

Bible Studies for Life: May 21

The Strength to Stand Against Temptation • Ephesians 6:10-18

By Laura Lee Leathers



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- The source.
- Relying upon ourselves instead of God.
- Tempting God.
- Placing something else before God.
- Recovering from the fall.

Where do we find the strength to stand against the temptation? God provides the necessary armor for the soldier of God to stand firm and face the enemies of the flesh, the world, and the devil (Eph. 2:1-3).

God doesn't send us into the daily battle unprepared – but we must do our part by putting on the armor and being willing to stand against the evil one.

“As His children, God gives us His Holy Spirit to be with us, and He equips us with everything we need to stand against those forces that seek to pull us into sin” (LifeWay). Let's look closer at the strategic battle plan.

Standing against temptation is a spiritual battle (Ephesians 6:10-13 NKJV). In Ephesians 5, the Apostle Paul shares the importance of walking in love, light, and wisdom.

As Paul ends his letter to the Ephesians, he emphasizes the importance of stopping and putting on the “whole armor of

god,” thereby being outfitted for the spiritual battles to come. It’s essential for our walking attire!

Paul makes two statements dealing with strength in the Lord and the power of His might. The emphasis is that as we face spiritual battles, it’s not up to us to muster the strength and find the power. Instead, you and I must recognize that we are to surrender and place ourselves under His authority. He goes into the battle with us.

Scattered throughout the Adrian Rogers Legacy Bible are unique quotes called, “Adrianisms.” Here is one for verses 10-11: “God doesn’t want me to do anything for Him. He wants to do something through me.”

Why? Because not only does He provide the strength and power, but we recognize the battle is more extensive than we can conceive and apart from Him we can do nothing (John 15:5).

In verses 11-13 of Ephesians chapter six, the question is proffered: Why must we put on the “whole armor?” The answer is so you can stand against the schemes of the devil and all that is taking place in the evil day.

Folks, we live in an increasingly lawless society, and the spiritual battle today between good and evil is fierce.

Next is the reminder of who we’re fighting – not flesh and blood but the principalities, powers, and rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Spiritual warfare is all around us, and it is a constant battle.

The spiritual battle is above our heads but under His feet (Eph. 1:22; 1 Cor. 15:20-28).

Standing against temptation necessitates God-given equipment (Ephesians 6:14-16). Let’s briefly look at the spiritual soldier’s equipment:

– Gird your waist with truth. There is only the Truth: Jesus. A belt holds up a pair of pants and keep them from slipping. Truth is the standard. It holds up against the deception and exposes the lies of the evil one. Truth keeps us from falling into sin.

– Put on the breastplate of righteousness. Guard your heart (Prov. 4:23). We need God's precepts for right living.

– Shod your feet with the Gospel of peace. When the peace of God rules our hearts, we move forward. As we learn to take everything to God in prayer, we learn to rest and depend upon Him (Phil. 4:6-7).

Standing against temptation requires God's Word and prayer (Ephesians 6:17-18). The final three items are:

– The shield of faith, which is movable up and down and from side to side. It defends the soldier against fiery darts. The same is true of our faith in God and His ability. Faith is active! (Prov. 30:5).

– The helmet of salvation protects our minds, thought process, and what we believe. What we believe directs our actions. (Romans 12:1-2). The moment we repent and believe in Jesus, we are covered with the Holy Spirit.

– The sword. It's the only piece the soldier *must* carry. Notice the description of the sword as the Word of God. In our previous lessons, how did Jesus reply every time the devil came at him with a temptation? It was with Scripture. He is the Word of God (John 1:1).

Another Adrianism: "God will test us, but God will not tempt us. God tests us to make us stand. Satan tempts us to make us fall (James 1:3, 4, 13, 14)."

Always remember that as a Believer, you and I are in the Lord's army. Stand strong in Him. Jesus is Victor!

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