**Suit Up - Ephesians 6:10-18**  3-19-25

**Introduction**: like a soldier “suiting up” for battle

**I. Finally (verse 10)**

 A “final” thought

 You are in a fight

 -bargain or fight?

 -playing with or fighting?

 His power vs mine

 Be armed - because he comes at you like a roaring lion

 -he comes to kill/ steal/ and destroy (John 10:10)

**II. Whole Armor (verse 11)**

 All these are already “provided” - so put on

 “Able” - without which you are not able

 “Wiles” - craftiness

 Able to “stand” - withstand, under attack

**III. The Importance of the Armor (verse 12)**

 We “wrestle”

 -present tense - now

 -not easy - it’s a struggle

 Names:

 -principalities

 -powers

 -rulers of the darkness of this world

 -spiritual wickedness in high places

 All these names are administrative leadership

**IV. Wherefore... (verse 13)**

 So, because you “wrestle”

 Take this armor to be “able” to stand

 -twice the word “able” is used (verse 11, 13)

 The idea is that without this armor you are not able to withstand

 Withstand in the “evil day” - Satan’s attacks come and go

 Stand or be tripped up

**V. Loins Girt (verse 14)**

 “Loins” - small of the back

 -seat of your back strength

 Girded with “truth”

 -vs Satan and the world’s lies

 -he is, after all, a liar

 Truth is your strength

**VI. Feet Shod (verse 15)**

 Shoes of the Gospel

 Feet are crucial in battle

 -boxer’s “fancy footwork”

 -feet of a baseball hitter

 Our “footing” is the gospel

**VII. Shield of Faith (verse 16)**

 Quenching fiery darts of doubt

 Faith vs doubt

 “Wicked” is sometimes translated “wicked one”

 Picture is burning, or plaguing doubts

**VIII. Helmet of Salvation (verse 17)**

 Be saved - be sure you’re saved to guard - mind safeguarded

 Head is extremely vulnerable in their warfare

 Sword of the Spirit - Word of God

 Jesus defended Himself with the Word - said “it is written”

 Note - Satan attacks us

 -like a roaring lion

 -like a serpent waiting to strike

**IX. Praying Always (verse 18)**

 Prayer/ supplications - two types of prayer

 “Watching unto” - with perseverance and supplication

 Cover all the “equipment” with prayer - “all” used four times

 -“always”

 -“all” prayer

 -with “all” supplication

 -for “all” the saints

“Watching thereunto”

“Watch” and pray that you enter not into temptation