

Word on Wednesday Bible Study
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February 4, 2026

SUITED FOR THE STRUGGLE - FORMATION FOR SPIRITUAL WARFARE
“UNDERSTANDING THE WAR WE’RE IN”
(Ephesians 6:10–13)

The Bible speaks honestly about conflict in the Christian life—but not in the way many expect. Spiritual warfare is not about fear, speculation, or obsession with evil. It is about learning how to live faithfully in a world where unseen spiritual realities shape visible experiences. The Apostle Paul writes Ephesians 6 not to frighten believers, but to ground them. His goal is not to make Christians anxious about the enemy, but confident in Christ. Before Paul ever tells us what armor to put on, he teaches us what kind of war we are in—and how believers are called to stand within it.

Key Statement: *Spiritual warfare in Scripture is not about obsession with the enemy, but about steadfast faithfulness to Christ.*

I. THE SOURCE OF OUR STRENGTH (v.10)

“Be strong in the Lord and in the strength of His might.”

Paul begins not with the enemy, but with _____.

The command “be strong” teaches us that spiritual strength is:

- Present tense → strength is _____, not occasional.
- Passive voice → strength is _____, not self-generated.
- Plural → strength is experienced in _____.

Key Insight: Spiritual warfare is fought from _____ with Christ, not effort apart from Him.

Reflection Question: Where do I most often rely on my own strength instead of God’s?

Supporting Scriptures:

- 2 Corinthians 12:9 — “My power is made perfect in _____”.
- John 15:5 — “Apart from Me you can do _____”.

II. THE NATURE OF OUR STRUGGLE (v.12)

“For our struggle is not against flesh and blood...”

Paul redefines the _____

People may be involved in conflict, but they are not the _____ enemy.

The word “wrestle” (struggle) implies:

- Close _____
- Sustained _____
- Personal _____

Paul names spiritual powers not to create fear, but to show that:

- Evil is _____
- Evil is _____
- Evil is not _____

Key Clarification: Spiritual warfare is not dualism. Evil is not equal to

Reflection Question: Where have I mistakenly treated a person as the enemy?

Supporting Scriptures:

- 2 Corinthians 10:3–5
- Daniel 10:12–13
- Ephesians 1:20–22

III. THE GOAL OF OUR WARFARE (v.13)

“...and having done all, to stand.”

Paul does not say the goal is to:

- Defeat _____
- Advance at all _____
- Win _____

He says the goal is to _____

Standing means:

- Remaining _____
- Refusing _____
- Holding ground Christ has already _____

This reflects an already / not yet reality:

- Victory is _____
- Resistance _____
- Faithfulness _____

Reflection Question: What does “standing” look like in my life right now?

PUTTING IT ALL TOGETHER

Complete this sentence: Because Christ has already won the victory, believers are called to

_____.

Pray each morning:

“Lord, help me recognize where this struggle is spiritual and not merely personal. Strengthen me in Your power. Give me discernment to see rightly and grace to stand faithfully today. Amen.”

CONCLUSION: Spiritual warfare is not about chasing darkness — it is about standing in light. Believers do not fight for victory, but from the victory Christ has already secured. When we recognize the true nature of the conflict, rely on the strength God supplies, and commit ourselves to faithful endurance, we live as a people who cannot easily be shaken.

Standing is not passive resignation—it is active trust.

Standing is not weakness—it is confidence in Christ.

Standing is not defeat—it is faithfulness in the waiting.

Week 1 Memory Statement: “Spiritual warfare is not about chasing the enemy—it’s about standing firm in Christ.”