

Lesson 1

Natural Realm	Spiritual Realm	
all men on the earth live in the natural realm	the kingdom of satan	The Kingdom of God
the earth is divided into several natural kingdoms with physical kings the rule over the people	satan spiritual beings (demons etc) spiritual forces of evil all live in sin all rebelled against God	God, Jesus , Holy Spirit spiritual beings (angels) all men who live righteous obedience to God's Word these are spiritual forces for good exists inside each saved person, the true church
kingdoms of this world are under satan's power	satan's kingdom will not last forever only the consequences for those that partook and satan in eternal fire	future manifestation of the Kingdom of God
	kingdom started in rebellion when Lucifer wanted to take over God's Kingdom	Kingdom of God existed

The Spiritual War

- 1) **Invisible** (to most) (spirits don't have flesh and bones) ~Luke 24:39
- 2) **Involves all mankind, whether aware or not** ~ no neutral ground ~Eph 6:10-11
- 3) **Struggle occurs in the Spirit World** (realm)~Eph 6:10-11
- 4) **Spirit world is within, and around man, as well as other places** (ie. multidimensional)
 - a social battle between the believer and the world John 15:18-27
 - a personal battle between flesh & the spirit Gal 5:16-26
 - a supernatural battle between believer and evil spiritual powers Eph 6:10-27
- 5) **Christians are freed from the enemy through Jesus Christ** and on the winning team, but the battle still rages on daily until satan is bound.
- 6) Team satan comes to earth to; steal, kill, destroy and lead astray. John 10:10
- 7) Jesus comes so that all who choose Him can have life abundantly on earth and eternal life after death or this dispensation whichever comes first John 10:10
- 8) **Because Satan tempted Adam and Eve into sin, sin entered the physical realm** Gen 3:15, Rom 5:12
- 9) **Sin created a rift or opposition between satan and the woman** (a human/humankind) **and satan's seed** (forces of evil) **and her seed** (all humans born of humans - which were of the Lord and good prior to the choice to sin) Gen 3:15
- 10) **Because of sin, man deserves separation from God and eternal death, because God is Holy and cannot rightly interact with sinners, So God sent his son Jesus to die one for all men's sin's so they can be reunited with God in righteous standing and have everlasting life in heaven.** John 3:16-17
- 11) **The other thing that Jesus did for us in his Death Burial and Resurrection or conquering death and all sin, is that by his righteous sacrifice He defeated the works of satan.** 1 John 3:8
- 12) **Satan still has troops on the ground, and will not receive his final defeats until first he is chained for 1000 years in hell and then he is throw into the lake of fire for ever and ever. He will return to the earth through the Antichrist to rule his kingdom in perfect evil in the Great Tribulation**

Lesson 2

First the opener is verse 10, an often overlooked piece... it precedes the popular "put on the full armor" statement. It says, be strong in the Lord and in the power of His might. When you put on the full armor- that is what it does for you. It is not a nice suggestion, it is a directive, told to a soldier for the Lord-

- 1) Be strong in the Lord
- 2) be strong in the power of His might

v 10	greek	definition
be strong	<i>endynamoo:</i> (end- doo- may- noo)-	to be made strong, to increase in strength; to receive strength; to be bold this is from two greek words crammed together one is
	<i>from Dynamo:</i>	from where we get dynamite- it means to empower/to make strong (like lifting weights make you strong by reps and successive days, the more you do it the stronger you get)
	<i>and en:</i>	a preposition, in, with, within, by: it means of proper placement in the interior within the whole; in among the presence of
		Col 1:11 strengthened with all might, according to His glorious power, for all patience and long-suffering with joy
in	<i>en:</i>	in is the same word as one of the roots above, within/ in proper placement in the interior of the whole; by
the Lord	<i>kyrios:</i>	God, the Messiah- Jesus; the supreme authority

This being the second use of "en" in a short space means it is a very very important part of the process. duplications are always like "look here!" Basically in the center of it all, really in the center of it all is the Lord, that is where the strength is coming from, being IN the Lord.

So to recap that part- be empowered, or strengthened like one who works out daily- by the power of/or in proper placement into the interior (your heart and mind) within placement of the whole (body of Christ) - by the power of who? the Lord Jesus!

now notice this the second mention of power is a different greek word!

v10	greek	definition
power	<i>kratos:</i>	force; strength, mighty power, chiefly used of the power of the Lord God Almighty- who created the earth, will bound satan and will judge all of the evil men and send them to the lake of fire.
might	<i>ischys:</i> (<i>iss-koos</i>)	ability; force; might; power over external things

**All right so in order to get the power of the creator of the Universe, the on who controls their whole universe in the palm of his hand- you have to do verse 11... put on the whole(complete) armor of God. That is pretty amazing.

And the second most important thing, often overlooked is the second part of verse 11- why are we needing God's power? So that we may be able to stand against the wiles of the devil.

verse 11b	greek	definition
able	<i>dynamai</i>	from the same root as the word above: dynamo- this means; to be strong, capable, and powerful to do something;
to stand	<i>histemi</i>	a prolonged stand; to stand firm and in a fixed intact way; to sustain by the authority of the force of anything; to set or lace in balance like the metals used to weight money; to be steadfast in mind without wavering or hesitation
against	<i>pros</i>	with regard to; to the advantage of; according to; with the goal of limiting movement which was directed; a going or departing toward;
wiles	<i>methodia</i>	trickery; to lie in wait; cunning arts; deceit
devil	<i>diabolos</i>	the slanderer; false accuser; Satan

The Lord God Almighty has given every one of us the opportunity to wear specially fitted armor that defends against Satan! That's huge!

Ephesians 4:14 that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting (but speak the truth in love)

Our fight is not with flesh & blood.... vs 12

word	greek	meanings
fight (wrestle)	<i>pale</i>	a wrestling contest in which each attempts to throw the other down, the winner is decided when the victor is able to hold his opponent down with his hand upon his neck; the struggle between Christians and the power of evil
flesh	<i>sarka</i>	the body; the soft substance that covers the bones that is permitted with blood; mere human nature
blood	<i>haima</i>	the seat of life' blood of man or animal
principalities	<i>archas</i>	of angels or demons; the first in a series, the leader
powers (authorities)	<i>exousias</i>	one who possesses authority, a ruler; a spiritual being more powerful than man; authority & jurisdiction with liberty, power, strength and permission.
world's rulers	<i>kosmokratoras</i>	lord of the world, prince of this age; the devil and his legion of demons and spirits
darkness	<i>skotous</i>	lit: darkness of night, blindness; metph: ignorance of respect for divine things; ungodliness and immortality and eventual eternal state in hell
spiritual hosts (powers)	<i>pneumatika</i>	relating to the human spirit/soul; that which possesses the nature of the soul; belonging to God or an inferior spirit to God - but a higher being than man; (in this case an inferior spirit to God)
wickedness (evil)	<i>ponerias</i>	wickedness, depravity, evil purposes and desires, malice, plots, sins

*important language bit's that really matter:

verses	greek	definition
14 -truth:	<i>aletheia-</i> (al-A-thi-a)	what is objectively truth about any matter under consideration, with God's wisdom shared in the Bible being the measuring rod on any matter; God's truth
- girded:	<i>perizonnymi-</i> (perid-zone-nooo-mee)	the be encircled with at the middle; to be surrounded with; a barrier around the center of; to fasten one's garments with a girdle about the loins; fig; to be equipped with the knowledge of truth
-righteousness:	<i>diakaiosyne:</i> (deekah-yaws-ooo-nay)	the condition acceptable to God; with integrity, virtue, purity of life, correctness of thinking-feeling & acting; holding to the doctrine of the Bible
-put on	<i>endyo-</i> (end-doo-oooh)	to sink into clothing, to robe oneself in; to put on; to invest in clothing and sink into the garment
15 -shod:	<i>hypodeo-</i> (hoopo-odd-eh-oh)	the underbid; to bind underoneself; to fix together, tightly wrapped, fastened on tightly under oneself;
-the gospel:	<i>euangelion-</i> (you-ang-glee-on)	the proclamation of good tidings of Salvation through Christ and the following Kingdom of God; the rewards for following God; the proclamation of the grace of God manifested and pledged in Christ; "the gospel message"
-peace:	<i>eirene:</i> (eye-ray-nay)	the peace and rest of the christian's soul that is assured of salvation through Christ not fearing rejection by God nor fearing man or Satan, while being content with whatever lot in life is given to that person while on earth; (this is the Biblical definition of Prosperity)
16 -faith:	<i>pistis:</i>	conviction of the truth and full belief int he New Testament; being fully convinced of who God is, who Jesus is, who the Holy Spirit is; what roles they play; security of salvation; the fidelity of the promises of scripture
17 -salvation:	<i>soterios:</i> (sew-tay-ree-on)	the hope of future salvation through Christ for the Christian

verses	greek	definition
-the Spirit:	<i>pneuma:</i>	the third of the trinity; the Holy Spirit; the Spirit of God; the comforter
-word:	<i>rhema:</i> (ray-man)	a thing being spoken; a series of words joined together in a sentence- or a declaration made in the mind turned into words
-God:	<i>theos:</i>	the supreme divinity; God the father, the first of the trinity; the trinity in general
18 -prayer:	<i>proseuche:</i>	prayer that addressed the one true God, earnest prayer "from the heels"
-supplication:	<i>deesis:</i> (de-A-sis)	requests; need; seeking, asking, beg-plead-crave; petition
-in the Spirit	<i>in = en</i> <i>spirit= pneuma</i>	both above- within/proper placement within in a part of the whole the Holy Spirit
-all:	<i>pas:</i>	individually, each and every of the whole; everything or every one; collectively some of all types
-saints	<i>hagios:</i> (hahg-eee-ohs)	the most Holy ones, saints; those that are morally and religiously ceremonially blameless or sacred; of persons who serve then true God; set apart and exclusively His; prepares via ceremonial sacrifice as pure and clean as a sacrifice to God; upright; most verses referenced = reference receiving the Holy Spirit = hagios
-perseverance:	<i>proskarteresis:</i> (prahs-care-ter-ay-sis)	persistence; to adhere to with constant care, thought, with courage while being patient and strong with all endurance to the end; at all times in all places;
19 -utterance:	<i>logos:</i>	words; a word uttered by a living voice that embodies a concept or idea; speaking; doctrine; a count of;

verses	greek	definition
-mystery:	<i>mysterion:</i> (moose-tay-ree-on)	hidden things; religious secrets confided only to the initiated; something not obvious to understand; something with a hidden purpose; often used of those entrusted to announce something of God's purposes to men, sometimes while keeping it hidden from ungodly men; a dream or vision; things not understood easily by the average man
20 -ambassador	<i>presbeou:</i> (pres-byoo-oh)	to be older in priority or age; to be an ambassador; a representative; a preacher of;

What Does Putting on the Full Armor of God do?

vs	do	element	tool	for	covers	body/spirit	so...
14	girded	truth	belt	waist	guts, loins	<ul style="list-style-type: none"> *digestion of the word; *discernment of what is useful food or a waste; *energy production; *manufacturing of psychological hormones *reproduction 	<ul style="list-style-type: none"> *literally reject what is not in alignment with scripture *use the Bible as the measuring rod for all topics *preparation for mental health *be sure you are on target when sharing Christ <i>*Luke 12:35 Let your waist be girded and your lamps burning (of faithful servant)</i>
	put on	righteousness	breastplate		heart, lungs	<ul style="list-style-type: none"> *life *spiritual inhalation and exhalation of the Holy Spirit *the circulation of righteousness throughout the body *nutrition for the body *breastplate is OT = wear of Priest 	<ul style="list-style-type: none"> *invest in righteousness, sink into the role *allow righteousness to overcome you *breathe in the Holy Spirit breathe out the Holy Spirit onto others *feed yourself righteousness and it will become a defensive shield, soaked in the word (water), it will defend against flaming arrows <i>*1 Thes 5:8-9 But let us who are of the day be sober, putting on the breastplate of faith and love and as a helmet the hope of salvation, for God did not appoint us to wrath but to obtain salvation through out Lord Jesus Christ</i>

vs	do	element	tool	for	covers	body/spirit	so...
15	shod feet with preparation	of the gospel of peace	sandals	peace	feet, shins	<ul style="list-style-type: none"> *ability to walk well without injury *security from rocks/hits toward shins/legs *foundations under the entire self *feet are the method to take things places 	<ul style="list-style-type: none"> *you need to be able/ready to share the gospel ie. organized and prepared with verses to share Christ *ability/willingness to share Christ is defense against having your "legs taken out" *tightly tie on (know like the back of your hand) the gospel of Jesus <i>*Acts 12:8 The Angel said to him, "gird yourself and tie on your sandals" and so he did. And he said to him, "Put on your garment and follow me" (Peter freed from prison)</i> <i>*Mk 16:15 And He said to them, "Go into all the world and preach the gospel to every creature"</i>

vs	do	element	tool	for	covers	body/spirit	so...
16	*above all take	faith	shield (was soaked in water)	quench fiery darts of evil ones	whole body works well in a group	<ul style="list-style-type: none"> *the will- which runs the entire body psychologically *defending the whole body especially together- keeps the whole body safe from satan *trust in God, Jesus & Holy Spirit are true and will show up to follow through *the faith/trust is the "ABOVE ALL" statement 	<ul style="list-style-type: none"> *soaked in water(the Bible-esp Jesus words) will help the shield to function properly *the will -making it conform to faith *literally believe when you sit and allow the angels to defend you *literally believe in your salvation, the truths of the Bible etc- this will repel the fire of Satan effecting you (you hear a lie- you think- that is a lie- the bible says this- end of thought) *whole body actives like eexercise (yoga, kung fu, etc) *Group events: worth the time? people are in truth? *Are you open to things that tear down your faith? Believe things that are mostly true but a little off b/c it fits better in to worldly philosophy? <i>*James 4:7 by submitting to God (faith) you resist the devil</i> <i>Prov 30:5 every word of God is pure; He is a shield to those who put their trust in Him</i>
17	take	of salvation (belonging to)	helmet		brain, eyes, ears	<ul style="list-style-type: none"> *thoughts, dreams, *what comes in and out; *discernment of what is seen heard, learned, exposure to *psychological health/ belief *academic pursuits *neurological center for worship 	<ul style="list-style-type: none"> *protect what you see, hear, learn *remember your salvation and the power of God to save daily *check your music, TV, movies, books, social media, friend that advise or chat, philosophies *worship loud and long through song, scripture, prayer, actions, serving, etc <i>Luke 1:77 To give knowledge of salvation to His people By the remission of their sins</i>

vs	do	element	tool	for	covers	body/spirit	so...
	take word of God	of the Spirit (belonging to)	sword	offense	offense	arm (strength in war)	<ul style="list-style-type: none"> *memorize, study, speak out, share, wear, decorate with the word of god *prove what is incorrect through scripture *dig deep into scripture *speak scripture at the enemy *Luke 11:28 But he said, "More than that, blessed are those who hear the word of God and keep it!" Acts 4:32... and they were all filled with the Holy Spirit, and they spoke the word of God with boldness 1 Thes 2:13 ... the word of God, which also effectively works in you who believe
18	praying always	prayer and supplication in the Spirit	walkie talkie	offense	offense	mind, soul & heart diligence and sincerity	<ul style="list-style-type: none"> *pray without ceasing (ie. all day long for every little thing) *pray with deep earnest prayer, consistently * 1 Thes 5:17 pray without ceasing
	being watchful to this end (attentive and awake to- like a watchman)	perseverance & supplication for all the saints	God's goggles	offense	offense	spiritual & physical eyes	<ul style="list-style-type: none"> *watch out for each other as if all of our lives depend on the survival of each one *use your observation and discernment skill for the home team *regarding global Christians *Rom 5:3-4 And not only this but we know that tribulation produces perseverance; and perseverance character; and character, hope
19 20	for me, ambassador, (leaders) (pray) in chains	utterance be boldness	the gospel	speaking boldly to share the mystery of the gospel	offense	mind & soul & heart & mouth	<p>Pray for leadership, who have chains of all sorts, to be bold in explaining the bible, the gospel, converting, sharing wisdom and hope to the world and body of Christ</p> <p>2 Cor 5:20 Now then, we are ambassadors for Christ, as though God were pleading through us: we implore you on Christ's behalf, be reconciled to God.</p>

Notice how this is not a new concept to just the NT and some of these other verses give some further insight to the meaning of Eph 6

Is 59:17 For He put on righteousness as a breastplate,
And a helmet of salvation on His head;
He put on the garments of vengeance for clothing,
And was clad with zeal as a cloak.

Heb 4:2 for the word of God is living and powerful, and sharper than any two edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intentions of the heart

1 Thes 5:8 But let us who are of the day be sober, putting on the breastplate of faith and love, and as a helmet the hope of salvation

Is 11:5 Righteousness shall be the belt of His loins, and faithfulness the best of his waist

Is 22:21 I will clothe him with your robe and strengthen him with your belt; I will commit your responsibility into his hand. He shall be a father to the inhabitants of Judah (regarding Elkiam)

Ex 29:5 Then you shall take the garments, put the tunic on Aaron, and the robe on of the ephod, the ephod, and the breastplate and gird him with the intricately woven band of the ephod.

Acts 12:8 (regarding Peter's jail break) The the angel said to him, "Gird yourself and tie on your sandals" and so he said to him, "put on your garments and follow me"

1 Peter 1:13 Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ.

1 Peter 4:7 But you be watchful in all things, endure affliction, do the work of an evangelist, fulfill your ministry.

Ex 28:15 You shall make the breastplate of judgement...

Deut 33:29 Happy are you, O Israel! Who is like you, a people saved by the Lord, the Shield of your help and the sword of your majesty! Your enemies shall submit to you, and you shall tread down their high places

2 Sam 22:3 The God of my strength, in whom I will trust; My shield and the horn of my salvation, My stronghold and my refuge; My savior, You save me from violence

1 Sam 22:31 As for God, His way is perfect; The word of the Lord is proven; He is a shield to all who trust in Him

1 Sam 22:36 You have also given me the shield of Your Salvation, Your gentleness and made me great

Ps 3:3 For you, O Lord, are a shield for me, My glory and the One who lifts up my head.

Ps 5:12 For you, O Lord, will bless the righteous; with favor You will surround him as with a shield.

Ps 18:30 As for God, His way is perfect; The word of the Lord is proven; He is a shield to all who trust in Him

Ps 18:35 You have also given me the shield of Your salvation; Your right hand has held me up; Your gentleness has made me great

Ps 119:114 You are my hiding place and my shield; I hope in your word

Is 5:27 No one will be weary or stumble among them; No one will slumber or sleep; Nor will the belt on their loins be loosed; Nor the strap of their sandals be broken.

1 Kings 8:54 And so it was, when Solomon had finished praying all this prayer and supplication to the Lord, that he arose from before the altar of the Lord, from kneeling on his knees with his hands spread up to heaven

Phil 4:6-7 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God, and the peace of God, which surpasses all understanding, will guard your hearts and minds though Christ Jesus.

1 Kings 8:28 Yet regard the prayer of your servant and his supplication, O Lord my God, and listen to the cry and the prayer which Your servant is praying before today

1 Kings 8:38 whatever prayer and supplication is made by anyone, or by all your people of Israel, when each one knows the plague of his own heart and spreads out his hands toward this temple:

2 Chron 6:35 then hear from heaven their prayer and their supplication and maintain their cause

2 Cor 3:12 Therefore, since we have such a hope, we use great boldness of speech

Practical tips

- 1) imagine putting on the armor, and what it protects, what it fights against, and the literal connections to the spiritual war from the language and the symbolism
- 2) pray that Satan be bound from each area and that you properly use the armor
- 3) write out scriptures on old fashioned 3x5 card or in your phone w/a lovely image in a folder to swipe thru and memorize scriptures that help you fight your battles
- 4) be ever mindful that there is a spiritual war continuously going on about you
- 5) in weak moments (tired, hungry, angry, lonely, hurt) before responding to people, take a deep breath and pray first so you don't allow the enemy to use you like a puppet, remember you are always representing Christ and serving Him
- 6) read your bible like it is water and you just ran a marathon
- 7) trust the Lord and His mighty power and allow him and his angels to do their thing on your behalf