

# Spiritual Attacks and the Armor of God

Have you ever felt like your faith was under attack? In Ephesians, the Apostle Paul warns believers to expect spiritual attacks on their faith. He makes it clear that the devil will always be scheming to undermine and distract them. This continues to be true for us today. But thankfully, Paul also makes sure to remind us of how God has equipped us to defend ourselves. Paul calls this the “armor of God.” Rightly understood, this passage gives us strength and confidence in our faith, but it is a passage that has also been misused in Christian history. Join us as we study Paul’s imagery to better understand his purpose and intent, discuss how this passage has been misused, and apply this to how we live our faith today.

**AWARENESS** Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- What is a spiritual attack?
- What is the purpose of armor?



**LISTEN TO THE EPISODE:** [Spiritual Attacks and the Armor of God](#)

**READ** [Ephesians 6:10-24](#)

**REFLECTION** After listening, consider the following questions:

- In segment 1, host Scott Hoezee says “We are supposed to be witnessing to the gospel, even in how we withstand the attacks of the evil one.” What do you think this means and what might it look like in your life? Can you think of an example of someone you know or someone from Christian history who has done this well?
- In what situations do you find it the most difficult to stand firm in your faith?
- Think about your response to the previous question. After listening to hosts Darrell Delaney and Scott Hoezee discuss each piece of “the armor of God” in segment 2—the belt of truth, the breastplate of righteousness, boots of the gospel of peace, the shield of faith, the helmet of salvation, and the sword of the Spirit—, consider which piece or pieces of armor would most help you stand firm in your situation. Why?
- With which piece of armor are you most confident in your faith life? With which piece do you need growth or training?
- Which spiritual disciplines do you think would be most helpful for strengthening the piece or pieces of armor that you feel need growth in your spiritual life?

**RELATED PASSAGES** for further study

[Galatians 5:13-26](#), [Romans 10:1-15](#), [1 Peter 5:8-11](#), [1 John 4:1-6](#)

## CONCLUSION

The Apostle Paul closes Ephesians by asking for prayer and Scott and Darrell close the episode by discussing the importance of prayer, saying “prayer is often a forgotten weapon.” Reread [Ephesians 6:18-20](#):

1. Reflect on your comments and thoughts in response to the questions above. What would you like prayer for? Who can you ask to support you through prayer?
2. Who do you know that seems to be super strong in their faith like Paul? How can you pray to support them even if you might not know what spiritual attacks they may be facing?

Close your time in prayer for yourself and for the person (or people) you identified above.

---

<https://groundworkonline.com/episodes/spiritual-attacks-and-the-armor-of-god>

*Printed on June 3, 2026*