

Spiritual Warfare Part 3: Preparing for Battle-- Truth

Part of The Invisible War with Chip Ingram

The South Pacific after World War II Was Won

- The victory had been won, but battles _____ and lives were lost; the bullets were real.
- The same is true spiritually.

Our Position in Christ—The War is Over

- 1.) Satan was _____ at the Cross.
- 2.) Sin's penalty was _____ for all people for all time.
- 3.) Sin's _____ was broken.
- 4.) Yet, Satan and his host of fallen angels engage in guerilla warfare to discourage, deceive, divide, and destroy God's people and God's program.
- 5.) Believers are commanded to _____ and _____ themselves in the strength of the Lord and in His mighty power to stand firm against the enemy's schemes, repel his multi-faceted attacks, and engage and defeat him in specific battles. — Ephesians 6:10-12

Spiritual Armor

The Metaphor of spiritual armor was practical for Paul's day in which Roman soldiers were common.

Overview: When we look at each piece of the armor ask, "Where does Satan attack? Why this piece of armor?"

Belt of Truth: _____

Breastplate: _____

The Question: How Does This Work?

The Answer : Four Keys to Spiritual Victory

- 1.) We must become _____ of the battle.
- 2.) We must learn to _____ God's protection for daily living.
- 3.) We must learn to engage the enemy with _____ weapons.

4.) We must _____ God's means of deliverance when spiritually attacked.

How Can You Prepare Yourself for Satanic Attack?

13Therefore, take up the full armor of God, that you may be able to resist in the evil day, and having done everything, to stand firm. 14Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness, 15and having shod your feet with the preparation of the gospel of peace; ... —Ephesians 6:13-15 (NASB)

Ephesians 6:13

• Our commander (Jesus Christ) “urgently” commands us to “pick up” our spiritual armor and put it on.

God's provided the armor, but we must _____ !

Verb tense:

Why? = For the purpose of being fully prepared and enabled to withstand the grave and difficult “dark times” when the enemy attacks.

The evil day—What is it? _____

HALT: _____ , _____ , _____ , _____ .

Unresolved anger gives the enemy a _____. (

Ephesians 6:14a

After picking up our armor in preparation for battle, we are then commanded to consciously and vigorously make a _____ act (or succession of acts) to stand our ground _____ and _____ against the enemy's assaults as he seeks to deceive, accuse, and discourage us.

- Stand firm against the enemies lies...
- Stand firm in my identity in Christ

Ephesians 6:14b-15

Using the metaphor of a Roman soldier's armor (which protected him in battle), we are given three specific pieces of spiritual armor that must be “put on” by us as believers as a prerequisite to standing firmly and fearlessly against demonic attack.

The verb and command is-- _____ !

1.) “Having girded your loins with truth”

- Metaphor Explained: Belt

• “Truth” = Candor, sincerity, truthfulness rooted in the objective reality of the truth of God’s Word, but here refers to the subjective practical application of openness and honesty in all things with God and men.

• Satan’s first attack on mankind was deception, which was followed by man’s hiding, denial, and blame-shifting.

He’s the master of _____

No one will ever _____

• The best of truth is the man or woman whose “mind will practice no deceit and attempt no disguises” in their walk with God. – Kenneth S. Wuest

What is a “cultural” Christian? _____

We must be honest with _____ and with _____.

God looks at the heart for two reasons.

1. It is the _____ of our actions in life. Proverbs 4:23

2. Our thoughts are were Satan _____ his trade.

Satan persuades us that one course of action is _____ than another.

*Search me, O God, and know my heart;
Test me and see if there is any wicked way and lead me in the everlasting way.
Psalm 139:23-24*

*The Lord is near to the brokenhearted
And saves those who are crushed in spirit.
Psalm 34:18*

*The Lord is near to all who call upon Him,
To all who call upon Him in truth.
Psalm 145:18*

Confession means to _____ .

First Step:

Be _____

When we’re broken, we meet _____ .

DEFENSIVENESS is a Red Flag! Why?

Think it Over

1. In today's teaching, Chip reviewed the acronym HALT, the four predictable times in every human being's life when we're more vulnerable to temptations. Have you experienced this vulnerability? In which areas are you more susceptible? How can awareness of these areas help you prepare to defend these vulnerabilities? Give examples if possible.
2. What did you learn about the belt of truth? New insights?
3. Chip's definition of the belt of truth is being honest with God, being honest with yourself, and being honest with others. Why is it so important to be honest, especially in light of Satan's primary tactic of deception?
4. Ask the Lord to search your heart. Are there any ways in which you've been less than honest with yourself? Can you think of one specific instance in which you were less than honest and justified your choice? What was the result(s)?
5. Chip says, "We tend to think that God always looks at our history, and I think God looks at the intent of our hearts. We mess up, but when we're humble, genuine, and vulnerable and ask for forgiveness. He is a God who lovingly forgives. We don't have to twist His arm for Him to be merciful. He longs to not give you what you deserve. He longs to give you grace. He longs to do whatever is necessary to forgive and to restore and to pull His children back close to Him.: Does this view of God and His loving grace change the way you seek Him in your failures? How?"

6. What is the difference between a church-going (cultural) Christian vs. a word-centered Christian?

Live It Out

*A good man out of the good treasure of his heart brings forth good;
and an evil man out of the evil treasure of his heart brings forth evil.*

For out of the abundance of the heart his mouth speaks.

Luke 6:45 (NKJV)

Above all else, guard your heart, for everything you do flows from it.

Hebrews 4:12-13 (NIV)

1. According to these verses what influence does our heart have in our lives? From what must we guard our hearts? Give concrete examples?
2. What can be consequences of not “guarding your heart?”
3. Pray Psalm 139:23-24. Lord, search me and know my heart; test me and know my anxious thoughts. Is there any hurtful way in me: any resentments, bitterness, anger or thoughts of revenge or anything else destructive? Lead me in your ways of truth—in the everlasting way.

Jot down anything the Lord brings to mind about your thought life, lies you’re believing or hurts you’re nursing.

If you’re entertaining lies, how are they affecting your life and those around you?

Have you hurt anyone? Write down their initials and the hurt for which you’re responsible.

As God shows you sin, confess it and ask for His forgiveness. Seek His help in cleaning out your mind from Satan's lies and ask Him to show you how to diligently clear up misunderstandings & hurts with others so your conscience can be absolutely clear. (2 Corinthians 7:9-11)

Identity in Christ, Ephesians 1:3-6

1. What 3 things has God done for you in these verses?

2. How does it make you feel to know that you are chosen and adopted? What do parents feel when they are able to adopt a child?

3. What are some of the privileges of God choosing and adopting according to the following verses?
 - 1 John 3:1
 - Romans 8:16-17 (What does this say about our future?)
 - Romans 8:15 (What does this imply about the relationship?)
 - Hebrews 12:6-11 (What is God's purpose for us in these verses?)
 - Romans 8:38-39 (How does knowing this give your assurance?)

4. Does a child need to do anything to be chosen for adoption? Explain.

5. Ask yourself, "How do I respond to rejection?"

6. Ask the Lord to reveal to you false beliefs you have had about yourself. Write them down on a notecard then on the opposite side write the truth. For example:

False Belief	Truth
I need other people's affirmation to know I am wanted.	I am wanted, appreciated and loved by God without needing to perform.

Do not be conformed to this world (and its way of thinking), but be transformed by a renewing of your mind, that you may prove what is the good and acceptable and perfect will of God.

Romans 12:2 (NKJV)

...One thing I do, forgetting those things which are behind (old responses), I reach forward to those things which are ahead (what God has for me), I press on straining toward the goal (Why?) to win the prize for which God has called me heavenward in Christ Jesus.

Philippians 3: 13-14 (Erica's amplified NIV)