know how to put them on, but once they are in place they do their part. However the sword is our offensive weapon and we need to have practice to use it properly. And with that is inferred that the more we use it, the better we will become at it. It is a lethal weapon when used properly.

Probably the most often used Bible illustration is found in Matthew 4 when Christ was tempted by Satan. In each of the three specific temptations, Jesus quoted a specific Scripture exactly related to the temptation. Likewise, the believer who wields the sword of the Spirit is the one who, when brought into specific trials and tests, can apply the specific portions of the Word of God that apply to the trial. This is a defensive use of our sword when attacked.

However we can also use it more offensively as we seek to take over territory from Satan and his kingdom of darkness. We have a Biblical basis to step out in faith like Joshua of old and fight for territory to be added to the Kingdom of God. Every time we use the Truth, give the Truth to others, stand on the Truth, we are moving offensively. If you explain the Gospel to someone and lead them to the Lord, you have made an attack in Satan's territory. When you stand on the promises of God for victory over whatever circumstances have come your way, you are moving forward. When you use Scripture to both find and remove Satan's strongholds in your life or in the lives of others you have "attacked".



Exercise 4

Using the sword of the Lord. Read Psalm 119. How much is the Word of God a part of your life? Are you saturated with it? Have you used God's Word in fighting temptation and deception in your life? Have you used it to advance the Kingdom of God? How?

G. Using Our Armor

These pieces of armor represent basic elements in our walk as obedient Christians. You may even be wearing the armor without being completely aware of it. But it is wise to meditate often on Ephesians 6 and pray about it and use it as a checklist to remember to choose thoughts and actions consistent with each piece of armor. These are truths that need to grip our hearts. There is no magic formula involved. Rather there are spiritual principles involved that we need to incorporate into our lives. And especially when we sense a definite attack from the enemy, we need to examine our hearts and take the assurance that we are actively using what God has provided so that Satan will not gain an advantage over us. But neither is this armor only to be pulled out of the closet for a special battle or time of crisis. We need to continually be alert and prepared. We must always "stand" fully ready.

H. Prayer

Victory over Satan and his host and victory in the warfare in which we are engaged involves a tremendous commitment to prayer. This is what the apostle Paul is saying in Ephesians 6:18. He discussed the warfare in chapter 6, verses 10-13, and the armor in verses 14-17. Now in verse 18 he discusses the subject of prayer. It is not mentioned as a part of the Christian's armor because it is more than that. Prayer is not added onto the armor; it is woven into and throughout the armor. While we are engaged with the elements of the armor, we are at the same time to be involved in prayer. All through the demands of the battle, whether it is during the heat of the war or during a lull, we are to be engaged in prayer. We must be in contact with our Commander if we are to move ahead purposefully in the battle. How else can we receive direction or ask for reinforcements?

And prayer itself is an offensive weapon against Satan and all his evil forces. As we pray for God's will to be done, as we pray for His kingdom to be expanded here on earth, we are actually doing battle against the forces of evil. As we pray for our fellow believers and their Christian walk, we are opposing the kingdom of darkness. As we pray for the lost to be won to Christ, we are praying for Satan's kingdom to sustain major losses. And all of these things we can pray confidently knowing that this is God's desire, His fondest wish. "Prayer lets us operate behind enemy lines, softening resistance, confusing strategies, cutting off supplies, and defeating evil purposes. Prayer gives us constant opportunity to be on active duty in this spiritual war."

Let us take time to look at a few Scriptures that guide us in praying to "win" the battle.



Question 25 What from the Lord's prayer (Matthew 6:9-13) specifically applies to praying in this spiritual war?

Often we approach the battle as though it was God's will that we struggle with temptation and evil. But He stands with us.

² Warren and Ruth Myers, "Weapons that Work", Discipleship Journal!, Issue #81, May/June 1994.



Question 26 Luke 6:28 says to "would defeat the enemy?	oray for those who mistreat you". How do you think that

What an "other worldly" tactic our Lord has. Satan has his people who are out to harm any follower of Christ. We do not fight people! We pray for them.

As you pray against Satan and his kingdom read some of the Scriptures in this lesson aloud. There is strength in speaking out God's truths. It confirms our faith so that our "shield" is that much stronger to withstand the spiritual attacks. Turn these Scriptures into prayers for your life and the lives of others.

We will spend a lesson on prayer, but be encouraged in what a valuable resource you have in prayer.



Exercise 5

Defeating Satan. As you examine your own life, develop an outline for a talk with the topic "How to Defeat Satan's Schemes". Include practical, specific illustrations from your own life and experience as well as what you have learned from this lesson.

This last exercise takes a lot of thought. What we learn takes on deeper significance in our lives as we think how we can communicate it to others. That is why we encourage you to finish what you have started and do the following project.



Project — Preaching/teaching

Using your plan from Exercise 5 share your talk in a church or small group. As an alternative assignment you may develop a Bible study from this lesson and use it with a small group.

Conclusion

In this lesson we have examined the enemy and his tactics and assessed the resources available to us. God provides all that we need and more. That is why Paul could write so confidently "In all these things we overwhelmingly conquer through Him who loved us" (Romans 8:37). And later in that same epistle he wrote, "The God of peace will soon crush Satan under your feet. The grace of our Lord Jesus be with you" (16:20). Satan may threaten and scheme and tempt and attack, but he cannot touch your soul. You may get tired in the battle, but the victory is assured as you follow your Commander Jesus Christ. That is what we need to keep before us at all times. We need to focus on Him and His purposes. "The primary goal of our warfare is not to defeat Satan. It is to glorify God through advancing His purposes, near and far."

If you enjoyed this lesson you may want to ask your leader about doing another lesson. Other lessons available are listed at the beginning of this lesson.

³ Myers.

Answers to questions

Question 1

Your answer. Don't give into him, stand up to him and be on your guard, be alert.

Question 2

Schemes

Question 3

Satan resorts to schemes because:

- 1) God has put limits on what he is allowed to do.
- 2) He wants man to think better of him than what is possible under the circumstances of his evil intent.

Question 4

He disguises himself as an angel of light.

Ouestion 5

The Israelites were told to love God, to obey Him and to hold fast to Him. In other words to submit themselves to Him and live as He desired and commanded.

Question 6

Satan's lie is that we can live independent of God and still receive all of the blessings which only God can give, such as peace, joy and meaning to life.

Ouestion 7

After the fall of Adam and Eve in the garden men have been born with the natural tendency to choose independence from God instead of dependence on Him. He is born separated from God with the desire only to satisfy his sinful flesh. He is also born into a fallen and cursed world.

Question 8

Satan only has to hide the truth from the unbeliever and keep him blinded to the way back to eternal blessing and dependence on God.

Question 9

- a) Seek to supply another gospel
- b) Blind the mind of man to the gospel
- c) Develop their own deceitful doctrines
- d) Develop their own network of false apostles and prophets
- e) Snatch away truth
- f) Seek to keep the unbeliever in an oppressed state through disease and possession when possible
- g) Will seek in the future to impersonate God (actually the whole Trinity) with their own unholy version in order to deceive the whole earth, including the elect

Question 10

In all honesty we ask you not to just copy these answers. Be sure to look up each verse and state our standing with God yourself, just comparing here to see if you are following the thoughts of the author.

- 1) Justified
- 2) At peace with God
- 3) Reconciled to God
- 4) Redeemed and forgiven
- 5) Righteous
- 6) Blessed with all spiritual blessings in the heavenlies
- 7) Child of God
- 8) Heir of God
- 9) God's possession
- 10) Bought with a price
- 11) United with the Lord (one spirit)
- 12) Spiritually alive
- 13) Seated in the heavenlies
- 14) New creature
- 15) Christ's friend
- 16) Saints
- 17) Complete in Christ
- 18) Able to walk in newness of life
- 19) No longer a slave to sin
- 20) No condemnation
- 21) Citizen of heaven
- 22) Free from law
- 23) Access to God
- 24) Nothing can separate us from God's love
- 25) Satan cannot touch us

Ouestion 11

- a. Accept worship from people—idolatry
- b. Promote false doctrines
- c. Encourage jealousy and selfishness

Ouestion 12

It was God who fought for Moses and all the Israelites when the Egyptians were pursuing them. Humanly speaking it was an impossible situation.

Question 13

What greater security than the fact that God is for us and there is nothing that can separate from His love and care!

Ouestion 14

The Holy Spirit and Jesus Christ are interceding for us. And hopefully other believers as we are commanded to pray for each other!

Question 15

According to Ephesians 3:16 the power is through the Holy Spirit. Far from being limited, God is able to do much more than we are even able to think of, let alone ask for.

Question 16

- a) We are given spiritual weapons—divinely powerful—even able to pull down fortresses Satan has set up.
- b) We are given God's power and everything that we need pertaining to life and Godliness.
- c) We must use the Word of God (sword of the Spirit).

Question 17

Shield, refuge, fortress, stronghold, deliverer, bulwark, under His wings, strength, rock, horn of salvation.

Question 18

Your answer. Among other things we must seek refuge in Him, it is not automatic. We must trust Him and His faithfulness to find His protection.

Question 19

Jesus said he was a murderer and there is not truth in him. He is a liar and the father of lies.

Question 20

It is impossible for God to lie!

Question 21

Put on the Lord Jesus Christ.

Question 22

We are to give ourselves over as slaves to God and His righteousness, because this is God's way and God's desire

Ouestion 23

We are reconciled to God through the blood of Jesus Christ; therefore we have peace with God. This is the gospel of peace.

Question 24

The obvious difference between owning a helmet and wearing a helmet is that only when you wear it are you actually protected.

Question 25

We are to pray that God would not lead us into temptation and that He would protect us from the Evil One. (or evil depending on the translation)

Question 26

26

When we pray for our enemies we no longer fight on human standards of anger, hatred, and bitterness, but rather on an effective spiritual level, because the battle really is the Lord's.

Answers to exercises

Exercise 1

Your answer. You might include in here examples of cults and their false teachings, or examples of unbelievers you know personally and how Satan has been keeping them from truth. As you think about this, also consider what can be done to combat his deception in these lives.

Exercise 2

Your answer. Do not pass over this exercise lightly. You need to be aware of exactly what weaknesses Satan is trying to exploit in your life. Thinking through your vulnerabilities will help you be more victorious. If your mind is a blank, pray and ask God to show you how Satan has been attacking—because attack he will.

Exercise 3

Your answer. Be prepared to share at the group meeting . You may want to take the time to also look at some scriptures that talk about God being our shield. Gen.15:1; Deut. 33:29; Ps. 18:2; 28:7; 115:11. How do you think that relates to the shield of faith—or does it?

Exercise 4

Your answer.

Exercise 5

Your answer. Be prepared to share one of the practical and specific illustrations from your life at the group meeting