


Day 1

 Please pray for holy guidance and insight before you begin today’s study.

The Armor of God

¹⁰ Finally, be strong in the Lord and in his mighty power.

Q1. God seems awfully quiet in this world. How do you know He exists?

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Q2. Paul emphasizes “His mighty power”. How would you describe (or explain) the Lord’s “mighty power”?

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Q3. How can we “be strong in the Lord”?

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¹¹ Put on the full armor of God so that you can take your stand against the devil's schemes.

Q4. Does the devil/satan exist? Or is he merely a symbol of evil?

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“Six out of ten Americans (59%) reject the existence of Satan, indicating that the devil, or Satan, is merely a symbol of evil.” (Source: Barna Research, www.barna.org, October 8, 2002)


Q5. If you could put yourself in satan’s place, would you want people to know about you? Why or why not?

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Q6. Is verse 11 a promise or a symbol?

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Day 2

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¹² 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.

Q7. We just studied how Jesus’ living example illuminated (or emphasized) the relationship between slave and master in Ephesians 6:5-8. If the Bible does not contradict itself, how would you explain Paul’s comment “our struggle is... against the rulers, against the authorities...”?

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Ephesians 6:5-8 Slaves, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ. Obey them not only to win their favor when their eye is on you, but like slaves of Christ, doing the will of God from your heart. Serve wholeheartedly, as if you were serving the Lord, not men, because you know that the Lord will reward everyone for whatever good he does, whether he is slave or free.

Q8. Does verse 12 indicate that satan is all by himself or does he have help?

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1 Peter 5:8 Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

¹³ 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.


Q9. Paul writes, “when the day of evil comes”; does that phrase refer to a day future to humanity (e.g., Revelation) or could it mean a day(s) in our life that evil seems to attack us and the dear people around us?

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Q10. Why is it important that we “stand our ground” against evil?

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Day 3

 Please pray for holy guidance and insight before you begin today's study.

¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace.

Q11. What might the “belt of Truth” represent?

Q12. What does a “breastplate” protect?

Q13. What is “righteousness”?


Romans 10:5-11 [Paul writes:] Moses describes in this way the righteousness that is by the law: "The man who does these things will live by them." But the righteousness that is by faith says: ... "The word is near you; it is in your mouth and in your heart," that is, the word of faith we are proclaiming: That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved. As the Scripture says, "Anyone who trusts in him will never be put to shame."

Q14. What is the “breastplate of righteousness”?

Q15. What is the “gospel of peace”?

Q16. How can our “feet [be] fitted with the readiness that comes from the gospel of peace”? What is implied?

Day 4

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

Q17. What is the "shield of faith"?

Q18. What is the promise in verse 16? Do you find that promise comforting?

¹⁷Take the helmet of salvation and the sword of the Spirit, which is the word of God.

Q19. What does the "helmet of salvation" represent?

Q20. Is there a power in the words of the Bible?

Q21. How can the "Word of God" be the "sword of the Spirit"?

¹⁸And 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 saints.

Q22. How do we "pray in the Spirit"?

Romans 8:26 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express.

Q23. How do you compare your prayer life against Paul's admonition?


Q24. How might you put Paul’s instruction to pray “on all occasions” into practice?

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Q25. Who are the “saints”? And how can we “be alert”?

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Day 5

 Please pray for holy guidance and insight before you begin today’s study.

¹⁹ Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make known the mystery of the gospel, ²⁰ for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

Q26. What is an intercessory prayer?

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Q27. Paul has such a close relationship with the Lord Jesus, yet he asks for intercessory prayer from others for the effectiveness of his witness. Why do you think that is necessary?

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Q28. What lesson(s) do you find for us today in verses 18 and 19?

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Isaiah 53:10-12 A prophecy: Yet it was the LORD's will to crush him and cause him [Jesus] to suffer, and though the LORD makes his life a guilt offering [a sacrifice for sin], he will see his offspring and prolong his days, and the will of the LORD will prosper in his hand. After the suffering of his soul, he will see the light of life and be satisfied; by his knowledge my righteous servant will justify many, and he will bear their iniquities. Therefore, I will give him a portion among the great, and he will divide the spoils with the strong, because he poured out his life unto death, and was numbered with the transgressors. For he bore the sin of many, and made intercession for the transgressors. [Isaiah was written about 700 years before Jesus' birth.]

Romans 8:26-27 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints [Believers] in accordance with God's will.

1 Timothy 2:1-5 I urge, then, first of all, that requests, prayers, intercession, and thanksgiving be made for everyone -- for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth. For there is one God and one mediator between God and men, the man Christ Jesus, who gave himself as a ransom for all men -- the testimony given in its proper time.

Hebrews 7:25 Therefore he [Jesus] is able to save completely those who come to God through him, because he always lives to intercede for them.

Day 6

 Please pray for holy guidance and insight before you begin today’s study.

Final Greetings

²¹ Tychicus, the dear brother and faithful servant in the Lord, will tell you everything, so that you also may know how I am and what I am doing. ²²I am sending him to you for this very purpose, that you may know how we are, and that he may encourage you.

²³ Peace to the brothers, and love with faith from God the Father and the Lord Jesus Christ. ²⁴Grace to all who love our Lord Jesus Christ with an undying love.

Q29. Why was it important for Paul to send Tychicus to Ephesus? And why did Paul describe Tychicus using such endearing words?

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For further consideration:

Q30. Is the Bible true? Why?

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Compare this answer to your answer to question 15 near the end of chapter 1, Lesson 2.

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