

Day 1 – The Battle

This week in our lesson we discussed Paul's reliance on prayer and the provision of the Holy Spirit as he served Christ in chains. This week my hope and prayer is that we can grow in our understanding of the real battle we are facing and in that, we will become better equipped to fight and stand firm.

Begin your time today in prayer, first, seeking forgiveness from God for your sin and asking Him to illumine His Word to your heart, teaching you, and growing you. Please read over the following text making observations, take your time and mark it up!

I have triple spaced it, because I really want us to spend a lot of time in the Word so we will keep coming back to this text each day and I want to make sure you have plenty of space...mark it up!

Ephesians 6:10-20,

¹⁰ Finally, be strong in the Lord and in the strength of His might. ¹¹ Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. ¹² For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual *forces* of wickedness in the heavenly *places*. ¹³ Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. ¹⁴ Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness, ¹⁵ and having shod your feet with the preparation of the gospel of

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Study Guide

peace; ¹⁶ in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil *one*. ¹⁷ And take the helmet of salvation, and the sword of the Spirit, which is the word of God.

¹⁸ With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints, ¹⁹ and *pray* on my behalf, that utterance may be given to me in the opening of my mouth, to make known with boldness the mystery of the gospel, ²⁰ for which I am an ambassador in chains; that in *proclaiming* it I may speak boldly, as I ought to speak.

Observe with me:

- 1. What battle are we really facing? _____
*It is important to note, here, that a believer living for Christ will be in a Spiritual battle, it won't look the same for everyone, but there will be a battle, so if you do not find yourself fighting this battle, you need to evaluate your heart and your life.

- 2. Define: schemes

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Study Guide

3. Who is our struggle against?

4. Why is it so important that we identify our true opponent?

So many times in this life we lose track of who we are really fighting against, and when we do that it can often times cause us to sin...maybe we lash out at someone who has hurt us, maybe we harbor unforgiveness in our hearts, or we allow our circumstances to rob us of our joy...all of these things are because we forget that we are fighting against evil, Satan and his demons, not people! Know who we are fighting changes the method by which we fight!

Close out our time today reading back through Ephesians 6:10-20, seeking God's forgiveness for times when you have not fought the battle correctly and asking Him to allow you to clearly see the enemy you are fighting moving forward.

Be blessed!

Day 2

Begin today with prayer, confessing your sins and worshipping the Lord for giving us such a great line of defense against our enemy.

We will be revisiting the same text, so ask the Lord to give your fresh eyes and illumine your heart to His Word!

Go back to Ephesians 6:10-20 making observations, try to use a different color pen or pencil today!

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Study Guide

Observe with me:

1. In verse 13, we are commanded to: “take up the full armor of God,” this indicates a constant wearing, or constant “putting on”, not only when we are feeling good, or it’s convenient, but always! What three aspects of our armor are we to constantly “wear”?

2. “Having girded your loins with truth” In the first century, Roman soldiers wore loose fitting tunics, this could be detrimental during hand to hand combat, so they wore a belt and when they went into battle they would cinch up all of the loose fabric in their belt so that it would not get in their way. As believers, we are continually in battle, so we must continually gird ourselves up. So, the question we must ask ourselves is this: what is getting in the way of me fighting against the enemy? What is tying me down, dragging me down, hindering my being, “strong in the Lord”? This could be hypocrisy, a lack of understanding of truth, lacking trust, disobedience, friends who don’t encourage you in holiness, the list could go on...

*Pause here and go before the Lord confessing any sins or strongholds in your life that the Holy Spirit has revealed to you. Remember, the Holy Spirit revealing sin in our lives is a great blessing, it is because of His great love for us that He works in our hearts!

3. The next aspect of our armor that we are to continually “wear” is the breastplate of righteousness. Roman soldiers wore plates made out of thick leather and

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Study Guide

covered in pieces of animal bone or hoofs over their chest to protect their heart and vital organs. Our battle and armor is no different. As we live our lives in fellowship with Jesus Christ, confessing and repenting of our sins, and relying on the Holy Spirit to grow us and live through us, His righteous produces in us a life of holiness. In essence, if we aren't "girding up our loins" we will fail to put on the breastplate of righteousness, leaving our hearts vulnerable to the attack of the enemy. Are there any ways that you have left your heart vulnerable to the attack of the enemy?

4. The third aspect of our armor that we are to continually wear is shoes. Verse 15 finishes with: "having shod your feet with the preparation of the gospel of peace;". Roman soldiers wore shoes with nails in them to give them traction, sort of like a first century cleat. In the same way, the gospel grants us peace, strengthening us and making us immovable when faced with the attacks of the enemy, because we know without a doubt that God is our strength, so we can stand firm, confident, because we are at peace with God! What ways can the truth of the strength of God, the confidence that we are at peace with God, allow you to stand firm when the enemy attacks you from all directions?
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Close out our time today in prayer, praising God for His Word and the peace we have knowing Him!

Be Blessed!

Day 3

Begin today with confession and thanksgiving in the realization that God in His great love and mercy has promised us everything we need to fight this battle!

We will be revisiting the same text, so ask the Lord to give your fresh eyes and illumine your heart to His Word! I know this seems repetitive but trust me...it is worth it!

Remember, God's Word is living and active, we can never exhaust the vast truth of His Word!

Go back to Ephesians 6:10-20 making observations, try to use a different color pen or pencil again today!

Observe with me:

- 1. Verse 16 begins with: "in addition to all", what is meant by this?

- 2. The "shield" referred to in verse 16 is talking about a large shield Roman soldiers used during battle to protect their entire body. The illustration is striking. Our entire self is protected by faith. Basic trust in God, in who He is and what He has revealed in His Word. Select a verse from Scripture to memorize and meditate on throughout this week, it can be one we are studying this week, we have studied in the past, or a new verse, this is a very basic and practical step in strengthening your faith and trust in God. Copy that verse here:

- 3. Our faith in God not only strengthens our resolve through the battle, but also empowers our obedience to His Word, allowing us to fight off temptations and

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Study Guide

deny our flesh. What is a temptation you are facing today?

- 4. Find a verse to memorize and meditate on that will strengthen you against that sin. I was encouraged by a dear friend this past week to call sin what God calls it. This drives us back to God's powerful, living Word, driving us to repentance. Copy that verse here:

- 5. The next aspect of our armor that Scripture refers to is a helmet. A helmet protects our head. The "helmet of salvation" here is not referring to obtaining salvation, as this is a text clearly written to those who are already saved. However, this is referring to the assurance of our salvation. The enemy seeks to kill and devour us, one of his primary tactics to destroy us is to cause us to doubt our assurance of salvation. Scripture clearly teaches that we can know that we are saved.

Copy John 6:37

Copy Romans 8:38-39

God is very clear through His Word, we are saved by His power. Nothing and no one has more authority, more power than God. So we can know without a doubt that our salvation is secure in Him!

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Study Guide

6. Finally, we have been given a weapon that is not only defensive, but also offensive, “the sword of the Spirit”. God’s Word is our sword, it is infinitely more powerful than any scheme of the enemy.

Copy Hebrews 4:12

7. What then? What should we do with the most powerful weapon ever given to man?

Copy Psalm 1:1-2

Copy Psalm 119:11

Copy Deuteronomy 6:6-7

Copy 2 Timothy 3:16-17

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Study Guide

Close your time today in prayer, reflecting on the mighty power of the Word of God and the immense privilege we have to study and know it!

Day 4

Begin today with prayer, confessing your sins and praising God for His truth!

We will be revisiting the same text today, dig deep, draw from the immense Word of God!

Go back to Ephesians 6:10-20 making observations, try to use a different color pen or pencil today, and pay close attention to verses 18-20.

Observe with me:

1. How are we to pray? Fill in the blank: "With _____ prayer and petition..."

*we are to bring ALL things before the Lord in prayer!

2. According to verse 18, how often are we to pray? _____

3. How are we to pray? "In" who? _____

*this focuses on our submission to the will of the Holy Spirit, our hearts desire is to line up with the will of the Father

4. We are commanded to "be on alert" in prayer. What does this mean?

As we pray we are to be aware and alert as to what is going on around us, as well as the temptations we face.

5. Paul commands us at the end of verse 18, to be in prayer for who specifically?

6. In verses 19-20, Paul asks for prayer from the saints. This echoes closely what we studied in our lesson when Paul asks the Philippians to be praying for him.

Here we see again, Paul's reliance on the prayers of believers and the working of the Holy Spirit in his life to allow him to boldly proclaim the truth of Christ and exalt the Lord!

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 Study Guide

Ask yourself:

How am I doing in asking others to bear my burdens? Asking others to pray for me in my weaknesses, my struggles? In order that Christ might be exalted in my life.

Do I truly recognize my absolute and utter dependence on the Holy Spirit to live my life honoring Christ? How might I grow in this area?

Close out your time today in prayer, confessing your absolute reliance on the Holy Spirit working in your life to live righteously and thanking Him for supplying all your needs.

Day 5

As always, begin your time today in prayer confessing your sins and adoring your Savior!

Today you will be reviewing all that you have observed throughout your time this week, borrowing from the chart we used last week.

Start off by reading back through Ephesians 6:10-20, use a new color pen or pencil and make as many observations as you can! We will be using your observations today!

Complete the chart below, choosing 7 observations you made this week. I would encourage you to do this with each observation you made as time allows. ☺

Observations (what do I see?)	Interpretive Questions Asking questions of each observation.	Interpretations What does it mean? What conclusion can be made?

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Study Guide

Now that we have made observations, and used interpretive questions to better understand the text, let's make some applications, because we all know that without applying the Word to our lives, we will remain unchanged.

A helpful tool as we seek to apply Scripture to our lives is: SPECS.

- 1. S – Sins to avoid. Are there any sins in this passage that I should be intentional in avoiding?

- 2. P – Promises to cling to. Are there any promises in this text that I can hold on to?

- 3. E – Examples to follow. Do I see any examples in this passage that I should follow?

- 4. C – Commands to obey. Are there any commands to obey?

- 5. Scriptures to memorize. Are there any verse(s) here that I should hide in my heart to increase my ability to meditate on and further apply the truth to my life?

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I would like to encourage you to make this a daily habit in your life. God's Word is powerful and transformative...there truly is no comparison, no greater truth in all the world! It is our Sword! Our greatest defense and offense against the schemes of the enemy!

As our week comes to a close, reflect on all the Holy Spirit has revealed to you throughout this week, praise Him for His goodness!