

EPHESIANS

A STUDY GUIDE



"Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ."

– Ephesians 1:3

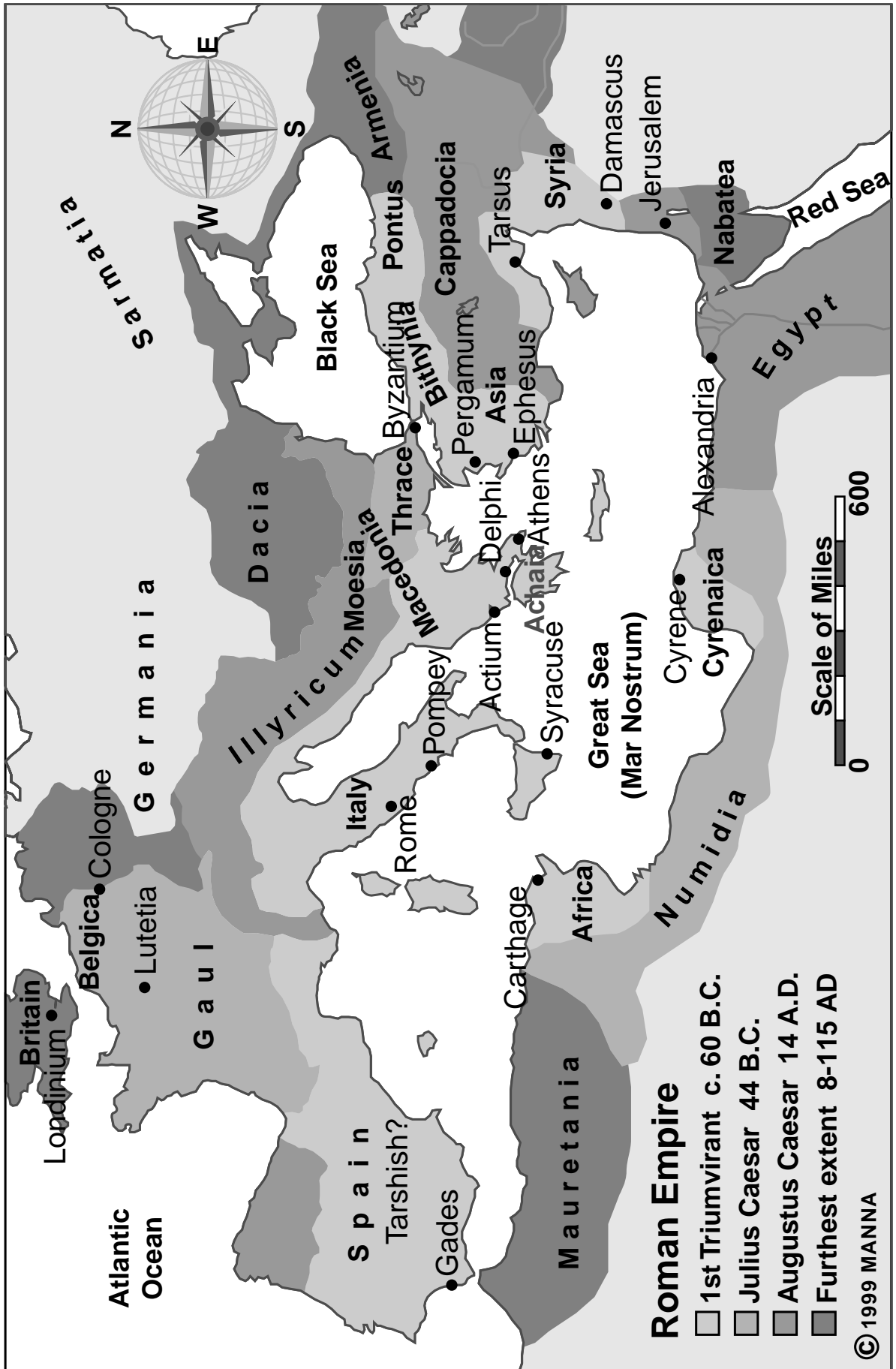
A Study of Paul's Epistle to the Ephesians

Developed by Matt Hennecke

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Email: hennecke@biblemaps.com

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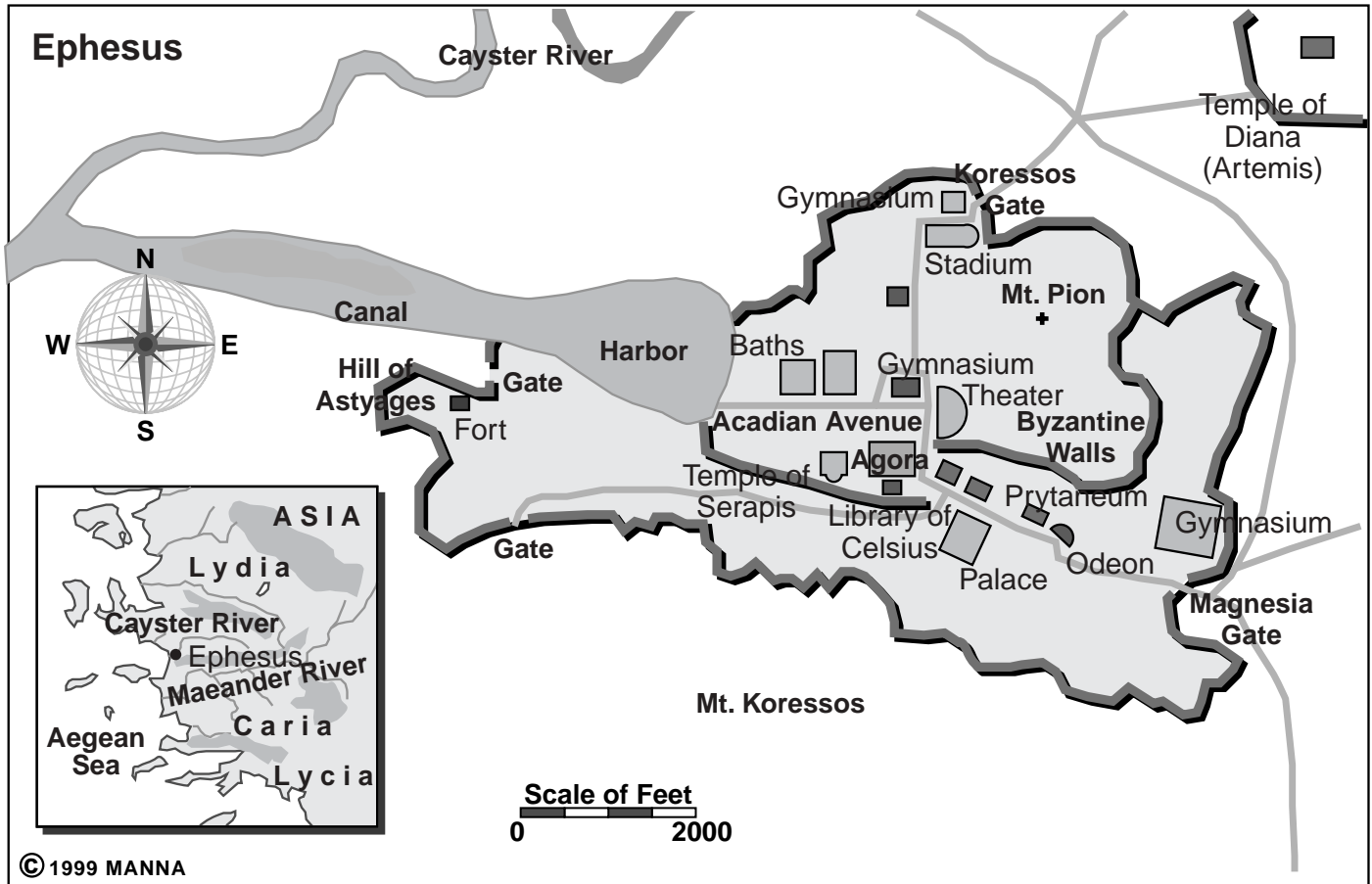
A MAP OF THE ROMAN EMPIRE



- Roman Empire**
- 1st Triumvirant c. 60 B.C.
 - Julius Caesar 44 B.C.
 - Augustus Caesar 14 A.D.
 - Furthest extent 8-115 AD

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THE CITY OF EPHEBUS



THE CITY OF EPHEBUS

Ephesus became the capital city of the Roman province of Asia. Ephesus had a rich history even before Paul and others arrived to teach. Apparently the city of Ephesus was settled by people of Asiatic origin about the middle of the 2nd millennium B.C. An ancient Hittite document from the 14th century B.C. mentions a city called "Apasas." During the 11th century many Athenians arrived, assimilating the older population and bringing a decided Greek influence into the region.

The city has figured prominently in the spread of the Gospel in Asia. Not only did Paul (Acts 19:8-10) spend considerable time in the city of Ephesus, but the city was also visited by Tychicus (Eph 6:21), Timothy (1 Tim 1:3), and Apollos (Acts 18:24). John wrote to the church in Ephesus as recorded in Revelation (Rev. 1:11; Rev. 2:1).

EPHESIANS

Our Blessings In Christ

Importance

This epistle was evidently addressed to the church in Ephesus (cf. Acts 19), but may have been intended as a “circular letter” to be read by neighboring churches. The phrase ‘in Ephesus’ (1:1) is absent in two of the oldest manuscripts. Paul had spent nearly three years in Ephesus (Acts 19:8-41). After Paul’s departure Timothy was left at Ephesus (1 Tim 1:3), and later the city seems to have been the headquarters of John. The church in Ephesus is addressed first of the seven churches of Asia (Rev. 2:1-7).

Theme: “In” Christ and the blessings thereof

The word “in” occurs about 90 times in the Epistle. It stresses the truth of the believer’s union with Christ in death, resurrection and ultimate ascension. The fact of the believer’s position “in” Christ permeates the entire thought of the epistle. Accordingly, Ephesians 1:3 seems to suggest the theme of the epistle: “Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings **in** heavenly places in Christ.”

Time of Writing

Paul wrote this letter, the first of his so-called prison epistles, about A.D. 61 or 62 from prison in Rome.

Outline of Ephesians

Chapters 1 - 3 Our position in Christ (What we are before God)

1:1-23 The believers as God’s child

2:1-18 The believer as a member of God’s body

2:19-3:21 The believer as God’s building

Chapters 4 - 6 Our practice of Christ (How we are to act before men)

4:1-6:9 A worthy walk

6:10-24 A continual conflict

Background Source: *The Hodder Bible Handbook* by Merrill F. Unger, Hodder & Stoughton, London 1984. page 523. Additional background information from the *New Bible Dictionary*, Second Edition, Tyndale House Publishers, Wheaton, IL, pages 336-337.

Ephesians 1

1 Paul, an apostle of Jesus Christ by the will of God, to the saints which are at Ephesus, and to the faithful in Christ Jesus: **2** Grace be to you, and peace, from God our Father, and from the Lord Jesus Christ. **3** Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ: **4** According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love: **5** Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will, **6** To the praise of the glory of his grace, wherein he hath made us accepted in the beloved. **7** In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace; **8** Wherein he hath abounded toward us in all wisdom and prudence; **9** Having made known unto us the mystery of his will, according to his good pleasure which he hath purposed in himself: **10** That in the dispensation of the fulness of times he might gather together in one all things in Christ, both which are in heaven, and which are on earth; even in him: **11** In whom also we have obtained an inheritance, being predestinated according to the purpose of him who worketh all things after the counsel of his own will: **12** That we should be to the praise of his glory, who first trusted in Christ. **13** In whom ye also trusted, after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye were sealed with that holy Spirit of promise, **14** Which is the earnest of our inheritance until the redemption of the purchased possession, unto the praise of his glory. **15** Wherefore I also, after I heard of your faith in the Lord Jesus, and love unto all the saints, **16** Cease not to give thanks for you, making mention of you in my prayers; **17** That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him: **18** The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints, **19** And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power, **20** Which he wrought in Christ, when he raised him from the dead, and set him at his own right hand in the heavenly places, **21** Far above all principality, and power, and might, and dominion, and every name that is named, not only in this world, but also in that which is to come: **22** And hath put all things under his feet, and gave him to be the head over all things to the church, **23** Which is his body, the fulness of him that filleth all in all.

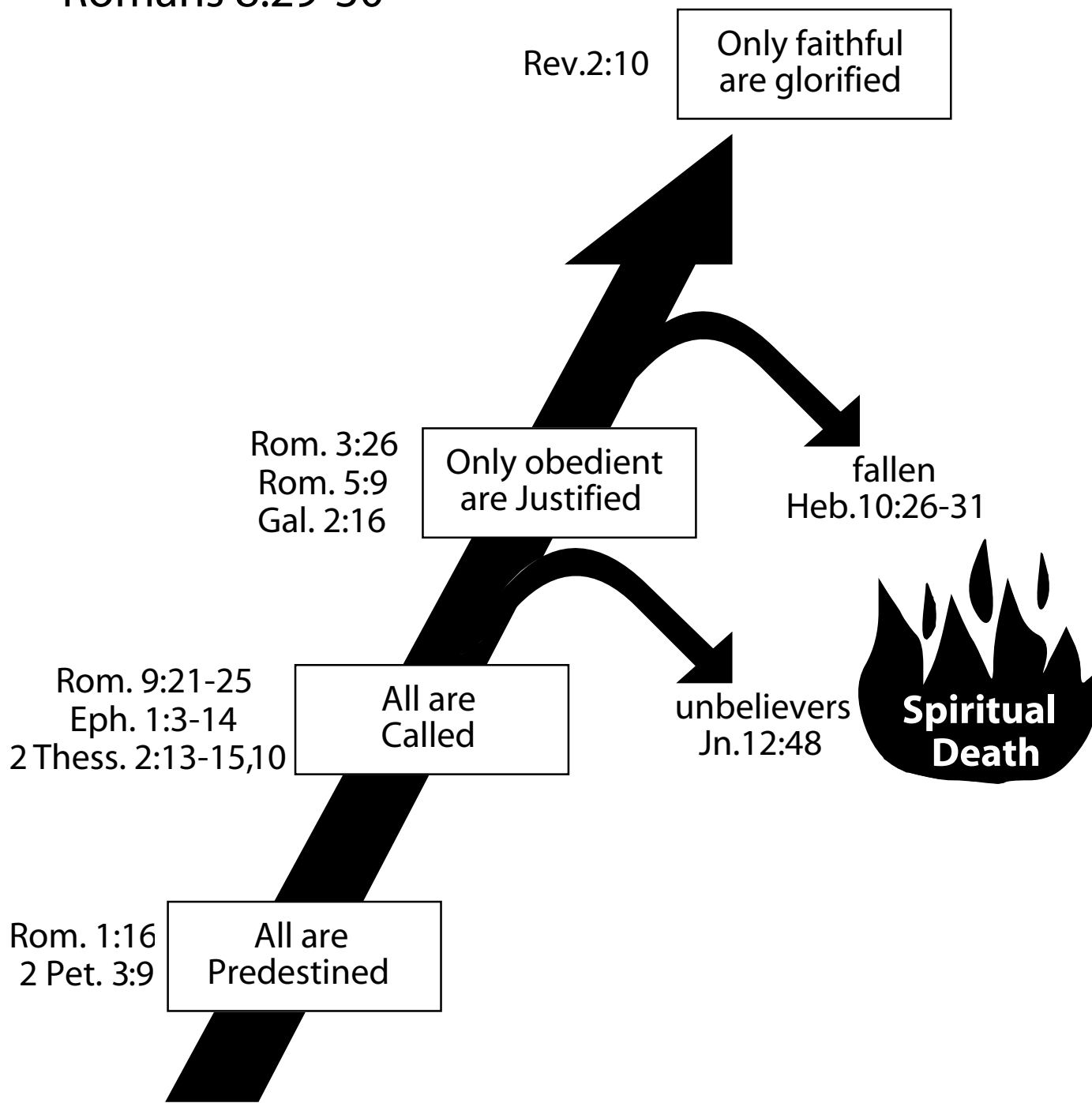
Study Questions

1. In verse 3 the word "blessed" or "blessing" is used three times. What does the word mean? Through whom have blessings come?
2. What does "predestinated" mean in verse 5. See also 2 Thess. 2:13-14 and explain how we are predestined.
3. How are we "adopted" as children? See also Rom 8:14-15.
4. According to verses 7-9 there are 3 things we obtain by virtue of being "in" Christ. What are the three things? How does one get "in" Christ? (see Rom. 6:3; Gal. 3:26-27; 4:5)
5. What does "dispensation" mean (vs. 10)?
6. What verses speak of Christ's supreme authority? What is the significance of these passages?
7. What is the church according to verses 22-23? How many churches are there? (see Eph 4:4)
8. Develop 1- 2 questions about this chapter that you can ask of the other class members to test their knowledge of the chapter.

PREDESTINATION

(Ephesians 1:3-5)

See also
Romans 8:29-30



Blessings in Christ

(Eph. 1:7-9)

IN HIM

REDEMPTION

apolutrosis
“ransom in full”

FORGIVENESS

aphesis
“freedom, pardon”

**WISDOM AND
PRUDENCE**

sophia, phronesis
“intellectual or
moral insight”

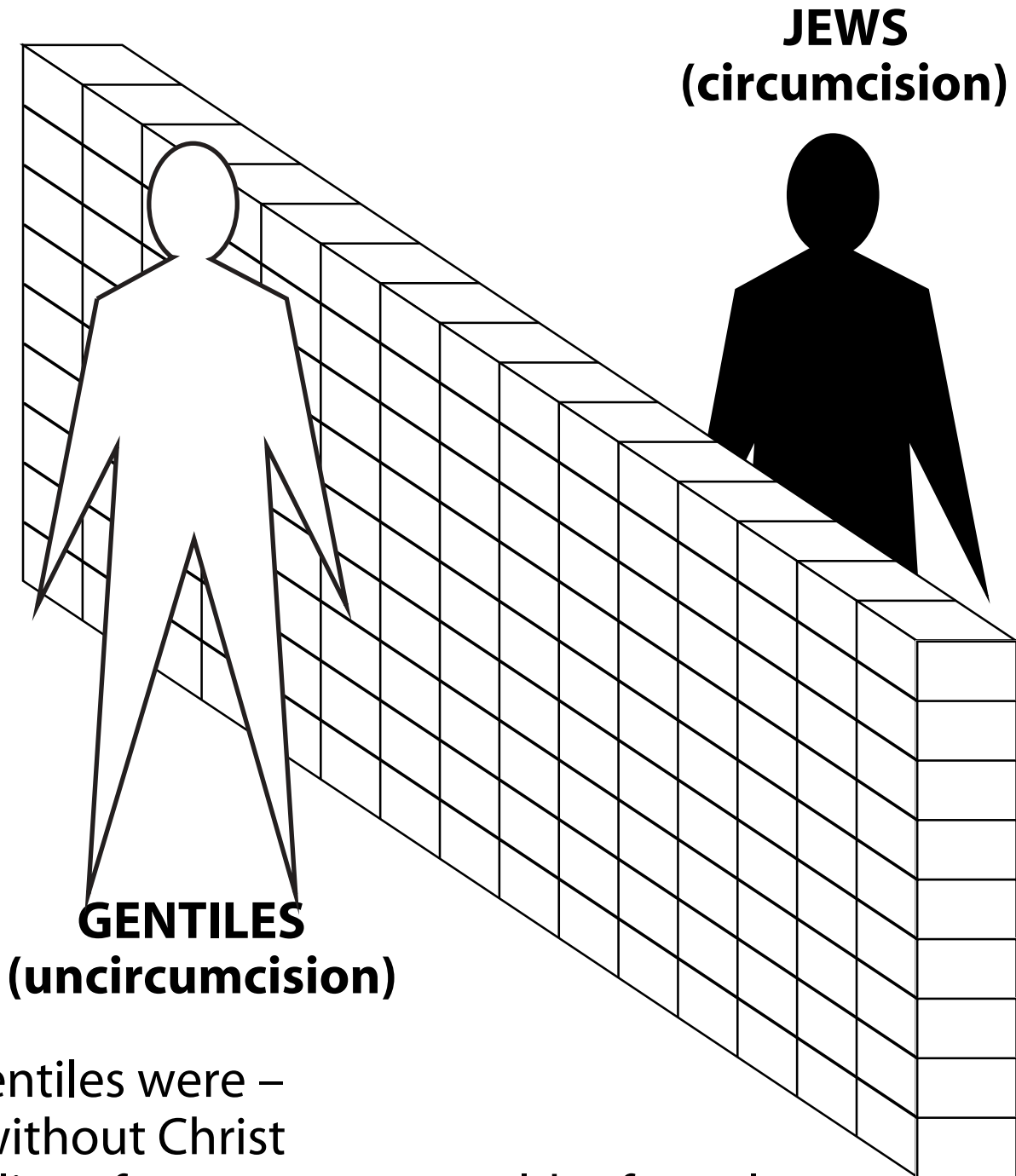
Ephesians 2

1 And you hath he quickened, who were dead in trespasses and sins: **2** Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience: **3** Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others. **4** But God, who is rich in mercy, for his great love wherewith he loved us, **5** Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;) **6** And hath raised us up together, and made us sit together in heavenly places in Christ Jesus: **7** That in the ages to come he might show the exceeding riches of his grace in his kindness toward us through Christ Jesus. **8** For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: **9** Not of works, lest any man should boast. **10** For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them. **11** Wherefore remember, that ye being in time past Gentiles in the flesh, who are called Uncircumcision by that which is called the Circumcision in the flesh made by hands; **12** That at that time ye were without Christ, being aliens from the commonwealth of Israel, and strangers from the covenants of promise, having no hope, and without God in the world: **13** But now in Christ Jesus ye who sometimes were far off are made nigh by the blood of Christ. **14** For he is our peace, who hath made both one, and hath broken down the middle wall of partition between us; **15** Having abolished in his flesh the enmity, even the law of commandments contained in ordinances; for to make in himself of twain one new man, so making peace; **16** And that he might reconcile both unto God in one body by the cross, having slain the enmity thereby: **17** And came and preached peace to you which were afar off, and to them that were nigh. **18** For through him we both have access by one Spirit unto the Father. **19** Now therefore ye are no more strangers and foreigners, but fellowcitizens with the saints, and of the household of God; **20** And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner stone; **21** In whom all the building fitly framed together groweth unto an holy temple in the Lord: **22** In whom ye also are builded together for an habitation of God through the Spirit.

Study Questions

1. Who is the "prince of the power of the air" of verse 2? Who are the children of disobedience? (see also Col. 3:5-7)
2. Paul differentiates between the desires of the flesh and the mind in verse 3? What does this mean?
3. Verse 3 indicates that Paul's readers were "by nature the children of wrath." Does this suggest that man is "naturally" sinful? (see also Rom. 1:26, 2:14; Gal. 2:15)
4. According to verses 8-9, how is it that a person is saved? Are works therefore unnecessary? (see also John 6:29)
5. For what purpose was man created (see vs. 10)?
6. In verses 19-22, what analogy does Paul use to describe the reconciliation of Jew and Gentile? Compare this analogy to Rom. 9:30-33; 1 Cor. 3:10-16; 1 Pet. 2:6)
7. Develop 1- 2 questions about this chapter that you can ask of the other class members to test their knowledge of the chapter.

The Middle Wall of Partition (Eph 2:11-12)

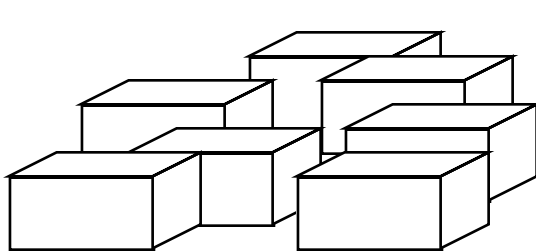
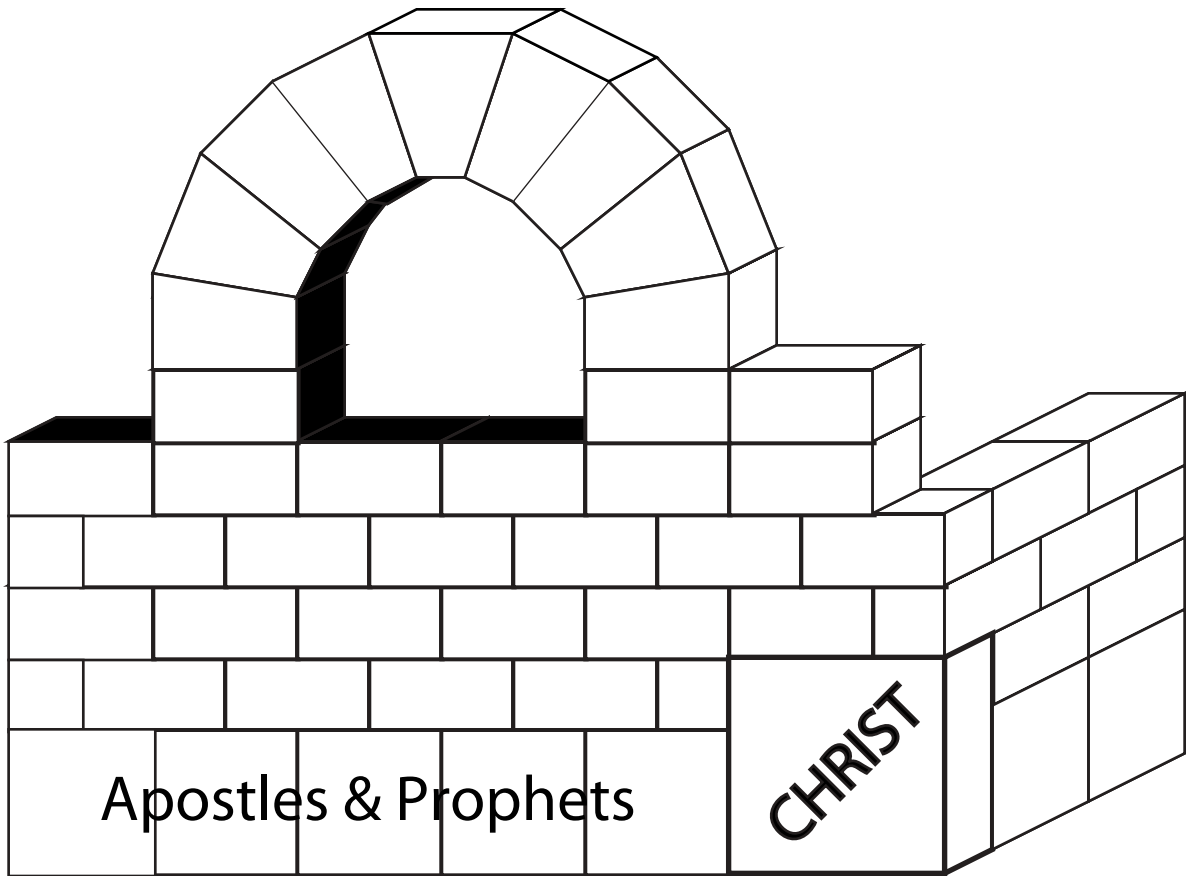


Gentiles were –

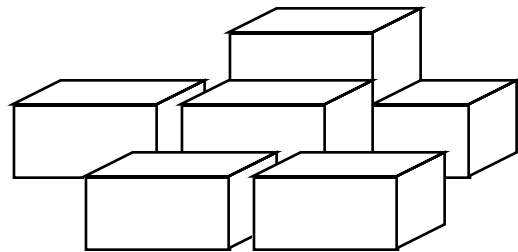
- without Christ
- aliens from commonwealth of Israel
- strangers from the covenants of promise
- without hope and without God in the world

GOD'S HOUSEHOLD

Eph. 2:19-22



Jews



Gentiles

“...the whole building, being fitted together is growing into a holy temple in the Lord.”

Ephesians 3

1 For this cause I Paul, the prisoner of Jesus Christ for you Gentiles,
2 If ye have heard of the dispensation of the grace of God which is given me to you-ward: **3** How that by revelation he made known unto me the mystery; (as I wrote afore in few words, **4** Whereby, when ye read, ye may understand my knowledge in the mystery of Christ) **5** Which in other ages was not made known unto the sons of men, as it is now revealed unto his holy apostles and prophets by the Spirit; **6** That the Gentiles should be fellowheirs, and of the same body, and partakers of his promise in Christ by the gospel: **7** Whereof I was made a minister, according to the gift of the grace of God given unto me by the effectual working of his power. **8** Unto me, who am less than the least of all saints, is this grace given, that I should preach among the Gentiles the unsearchable riches of Christ; **9** And to make all men see what is the fellowship of the mystery, which from the beginning of the world hath been hid in God, who created all things by Jesus Christ: **10** To the intent that now unto the principalities and powers in heavenly places might be known by the church the manifold wisdom of God,
11 According to the eternal purpose which he purposed in Christ Jesus our Lord: **12** In whom we have boldness and access with confidence by the faith of him. **13** Wherefore I desire that ye faint not at my tribulations for you, which is your glory. **14** For this cause I bow my knees unto the Father of our Lord Jesus Christ, **15** Of whom the whole family in heaven and earth is named, **16** That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man; **17** That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love, **18** May be able to comprehend with all saints what is the breadth, and length, and depth, and height; **19** And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God. **20** Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us, **21** Unto him be glory in the church by Christ Jesus throughout all ages, world without end. Amen.

Study Questions

1. When was Paul designated to preach to the Gentiles, before or after he became a Christian? (see Acts 9:15) Why do you think God chose him to preach to the Gentiles and not the Jews?
2. What is the "mystery" Paul speaks about in verse 3 and 4? (see Rom. 11:25; 16:25-26; Col 1:26-27) Why was it a mystery?
3. When did God determine to bring the "good news" to the Gentiles?
4. How or in what way does Christ dwell in our hearts? What is the outcome of that dwelling? (see also 1 John 4:12-13)
5. In verse 18 Paul describes four dimensions. Of what is he speaking? (see also Rom. 8:38-39)
6. Verse 20 indicates that God can "do exceedingly abundantly" all that we ask. What other way might our requests be made known and answered? What does this mean?
7. Develop 1- 2 questions about this chapter that you can ask of the other class members to test their knowledge of the chapter.

Ephesians 4:1-16

1 I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called, **2** With all lowliness and meekness, with longsuffering, forbearing one another in love; **3** Endeavouring to keep the unity of the Spirit in the bond of peace. **4** There is one body, and one Spirit, even as ye are called in one hope of your calling; **5** One Lord, one faith, one baptism, **6** One God and Father of all, who is above all, and through all, and in you all. **7** But unto every one of us is given grace according to the measure of the gift of Christ. **8** Wherefore he saith, When he ascended up on high, he led captivity captive, and gave gifts unto men. **9** (Now that he ascended, what is it but that he also descended first into the lower parts of the earth? **10** He that descended is the same also that ascended up far above all heavens, that he might fill all things.) **11** And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers; **12** For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ: **13** Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ: **14** That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive; **15** But speaking the truth in love, may grow up into him in all things, which is the head, even Christ: **16** From whom the whole body fitly joined together and compacted by that which every joint supplieth, according to the effectual working in the measure of every part, maketh increase of the body unto the edifying of itself in love.

Study Questions

1. According to Paul, how are we to “walk”? (see verses 1-3). Be ready to explain what each of the characteristics means. (see also Phil 2:1-4 and Col. 3:12-14)
2. What is the “one body” Paul speaks about? (see Eph 1:22-23)
3. Paul says there is “one baptism.” Reconcile that statement with the other baptisms spoken of in the Bible (see Matt 3:11; Luke 12:49-50; 1 Cor 10:2; 1 Cor 15:29; Acts 1:5; 11:16; Acts 2:37-41)
4. What are the “gifts” spoken of in verse 8?
5. What does verse 9 mean?
6. In verses 14-15 Paul tells us 1) what we should not be, and 2) what we should be doing. What are these things? (see also 1 Cor 13:11 and 14:20)
7. Develop 1- 2 questions about these verses that you can ask of the other class members to test their knowledge.

Eph 4:1-6

ONENESS

BODY
Unity of

ORGANIZATION

Rom 12:4-5
Eph 1:9-10
Eph 2:16
Col 1:18

SPIRIT
Unity of

REVELATION

Jn 16:13
1 Cor 12:13
Gal 1:8-9

HOPE
Unity of

PURPOSE

Acts 24:14-15
Rom 8:24
1 Cor 13:13
1 Pet 1:3
Heb 6:18-19

LORD
Unity of

AUTHORITY

Matt 28:18
Matt 7:21
Luke 6:46

FAITH
Unity of

DOCTRINE

Jude 3
Eph 4:11-16

BAPTISM
Unity of

PRACTICE

Matt 28:19
Acts 2:38
Gal 3:27
Rom 6:3-4

GOD
Unity of

WORSHIP

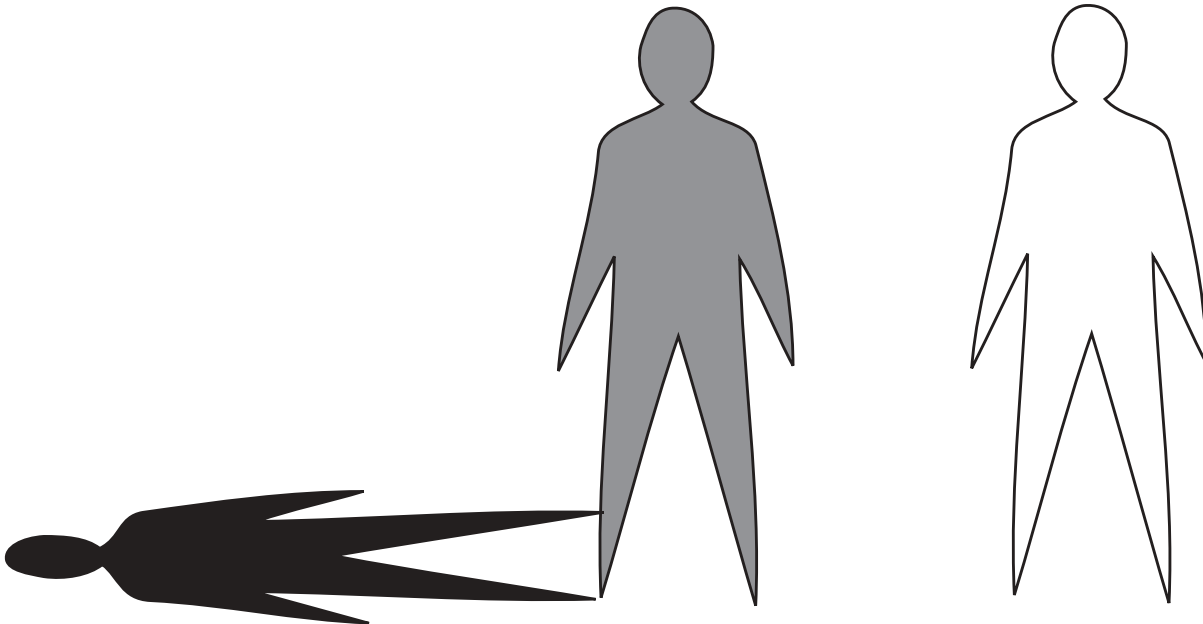
John 4:23-24
1 Cor 8:6
Col 3:17

THE OLD & NEW SELF

(Eph 4:22-32)

**LAY ASIDE THE
OLD SELF**

**PUT ON THE
NEW SELF**



LAY ASIDE -

- lying
- sinful anger
- stealing
- corrupt communication
- bitterness
- wrath, clamour
- evil speaking, malice

PUT ON -

- truth speaking
- sinless anger
- labor, work with hands
- words of edification
- kindness
- tenderheartedness
- forgiveness

Ephesians 5:1-21

1 Be ye therefore followers of God, as dear children; **2** And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweetsmelling savour. **3** But fornication, and all uncleanness, or covetousness, let it not be once named among you, as becometh saints; **4** Neither filthiness, nor foolish talking, nor jesting, which are not convenient: but rather giving of thanks. **5** For this ye know, that no whoremonger, nor unclean person, nor covetous man, who is an idolater, hath any inheritance in the kingdom of Christ and of God. **6** Let no man deceive you with vain words: for because of these things cometh the wrath of God upon the children of disobedience. **7** Be not ye therefore partakers with them. **8** For ye were sometimes darkness, but now are ye light in the Lord: walk as children of light: **9** (For the fruit of the Spirit is in all goodness and righteousness and truth;) **10** Proving what is acceptable unto the Lord. **11** And have no fellowship with the unfruitful works of darkness, but rather reprove them. **12** For it is a shame even to speak of those things which are done of them in secret. **13** But all things that are reprovèd are made manifest by the light: for whatsoever doth make manifest is light. **14** Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light. **15** See then that ye walk circumspectly, not as fools, but as wise, **16** Redeeming the time, because the days are evil. **17** Wherefore be ye not unwise, but understanding what the will of the Lord is. **18** And be not drunk with wine, wherein is excess; but be filled with the Spirit; **19** Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; **20** Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ; **21** Submitting yourselves one to another in the fear of God.

Study Questions

1. Paul continues to contrast the “old self” behaviors with the “new self” behaviors. List all you can in the spaces below:

OLD SELF Behaviors	NEW SELF Behaviors

2. How or in what ways might we be deceived with vain words (vs. 6)? Give two biblical examples of people deceived by words.

3. Regarding the “unfruitful works of darkness” (vs. 11-12), Paul tells us two things we should *not* do and one thing we *should* do. What are they?

4. What does Paul mean when he says we should redeem the time (vs. 16)? In what ways might we fail to redeem time?

5. What are the differences between *psalms*, *hymns*, and *spiritual songs* (vs 19)?

psalms:
hymns:
spiritual songs:

6. Develop 1- 2 questions about these verses that you can ask of the other class members to test their knowledge.

HISTORY OF PSALLO & PSALMOS

(Eph 5:19)

	Pre Attic Period	Attic period	Koiné period
"making melody" (<i>psallo</i>)	<i>pluck,</i> <i>twitch, pull</i>	<i>sing and</i> <i>play</i>	<i>sing</i>
"psalms" (<i>psalmos</i>)	<i>sound of</i> <i>above</i>	<i>song</i> <i>accompaniment</i>	<i>song</i>

Ephesians 5:22–6:9

22 Wives, submit yourselves unto your own husbands, as unto the Lord. **23** For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body. **24** Therefore as the church is subject unto Christ, so let the wives be to their own husbands in every thing. **25** Husbands, love your wives, even as Christ also loved the church, and gave himself for it; **26** That he might sanctify and cleanse it with the washing of water by the word, **27** That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish. **28** So ought men to love their wives as their own bodies. He that loveth his wife loveth himself. **29** For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church: **30** For we are members of his body, of his flesh, and of his bones. **31** For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh. **32** This is a great mystery: but I speak concerning Christ and the church. **33** Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she reverence her husband.

1 Children, obey your parents in the Lord: for this is right. **2** Honour thy father and mother; which is the first commandment with promise; **3** That it may be well with thee, and thou mayest live long on the earth. **4** And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord. **5** Servants, be obedient to them that are your masters according to the flesh, with fear and trembling, in singleness of your heart, as unto Christ; **6** Not with eyeservice, as menpleasers; but as the servants of Christ, doing the will of God from the heart; **7** With good will doing service, as to the Lord, and not to men: **8** Knowing that whatsoever good thing any man doeth, the same shall he receive of the Lord, whether he be bond or free. **9** And, ye masters, do the same things unto them, forbearing threatening: knowing that your Master also is in heaven; neither is there respect of persons with him.

Study Questions

1. What four relationships does Paul discuss in these verses?

1:
2:
3:
4:

2. In speaking of the relationship of husband and wife, Paul instructs wives to “submit.” What does that word mean? (see also 1 Cor. 11:3) Is this instruction followed in modern society?

3. In what ways is the husband/wife relationship like the relationship of Christ to the church?

4. What regulations does Paul provide regarding the parent/child relationship? What happened to children who disobeyed their parents under the old law? (see Ex 21:15)

5. Who *specifically* is enjoined to “bring up the children in the nurture and admonition of the Lord?” (see also Prov. 1:8; 4:1)

6. What is meant by the statement “not with eyeservice” in verse 6:6?

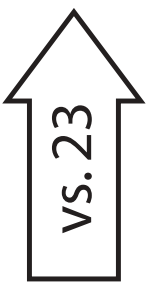
7. Develop 1-2 questions about these verses that you can ask of the other class members to test their knowledge.

The Husband/Wife & Christ/Church Analogy

(Eph 5:22-33)

HUSBAND/WIFE Relationship

"husband head of the wife"



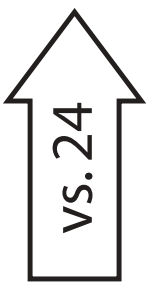
CHRIST/CHURCH Relationship

"Christ head of the church"

1 Cor 11:3

AUTHORITY

"wives subject to husbands"

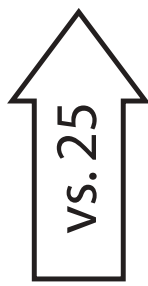


"church subject to Christ"

1 Pet 3:1

OBEDIENCE

"husbands love wives"

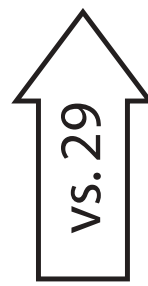


"Christ loves the church"

Col 3:19

ATTITUDE

"husbands nourish & cherish wives"



"Christ nourishes & cherishes church"

Col 3:19

ACTION

Ephesians 6:10-24

10 Finally, my brethren, be strong in the Lord, and in the power of his might. **11** Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. **12** For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. **13** Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. **14** Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; **15** And your feet shod with the preparation of the gospel of peace; **16** Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. **17** And take the helmet of salvation, and the sword of the Spirit, which is the word of God: **18** Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; **19** And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel, **20** For which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak. **21** But that ye also may know my affairs, and how I do, Tychicus, a beloved brother and faithful minister in the Lord, shall make known to you all things: **22** Whom I have sent unto you for the same purpose, that ye might know our affairs, and that he might comfort your hearts. **23** Peace be to the brethren, and love with faith, from God the Father and the Lord Jesus Christ. **24** Grace be with all them that love our Lord Jesus Christ in sincerity. Amen.

Study Questions

1. What is the source of a Christians strength? (vs. 10) See also Isa. 40:31 and Rom. 8:31.

2. For what reason must we put on the full armor of God? What happens to a "soldier" of the Lord who is not fully protected? See also 2Tim. 2:3-4

3. With whom is our struggle? (vs. 12) What does this mean? See also Rom. 8:38-39

4. What does each piece of armor represent and/or protect?

loin armor:
breastplate:
foot armor:
shield:
helmet:
sword:

5. What is our duty to fellow Christians according to verse 18?

6. For what does Paul make request in verse 19? Can we ask for the same thing? Do we? (See also Col. 4:2-4)

7. Develop 1- 2 questions about these verses that you can ask of the other class members to test their knowledge.

THE ARMOR OF GOD

