

Ephesians Chapter 6  
Week 9, v. 15-16

Verse 14 began the specific description of the pieces of the armor of God:

- girdle of truth
- breastplate of righteousness

Paul continues this description in verse 15.

Eph 6:15 and having shod YOUR FEET WITH THE PREPARATION OF THE GOSPEL OF PEACE;

Is 52:7 How lovely on the mountains Are the feet of him who brings good news,  
Who announces peace And brings good news of happiness, Who announces  
salvation, [And] says to Zion, "Your God reigns!"

Ro 10:15 And how shall they preach unless they are sent? Just as it is written,  
"HOW BEAUTIFUL ARE THE FEET OF THOSE WHO BRING GLAD TIDINGS OF  
GOOD THINGS!"

To shod means to bind. Our feet need to be prepared with the gospel as we walk.  
To bind something means to tie something firmly to something else by winding a  
cord tightly and repeatedly around both things. Is God's word bound tightly to you as  
protection?

Think! There are some fabrics that are loosely woven. If they are not bound  
securely on the edges they will slowly unravel. Isn't that how sin works sometimes?  
Slowly gaining ground in the areas that we are weakest?

De 33:25 Thy shoes shall be iron and brass; and as thy days, so shall thy strength  
be. KJV

Iron and brass—invincible to the power of the enemy

The ancient Grecian armor consisted of defensive armor to protect and offensive  
armor to attack. Below is a description of the armor which protected the feet.

knhmidev, GREAVES or brazen boots... covered the shin or front of the leg; a kind  
of solea was often used, which covered the sole, and laced about the instep, and

prevented the foot from being wounded by rugged ways, thorns, stones... Adam Clarke's Commentary

...were deemed of essential importance in the ancient armour; ***if the feet or legs are materially wounded, a man can neither stand to resist his foe, pursue him if vanquished, nor flee from him.***...Adam Clarke's Commentary

And your feet shod. There is undoubtedly an allusion here to what was worn by the ancient soldier to guard his feet. The Greek is, literally, "having underbound the feet;" that is, having bound on the shoes, or sandals, or whatever was worn by the ancient soldier. The protection of the feet and ankles consisted of two parts:

(1.) the sandals, or shoes, which were probably made so as to cover the foot, and which often were fitted with nails, or armed with spikes, to make the hold firm in the ground; or

(2.) with greaves that were fitted to the legs, and designed to defend them from any danger. These greaves, or boots, 1Sa 17:6, were made of brass, and were in almost universal use among the Greeks and Romans. Albert Barnes' Commentary

We are to shod our feet with *the preparation of the gospel of peace.*

**What do we do when we prepare for something?** Think of the steps you take to prepare for an event. You think of the details. You might have carefully planned check lists. You think of all the things that will lead up to the actual event. You may even research out some information. You make sure you have all the equipment necessary for an activity.

Preparation <hetoimasia> from etoimasia, to make ready.

the preparation—rather, 'the preparedness,' or "readiness of," that is, arising from the "Gospel". Preparedness to do and suffer all that God wills, readiness for march, as a Christian soldier. **How prepared are you? What have you done to prepare?**

**What is the Gospel of peace?**

Gospel: good message. **Can you explain the Gospel? Do you look for opportunities to share your testimony? How is God working in your life?**

peace <eirene> peace, quietness, rest

freedom from conflict, freedom from disturbances; a state of mental calm and serenity, with no anxiety; syn: calm, quiet, stillness, harmony; ant: uproar

Amidst all the circumstances of this physical life, do you experience the peace that comes from knowing God? Remember how big God is?

Job 9:5-8 "[It is God] who removes the mountains, they know not [how,] When He overturns them in His anger; Who shakes the earth out of its place, And its pillars tremble; Who commands the sun not to shine, And sets a seal upon the stars; Who alone stretches out the heavens, And tramples down the waves of the sea;

Acts 16:14 And a certain woman named Lydia, from the city of Thyatira, a seller of purple fabrics, a worshiper of God, was listening; and the Lord opened her heart to respond to the things spoken by Paul.

God moves the mountains, commands the sun and stars, calms the sea and changes hearts.

He is omnipotent: all-powerful. Ps 83:18 That they may know that Thou alone, whose name is the LORD, Art the Most High over all the earth.

He is omniscient: all-knowing. Ps 139:1-5 O LORD, Thou hast searched me and known [me.] Thou dost know when I sit down and when I rise up; Thou dost understand my thought from afar. Thou dost scrutinize my path and my lying down, And art intimately acquainted with all my ways. Even before there is a word on my tongue, Behold, O LORD, Thou dost know it all. Thou hast enclosed me behind and before, And laid Thy hand upon me.

He is omnipresent: all-present. Ps 139:7 Where can I go from Thy Spirit? Or where can I flee from Thy presence? Jer 23:24 "Can a man hide himself in hiding places, So I do not see him?" declares the LORD. "Do I not fill the heavens and the earth?" declares the LORD.

How does knowing the truths of the Gospel give you peace? Is this reflected in our lives so that others see a difference between the 'peace' of the world and the peace of knowing Christ?

Are we ready as Christian soldiers to share the gospel? Are we excited to share with others the peace that comes from being God's child?

Eph 6:16 in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming missiles of the evil [one.]

In addition to all <epi> <pas>, above all (KJV); meaning superimposition

To superimpose something means to place one thing over another so that both things appear simultaneously;

So, in addition to being armed and ready with the girdle of truth, the breastplate of righteousness, having our feet shod with the gospel, a Christian soldier is to also take up the shield of faith. Remember this is an entire package and would be incomplete if not all components are in place.

When you are getting dressed for something special what elements make a complete outfit? Would you wear a beautiful dress and forget shoes? Would you get the perfect shoe or purse or accessory to go with your outfit and then forget to put on your outfit?

What does a shield do? A shield is used as a defense against weapon blows, arrows, bullets, or projectiles. It serves as protection.

The shield was usually made of light wood, or a rim of brass, and covered with several folds or thicknesses of stout hide, which was preserved by frequent anointing. It was held by the left arm, and was secured by straps, through which the arm passed, as may be seen in the annexed cut. The outer surface of the shield was made more or less rounding from the centre to the edge, and was polished smooth, or anointed with oil, so that arrows or darts would glance off, or rebound. Albert Barnes' NT Commentary

We wear warm clothing to protect us from the cold. We put on sun screen to protect us from the sun. We are vulnerable to the elements of weather so we use what we need to prevent ourselves from being harmed.

God's word protects us. Our faith placed in Him gives us what we need for protection. Our faith is our shield and will ward off all attacks if we are prepared to use it.

As long as the soldier had his shield, he felt secure; and as long as a Christian has faith, he is safe. It comes to his aid in every attack that is made on him, no matter from what quarter; it is the defence and guardian of every other Christian grace; and it secures the protection which the Christian needs in the whole of the spiritual war.

Albert Barnes' NT Commentary

Just how important is our shield of faith?

Eph 6:16b ...you will be able to extinguish all the flaming missiles of the evil [one.]

Look at this part of the passage carefully. What encourages you about it?

'you will be able to extinguish' – not maybe you will be able but definitely that when you are armed with the shield of faith you have the tools necessary to extinguish the attacks of the enemy.

He 4:12 For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.

Jer 23:29 "Is not My word like fire?" declares the LORD, "and like a hammer which shatters a rock?"

To extinguish means to quench. When you look at the dictionary meaning of quench, one of the definitions says 'to suppress a feeling completely, especially enthusiasm or desire'. Other words we can use for quench are smother and stifle. Through Christ we are given the ability to turn away from sin. Sin is no longer appealing to us.

If you were saved as an adult, you can probably look back on your life and see desires or thoughts that were sinful and appealing to you that no longer are even a remote part of your life. Take time to thank God for how He has changed you through the power of His word.

According to Ephesians 6:16, how many attacks will we be able to withstand?

'all the flaming missiles of the evil one'.

1 Jo 5:4 For whatever is born of God *overcomes the world*; and this is the victory that has overcome the world--our faith.

We can have confidence that in God's strength we will be able to render Satan's attacks as unsuccessful. How do these attacks present themselves? Temptations, thoughts, anxiety, fear, doubt, anger, selfishness, pride, etc.

What happens to those without faith in God? (Eph 4:14) What happens to us when we have a 'hole' in our armor?

Do you have a faith that fully trusts in God? What are we to do when doubt enters our mind? (Phil 4:6-9)

So faith, the faith that fully trusts in God and never doubts, is the best of all defenses. It will quench, stop, put out all the doubts, whisperings and evil suggestions of the wicked. People's NT Commentary

Gen 15:1 After these things the word of the LORD came to Abram in a vision, saying, "Do not fear, Abram, ***I am a shield to you***; Your reward shall be very great."

Ps 56:3-4 When I am afraid, I will put my trust in Thee. In God, whose word I praise, In God I have put my trust; I shall not be afraid. ***What can [mere] man do to me?***

Pr 18:10 The name of the LORD is a strong tower; The righteous runs into it and is safe.

When we are tempted to take an easier road, when we are tempted to appease our flesh, when we are tempted to put ourselves first, when we are tempted to give in to our doubts, when we are tempted by any number of sins, we can have victory over them because of our faith. Our faith is a weapon that is stronger than anyone or anything we encounter because its foundation is God. Because of our faith, we are able to withstand any circumstances that God allows in our lives in a way that will honor Him. Because of our faith, we are able to experience peace in every circumstance. Because of our faith we are able to accomplish all that God asks of us.

Heb 11:24-34 **By faith** Moses, when he had grown up, refused to be called the son of Pharaoh's daughter; choosing rather to endure ill-treatment with the people of God, than to enjoy the passing pleasures of sin; considering the reproach of Christ greater riches than the treasures of Egypt; for he was looking to the reward. **By faith** he left Egypt, not fearing the wrath of the king; for he endured, as seeing Him who is unseen. **By faith** he kept the Passover and the sprinkling of the blood, so that he who destroyed the first-born might not touch them. **By faith** they passed through the Red Sea as though [they were passing] through dry land; and the Egyptians, when they attempted it, were drowned. **By faith** the walls of Jericho fell down, after they had been encircled for seven days. **By faith** Rahab the harlot did not perish along with those who were disobedient, after she had welcomed the spies

in peace. And what more shall I say? For time will fail me if I tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets, who **by faith** conquered kingdoms, performed [acts of] righteousness, obtained promises, shut the mouths of lions, quenched the power of fire, escaped the edge of the sword, from weakness were made strong, became mighty in war, put foreign armies to flight.

### Application

Read Ephesians Chapter 6, then go back and read verses 15 and 16 again.

What does it mean to have our feet shod?

Why do we wear shoes?

What kinds of shoes do you wear for specific purposes?

Why is it important to have the right type of shoe for different sports?

Our feet are to be shod – or bound, as in military boots – with the preparation of the Gospel.

How prepared are you to share the testimony of what God has done in your life?

Take the time to write out below what you might share. Begin with how God has changed your thinking, your attitude, your actions and your words. What things might you have struggled with if He had not opened your eyes and heart to His Truth and saving grace? Think how the knowledge of His word helps you when you do struggle.

What is the Gospel of peace?

Do you look for opportunities to share what you have with others?  
Is there someone you need to speak with about the gift you have been given?

What does it mean to have the peace that comes from knowing God?

How have you experienced His peace specifically?

Did it make a difference in your thoughts, actions and words?

Look up Psalm 83:18. What does this verse say about God?

Read Psalm 139:1-5. How does this section of scripture describe God?

God is present everywhere at all times. (Jeremiah 23:24) How does this truth give you comfort in the midst of difficult circumstances?

How important is each piece of God's armor? Why?

What does a shield do?

Read Ephesians 6:16b. What does it say?

How does this verse encourage you?

Look up Hebrews 4:12. How powerful is the word of God?

Is there anything within God's will for us that we are unable to accomplish if we seek Him? Read Hebrews 11:24-34.

How would God have you directly apply Ephesians 6:15-16 to your life this week?