



Sermon Growth Guide

June 8, 2025

In the Battle

Ephesians 6:10-20

Key Verse: Ephesians 6:10, 11, 18

“Be strong in the Lord and in his mighty power...put on the full armor of God...and pray in the Spirit on all on all occasions with all kinds of prayers and requests.”

Foundations

Prior to verse 18, “pray in the Spirit”, Paul lays out the keys to powerful and effective prayer. He begins by saying “be strong in the Lord and in his might power.” You and I are inherently weak in and of ourselves. It is only when we are “in Christ” and not “in our fallen selves” that we even begin to open our lives to the power God has for us. It is the power Paul spoke of earlier in Ephesians when he said, “I pray that you may be strengthened with power in your inner being by the Holy Spirit.” Paul says there is a battle going on in which the devil wants to disable our spiritual power and our prayers. Paul says, “put on the whole armor of God, that you may take your stand against the devil’s schemes.”

In effect Paul is saying that putting on “the full armor of God” is putting on Christ and all that he has done for and given to you. Put on “the belt of truth” – Jesus is “the truth,” the “breastplate of righteousness” – Jesus is our righteousness’, and “feet fitted with...peace,” Jesus is our peace. “take up the shield of faith” – our faith is faith in Jesus Christ and not faith in our faith, “take the helmet of salvation” – Jesus is our salvation, “take up the sword of the Spirit which is the word of God” – The word of God is the gift the Holy Spirit inspired the authors of Scripture to write. All of this is but the prerequisite to “praying in the Spirit at all times”. The only way our prayers will be effective and have power is by “putting on the whole armor of God” because the enemy wants to attack our minds, our hearts, our everyday walk, our confidence and assurance.

Understanding God’s Word

Together read the Ephesian passage many times in various versions. List for yourselves the various parts of the armor of God. Then list how that piece of armor is specifically designed to protect a specific part of your being from the enemy’s attacks.

Applying God’s Word

After a time of personal prayer, please list people in your life, areas of your life, and arenas in this world where you need to “pray for in the Spirit at all times with prayers and requests.”

Witnessing God’s Word

What steps do you need to take in order to demonstrate in your everyday life that you are at peace at all times...demonstrating God’s heart for those for whom you are praying...demonstrating to those around you that you are a man or woman of faith and not of sight?