

BEN WASHINGTON BAPTIST CHURCH

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# **BIBLE STUDY**

**Bible Study Series – Part 2**

**“On the Battleground...Not the Playground”**

**Ephesians 6:10-20**

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# ON THE BATTLEGROUND...NOT THE PLAYGROUND

Part 1: Ephesians 6:10-13 – April 29, 2026

**Part 2: Ephesians 6:14 – May 6, 2026**

Part 3: Ephesians 6:15 – May 20, 2026

Part 4: Ephesians 6:16 – May 27, 2026

Part 5: Ephesians 6:17 – June 3, 2026

Part 6: Ephesians 6:18-20 – June 10, 2026

# ON THE BATTLEGROUND...NOT THE PLAYGROUND



**BATTLEGROUND**



**PLAYGROUND**

**ON THE BATTLEGROUND...NOT THE PLAYGROUND**

**Part 2**  
**As a Matter of Fact**

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

## Ephesians 6:10-20 (KJV)

10 Finally, my brethren, be strong in the Lord, and in the power of his might. 11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. 12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high [places]. 13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. **14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;** 15 And your feet shod with the preparation of the gospel of peace; 16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God: 18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; 19 And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel, 20 For which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak.

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

Paul first tells us to: “STAND FIRM”

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

Ephesians 6:14 is part of Paul's discourse on spiritual warfare. The verse reads, "Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness" (ESV). To understand the significance of the command to "stand therefore," we should also understand the need to "take up the whole armor of God" (verse 13).

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

Paul's transition to spiritual warfare reflects both the **internal struggles against sin** and external battles “against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places” (Ephesians 6:12, ESV).

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

Paul's command to "**stand therefore**" in Ephesians 6:14 shows that it is important for believers to hold their position as they encounter evil forces. How will we stand against the devil and his minions? In the preceding verse, Paul urges believers to "take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm" (verse 13, ESV). Taking up the whole armor of God represents a **posture of spiritual preparedness and readiness** in the face of adversity.

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

The imperative to “**stand therefore**” is connected to God’s faithful protection of His children. Those who “stand therefore” have a firm, established position. They resist movement, and they do not collapse under pressure. Paul was well-acquainted with God’s protection: “We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed” (2 Corinthians 4:8–9, ESV). It is the gracious power of God that sustains believers through trials and temptations.

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

In the Old Testament, similar commands to “**stand firm**” are associated with God’s **presence** and **deliverance**. For instance, in Exodus 14:13, Moses commands the Israelites to **stand firm** and witness God’s salvation from the Egyptians: *“Fear not, stand firm, and see the salvation of the Lord, which he will work for you today. For the Egyptians whom you see today, you shall never see again” (ESV).*

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

Paul's instruction in Ephesians 6:14 resonates with other Pauline passages to **stand firm**. In 1 Corinthians 16:13, Paul exhorts believers to “be watchful, stand firm in the faith, act like men, be strong” (ESV). Believers' watchfulness, steadiness, and strength come not by their own strength, **but by the strength of the Lord**.

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

In Ephesians 6:14, Paul's imperative to "**stand therefore**" is a rallying cry for believers to maintain their position in Christ amid spiritual warfare. *We are not "tossed back and forth by the waves, and blown here and there by every wind" (Ephesians 4:14).*

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

We stand on the solid rock of God's truth, revealed in Christ. This stance is a powerful expression of faith in God's sovereign authority and power. God is the source of our strength and protection from evil. As the psalmist declares, "God is our refuge and strength, a very present help in trouble" (Psalm 46:1, ESV). Thus, "stand therefore" (Ephesians 6:14) is both a command and a declaration of the secure position believers have in the hands of God (John 10:28).

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

The first components of the armor are:

**Belt of Truth** and the **Breastplate of Righteousness.**

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

The **BELT OF TRUTH** is the first piece of the “full armor of God” to be listed.

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

The passage begins with the admonition from the apostle Paul to “be strong in the Lord and in the strength of his might.” This is the key to understanding the armor of God. **All the pieces of the armor belong to Him and come from Him.** Truth, righteousness, the gospel, faith, and salvation—all are gifts of God to His people for their defense.

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

All except “the sword of the Spirit, which is the Word of God” (verse 17) are **DEFENSIVE** in nature. All are designed to help us “stand against the schemes of the devil” (verse 11). The belt of truth is the first part of the armor listed because, without truth, we are lost, and the schemes of the devil will surely overpower us.

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

It is fitting that the belt of truth is the first piece of the whole armor of God. *Jesus is “the way, the truth, and the life” (John 14:6)*, and it is only through Him that we come to God. Therefore, **TRUTH** is of the utmost importance in the life of a Christian. Without truth, the rest of the armor would be of no use to us because we would not have the Spirit of truth (John 15:26).

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

In referring to the whole armor of God, Paul invokes the image of a soldier ready for battle. The belt of a Roman soldier in Paul's day was not a simple leather strap such as we wear today. It was a thick, heavy leather and metal band with a protective piece hanging down from the front of it. The belt held the soldier's sword and other weapons. The belt of truth of the spiritual armor holds the sword of the Spirit, linking truth and the Word of God (cf. John 17:17). The Word of God is truth.

# ON THE BATTLEGROUND...NOT THE PLAYGROUND






EPHESIANS 6:14

## THE BELT OF TRUTH

“Stand firm then, with the belt of truth buckled around your waist...”

### THE ROMAN SOLDIER'S BELT

-  SECURED AND PROTECTED  
The belt held the armour in place and kept everything secure during battle.
-  READY FOR ACTION  
It allowed the soldier to move freely and respond quickly.
-  CARRIED ESSENTIALS  
It held his sword and other equipment close at hand.

### TRUTH

anchors us, protects us, and prepares us to stand firm in spiritual battle.

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

## Depending on the translation of Ephesians 6:14:

- we are to fasten the belt of truth around us (ISV)
  - buckle the belt around our waists (NIV)
    - gird our waists with truth (NKJV)
    - or gird our loins with truth (NASB).

No matter the wording, we are to actively lay hold of the truth and use it.

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

The belt of truth is a crucial piece of defensive armor guarding our inmost being in the battle against the lies and deceptions of the enemy. Without an understanding of truth, we are left vulnerable to being *“carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming”* (Ephesians 4:14). The belt of truth protects us and prepares us for the battle that is part of every Christian’s life.

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

The **BREASTPLATE OF RIGHTEOUSNESS** is the second piece of the “full armor of God” to be listed.

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

The imagery is of an armed Roman or Israelite soldier, prepared for battle. A typical armed soldier wore a breastplate made of bronze or chain mail. It covered the vital organs, namely, the heart, and was fitted with loops or buckles that attached it to a thick belt. If the belt was loosened, the breastplate slipped right off.

# ON THE BATTLEGROUND...NOT THE PLAYGROUND



EPHESIANS 6:14

## THE BREASTPLATE OF RIGHTEOUSNESS

“...with the breastplate of righteousness in place...”

### THE ROMAN SOLDIER'S BREASTPLATE

#### PROTECTION FOR THE HEART

The breastplate covered and protected the vital organs. In the same way, righteousness guards our heart and protects us from sin and spiritual attack.

#### RIGHTEOUSNESS OF CHRIST

It represents the righteousness that comes from Christ—not earned by works, but received by faith. (2 Corinthians 5:21)

#### LIVING OUT RIGHTEOUSNESS

It reminds us to live righteously each day, reflecting the character of Christ in our thoughts, words, and actions.



Righteousness isn't just a position we have in Christ—it's protection we wear daily as we walk in obedience and depend on His strength.

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

When Paul compares the armor of God with military gear, each piece represents a part of God's strength that He extends to us when we become His children. The breastplate of righteousness refers to the righteousness purchased for us by Jesus at the cross (2 Corinthians 5:21).

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

At salvation, a “breastplate” is issued to each **repentant sinner**. It is specially designed by God to protect our heart and soul from evil and deception. Our own righteous acts are no match for Satan’s attacks (Isaiah 64:6). The breastplate of righteousness has Christ’s name stamped on it, as though He said, **“Your righteousness isn’t sufficient to protect you. Wear mine.”**

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

We are instructed to “put on” this armor, which implies that **we do not automatically wear it all the time**. Putting on the armor of God requires a **decision on our part**. To put on the breastplate of righteousness, we must first have the belt of truth firmly in place. Without truth, our righteousness will be based upon our own attempts to impress God.

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

This leads to legalism or self-condemnation (Romans 8:1). We choose instead to acknowledge that, apart from Him, we can do nothing (John 15:5). We see ourselves as “in Christ” and that, regardless of our failures, His righteousness has been credited to our account.

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

As we wear Christ's breastplate of righteousness, we begin to develop a purity of heart that translates into actions. Wearing this breastplate creates a lifestyle of putting into practice what we believe in our hearts. As our lives become conformed to the image of Christ (Romans 8:29), our choices become more righteous, and these godly choices also protect us from further temptation and deception (Proverbs 8:20; Psalm 23:3).

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

When armor is abused or worn incorrectly, it can malfunction. Likewise, there are several factors that can interfere with the effectiveness of our spiritual breastplate.

- Carelessness (1 Peter 5:8)
  - unbelief (Hebrews 3:12)
- abusing grace (Romans 6:1–2)
- or disobedience (1 John 3:4; Hebrews 4:6)

can hinder our ability to stand firm and defeat the enemy in our lives.

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

When we tolerate sin, refuse to forgive (2 Corinthians 2:10–11), rely on personal righteousness (Titus 3:5), or allow earthly concerns to crowd out time for an intimate relationship with God, we, in effect, take off the breastplate of righteousness, minimizing its power to protect us.

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

We need our breastplate of righteousness in place in order to gain the victory specified in 2 Corinthians 10:5: *“We are destroying speculations and every lofty thing raised up against the knowledge of God and we are taking every thought captive to the obedience of Christ.”* When we quickly reject heretical ideas, idolatry, and the “counsel of the ungodly” (Psalm 1:1) and instead “keep our eyes on Jesus, the author and finisher of our faith” (Hebrews 12:2), we keep our breastplate **securely fastened.**

# ON THE BATTLEGROUND...NOT THE PLAYGROUND

## References:

The Bible, King James Version

<https://www.gotquestions.org/>

# Questions?