OHBC Six-Day Bible Study

Ephesians 6:10–24

Stand Firm in the Strength of the Lord

Theme for the Week

The Christian life involves a spiritual battle, but God does not leave his people to fight in their own strength. In Ephesians 6:10–24, Paul calls believers to depend upon the Lord, put on the whole armor of God, and remain faithful in prayer. Our enemy seeks to draw us away from truth, weaken our faith, and silence our witness. God provides everything we need to stand firm and continue following Christ.

This passage calls us to trust the Savior who has already been raised from the dead and exalted above every spiritual power (Ephesians 1:20–21). Because we belong to him, we can face temptation and opposition with confidence in his power. Throughout this week, consider how God's truth, righteousness, gospel, salvation, and Word equip you to remain faithful—and how prayer strengthens the whole church.

Monday — Be Strong in the Lord

Reading: Ephesians 6:10–12

Focus Verse:

"*Finally, be strong in the Lord and in the strength of his might*." — Ephesians 6:10 (ESV)

Study Question:

Where must believers find their strength, and what does Paul teach about the true nature of our struggle?

Personal Application:

Identify one area where you are depending mainly on your own willpower. Bring that struggle before the Lord and seek his help through Scripture and prayer. When people oppose or disappoint you, remember that they are not the ultimate enemy. Respond with truth, patience, and love.

Scriptural Prayer:

Today, pray through Ephesians 6:10–12

Example: Father, help me depend on your strength rather than my own. Give me wisdom to recognize temptation and courage to resist it. Help me love people while standing against the spiritual forces of evil. Amen..

Gather ~ Praise ~ Pray ~ Grow ~ Serve

Tuesday — Put On the Whole Armor of God

Reading: Ephesians 6:13–14

Focus Verse:

"*Therefore 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*." — Ephesians 6:13 (ESV)

Study Question:

Why does Paul command believers to take up the whole armor of God, and which two pieces does he describe in verse 14

Personal Application:

Examine whether your words and actions reflect God's truth. Is there dishonesty to confess or a sinful habit to forsake? Because you belong to Christ, pursue what is right even when obedience is difficult. Ask a trusted believer to encourage you in an area where you need help.

Scriptural Prayer:

Today, pray through Ephesians 6:13–14.

Example: Lord, equip me to stand firm when temptation comes. Establish me in your truth and teach me to walk in righteousness. Expose dishonesty in my heart and help me obey you in both public and private. Amen.

Wednesday — Stand Ready with the Gospel and Faith

Reading: Ephesians 6:15–16

Focus Verse:

"*In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one*." — Ephesians 6:16 (ESV)

Study Question:

What does Paul say about the gospel of peace, and how does he describe the protection provided by faith?

Personal Application:

When fear, doubt, or accusation troubles you, remember that Christ has reconciled believers to God through his death. Trust what God has said rather than allowing your feelings to govern your response. Let the peace you have in Christ prepare you to remain faithful and speak the gospel to someone who needs it.

Scriptural Prayer:

Today, pray through Ephesians 6:15–16; 2:13–18.

Example: Father, thank you for the peace we have with you through Jesus Christ. Strengthen my faith when doubts and fears arise. Help me trust your promises and remain ready to share the good news of your Son. Amen.

Thursday — Remember Your Salvation and Use God's Word

Reading: Ephesians 6:17

Focus Verse:

"*And take the helmet of salvation, and the sword of the Spirit, which is the word of God*." — Ephesians 6:17 (ESV)

Study Question:

What is significant about the two pieces of armor Paul names in this verse, and what does he identify as the sword of the Spirit?

Personal Application:

Set aside time today to read Scripture carefully. Choose a passage that addresses a temptation or fear you face, and begin memorizing it. Remember that salvation is God's gracious gift through Christ. Let that assurance strengthen you to obey him, and use his Word to recognize and reject lies.

Scriptural Prayer:

Today, pray through Ephesians 6:17; 2:8–10.

Example: Lord, thank you for saving me by your grace through faith in Christ. Help me remember the hope of my salvation. Teach me to understand your Word, treasure it in my heart, and obey it when I am tempted. Amen.

Friday — Pray for the Church and for Bold Witness

Reading: Ephesians 6:18–20

Focus Verse:

"*praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,* [19] *and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel,"* — Ephesians 6:18-19 (ESV)

Study Question:

How does Paul instruct believers to pray, and what does he ask them to pray for concerning his gospel ministry? How should this encourage and guide us?

Personal Application:

Pray by name for several people in your church, including your pastor and someone facing hardship. Then ask God for an opportunity to speak clearly about Jesus. Paul sought boldness even while imprisoned. Consider whether fear of embarrassment or rejection is keeping you silent, and take one faithful step toward sharing the gospel.

Scriptural Prayer:

Today, pray through Ephesians 6:18–20.

Example: Father, teach me to pray faithfully for your people. Strengthen those who are suffering, and give our pastor and missionaries courage to proclaim Christ clearly. Give me boldness to explain the gospel with love whenever you provide an opportunity. Amen.

Saturday — Encourage One Another in Grace and Peace

Reading: Ephesians 6:21–24

Focus Verse:

"*Peace be to the brothers, and love with faith, from God the Father and the Lord Jesus Christ.*" — Ephesians 6:23 (ESV)

Study Question:

What is the kind of peace Paul asks God to give the brothers? How is peace with God a gift?

Personal Application:

Contact someone who needs encouragement. You might call, visit, write a note, or share a helpful passage of Scripture. Ask how that person is doing and listen carefully. Follow Tychicus's example by helping strengthen another believer's heart and reminding that person of God's faithful care.

Scriptural Prayer:

Today, pray through Ephesians 6:21–24.

Example: Father, grant our church peace, love, and faith through the Lord Jesus Christ. Help me encourage those who are weary and serve those who need support. Deepen our love for Christ and keep us dependent on your grace. Amen.

Closing Thought

Standing firm in Christ requires daily dependence on what God supplies. We need his truth when lies seem convincing, righteousness when sin appears attractive, faith when doubts arise, and the assurance of salvation when accusations trouble us. We need Scripture to guide our response and prayer to express our continual dependence on the Lord.

Paul closes this letter by calling the church to pray, speak boldly, and encourage one another. These responsibilities belong together. We stand firm as we trust Christ, obey his Word, care for his people, and proclaim his gospel. This week, put what you have studied into practice: resist a known temptation, pray faithfully for another believer, encourage someone who is weary, and seek an opportunity to speak about Jesus. The Lord who calls you to stand firm also supplies the strength you need.