

**Midweek Manna**  
**Logan Presbyterian Church**  
**May 13, 2026 Study #6**  
**Standing Firm in the Strength of the Lord – Ephesians 6**

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**Icebreaker**

Think about a time when you had to stand firm during a difficult season or challenge. What helped you remain faithful and not give up?

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**Historical Context**

Ephesians 6 concludes Paul's letter with practical instruction for Christian living and a powerful call to spiritual perseverance. Written while Paul was imprisoned in Rome around AD 60–62, the letter was intended to strengthen believers living in a spiritually hostile culture. Ephesus was a city known for pagan worship, magic practices, and strong Roman influence, making spiritual opposition a daily reality for many Christians. Paul begins this chapter by addressing relationships within households—children, parents, servants, and masters—showing that the gospel transforms everyday interactions. He then shifts to the broader spiritual reality behind human struggles, emphasizing that believers are engaged in spiritual warfare against unseen forces of evil. Using the familiar image of a Roman soldier's armor, Paul teaches that God provides everything believers need to stand firm in faith, truth, righteousness, and prayer. The chapter closes with encouragement, peace, and grace for all who remain faithful to Christ.

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**Digging Deep Into It**

**Ephesians 6:1–4**

**Theological Insight**

Paul begins with instructions for children and parents, emphasizing honor, obedience, and spiritual nurturing within the family. Children are called to obey their parents “in the Lord,” showing that family relationships are connected to spiritual formation. At the same time, parents are warned not to provoke or discourage their children, but to raise them with loving discipline

and instruction centered on God. Christian leadership in the home is meant to reflect God's character—firm yet compassionate, truthful yet gracious. The family becomes one of the primary places where faith is modeled and passed on.

### **Extra-Scriptural or Theological Reference**

John Chrysostom taught that parents serve as spiritual shepherds within the home, shaping both the hearts and habits of their children.

### **Practical Steps**

1. Intentionally show honor and respect within your family relationships this week.
  2. Encourage rather than discourage those you influence or lead.
  3. Pray for wisdom in building a Christ-centered home environment.
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## **Ephesians 6:5–9**

### **Theological Insight**

Paul addresses servants and masters, applying gospel principles to everyday work and authority structures. Though written within the realities of the Roman world, Paul introduces radical dignity and accountability into these relationships. Work is to be done sincerely and wholeheartedly as service to Christ rather than merely to human supervisors. Likewise, those in authority are reminded that they too are accountable to God, who shows no favoritism. The gospel transforms ordinary work into worship and calls all people to treat one another with justice and respect.

### **Extra-Scriptural or Theological Reference**

Martin Luther emphasized that faithful daily work becomes sacred when done unto the Lord.

### **Practical Steps**

1. Approach your responsibilities this week as acts of worship to Christ.
  2. Treat coworkers, employees, and those under your care with fairness and kindness.
  3. Reflect God's integrity in both public and private responsibilities.
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## **Ephesians 6:10–13**

### **Theological Insight**

Paul transitions to spiritual warfare with the command to “be strong in the Lord and in the strength of His might.” The Christian life involves real spiritual opposition, but believers are not left defenseless. The battle is not ultimately against people, but against spiritual powers opposed to God’s kingdom. Paul calls believers to stand firm—not in fear or self-reliance, but in God’s power. Spiritual victory comes through dependence upon God rather than personal strength.

### **Extra-Scriptural or Theological Reference**

C.S. Lewis warned that believers must neither ignore spiritual warfare nor become obsessed with it, but remain grounded in Christ’s victory.

### **Practical Steps**

1. Begin each day by praying for God’s strength and protection.
  2. Recognize spiritual influences behind temptation, discouragement, and division.
  3. Respond to spiritual struggles with faith rather than fear.
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## **Ephesians 6:14–17**

### **Theological Insight**

Paul describes the armor of God using imagery familiar to Roman soldiers. Truth, righteousness, peace, faith, salvation, and the Word of God equip believers to stand against spiritual attack. Each piece reflects God’s provision and the believer’s identity in Christ. The armor reminds Christians that spiritual stability comes from living rooted in God’s truth and promises. The “sword of the Spirit,” the Word of God, stands out as both defensive and offensive, equipping believers to resist lies and proclaim truth.

### **Extra-Scriptural or Theological Reference**

John Calvin described the armor of God as the spiritual resources believers receive through union with Christ.

### **Practical Steps**

1. Spend daily time in Scripture to strengthen your faith.
2. Replace fearful or negative thoughts with God’s truth.

3. Walk confidently in the salvation and righteousness Christ provides.
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## **Ephesians 6:18–24**

### **Theological Insight**

Paul concludes by emphasizing prayer as essential for spiritual endurance and victory. Believers are called to pray continually, remain alert, and intercede for one another. Even while imprisoned, Paul asks for prayer that he would boldly proclaim the gospel. The chapter ends with peace, love, faith, and grace—reminders that God sustains His people through every battle. Christian perseverance is not achieved alone but through dependence on God and support within the body of Christ.

### **Extra-Scriptural or Theological Reference**

Andrew Murray described prayer as the believer's lifeline of dependence upon God's power and presence.

### **Practical Steps**

1. Set aside intentional daily time for prayer this week.
  2. Pray specifically for other believers, church leaders, and those facing struggles.
  3. Ask God for courage and boldness in your witness for Christ.
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### **Cross References**

- **2 Corinthians 10:3–5** — Spiritual weapons have divine power against strongholds.
  - **1 Peter 5:8–9** — Stay alert and resist the enemy firmly in faith.
  - **Isaiah 59:17** — God Himself wears righteousness and salvation like armor.
  - **Joshua 1:9** — Be strong and courageous because the Lord is with you.
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### **Reflecting on It**

1. Where do you most need God's strength in this season of life?
2. How can your everyday responsibilities become acts of worship to Christ?

3. Which piece of God's armor do you most need to focus on right now?
  4. How can prayer become more consistent and central in your daily life?
  5. What would it look like for you to stand firm spiritually this week?
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### **Challenge of the Week / Next Step Practice**

Each morning this week, intentionally pray through the armor of God in Ephesians 6:14–17. Ask God to strengthen you with truth, righteousness, peace, faith, salvation, and His Word as you face the day ahead.

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### **Closing Prayer**

Heavenly Father, thank You for being our strength and defender. Help us stand firm in the midst of spiritual battles and daily challenges. Clothe us with Your armor so that we may walk in truth, righteousness, peace, and faith. Teach us to depend on You through prayer and to trust fully in Christ's victory. May our lives reflect courage, perseverance, and unwavering faith in You. In Jesus' name, Amen.