

## Spiritual Warfare: Renewing Our Minds | Week 2 - Equipping Our Minds in The Battle

### Big Idea

God equips us for the battle of our mind with defensive and offensive armor.

### Scripture

Ephesians 6:10-13, Ephesians 6:14-17, Ephesians 6:18-20, and John 14:27

### Points to Keep In Mind

1. Recognizing that our struggle is “not against flesh and blood” but against spiritual forces is crucial because it shifts our focus from human opponents to the underlying spiritual realities that influence conflict. This understanding helps us approach challenges with a spiritual perspective, using prayer, God’s Word, and our faith in God rather than human strategies. It emphasizes the importance of spiritual preparedness and reliance on God’s power rather than our own. By identifying the true enemy, we can respond with appropriate spiritual tools and maintain a compassionate attitude toward people, understanding that forces might influence them beyond what is visible.
2. The defensive armor listed in Ephesians 6:14-17 is the belt of Truth, the breastplate of righteousness, the footwear of the Gospel of Peace, the shield of faith, and the helmet of salvation. The offensive armor is the sword of the Spirit. The belt of Truth provides stability and readiness. You utilize it by grounding yourself in God’s Truth through the regular study of Scripture, which will foster living with integrity. The breastplate of righteousness protects your heart and vital organs. We have righteousness (being right with God) only through the saving grace of Jesus and what he did for us on the cross. Our faith in Jesus helps us live in a manner pleasing to God, which protects us from the enemy’s schemes. The shoes of peace prevent us from slipping and falling by our shifting emotions. Instead, we choose to let the peace of God guard our hearts and minds in Jesus (Phil. 4:7). Faith in Jesus and his Truth is the shield that will protect us against the fiery darts the enemy tries to throw our way. The helmet of salvation protects us from a fatal blow to the head, which preserves our life. Our assurance of salvation helps us to face the enemy with courage because we know who wins in the end. The sword of the Spirit is the Word of God and is an offensive piece of armor we can wield against the enemy. Just as Jesus combated the enemy in the desert with the Word of God in Matthew 4, we can do the same as we read, study, and memorize Scripture.
3. Praying in the Spirit means aligning our prayers with the guidance and empowerment of the Holy Spirit, the third person in the Trinity. It’s about being sensitive to the Holy Spirit, allowing Him to direct our thoughts and words as we pray. A straightforward way of doing this is inviting the Holy Spirit as we pray by saying, “Come, Holy Spirit,” and then allowing space to listen and hear from Him.

### Additional Questions and Resources

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1. Have you considered getting baptized? [communitychristian.org/baptism](http://communitychristian.org/baptism)
2. Find out more about having a YOU+ conversation by visiting [communitychristian.org/you/](http://communitychristian.org/you/)
3. If someone is seeking professional counseling, you can always refer them to our resource page: [communitychristian.org/support](http://communitychristian.org/support)