



Mirror, Mirror on the Wall  
Session 4

- I. How do we make sense out of life?
- A. Life is a struggle.
  - B. The conflict is not with flesh and blood.
  - C. The devil is a murderer and a liar.
  - D. We (followers of Christ) are struggling with “spiritual agents from the very headquarters of evil.”
  - E. These spiritual agents try to trap us with subterfuges and stratagems that are designed to get us off-balance, mentally, emotionally, and experientially.
  - F. We are under attack from the devil through the channels of the world and the flesh.
    - 1. The world is a human society influenced by satanic philosophies and reflecting satanic ideas.
    - 2. The flesh is that inner compulsion toward self-centeredness which is the legacy of Adam.
    - 3. His goal is to produce discouragement, confusion and indifference.
  - G. It is possible to stand; it is possible to overcome.

II. How do we become strong in the Lord and in the strength of His might?  
“Put on the whole armor of God” *Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.*

Ephesians 6:14-17

### III. How do we put on the armor?

- A. We take possession of Christ in a practical way.
- B. We must employ Jesus Christ as a specific defense against specific things.
- C. Two things to understand about the armor
  - 1. There are two classifications of the pieces of armor.
    - a. Those that refer to something we have already put on.
    - b. Those that refer to something which we must put on at the present moment.
  - 2. The order in which these pieces are given is very important.

### IV. The First Division of Armor

#### A. The Belt of Truth

- 1. The Roman soldier's belt made him ready to fight.
- 2. Confusion and discouragement must be confronted with the truth of Jesus Christ.
- 3. He is reality, He is the key to life, He is our authority.
- 4. Christian faith is not blind faith, Christ clearly demonstrated that He was the truth.
  - a. By what He said
  - b. By what He did
  - c. By what He is
- 5. All conflicting systems and philosophies must be tested at all points.
- 6. Ultimate reality never changes.

#### B. The Breastplate of Righteousness

- 1. The Roman soldier's breastplate gave him assurance that his vital area was protected.

2. The most frequent ground of attack against our faith is our feelings of unworthiness.
  - a. We fail in the Christian life.
  - b. Growth is slow.
  - c. God is distant.
  - d. A constant guilty conscience
  - e. The joy of faith has faded.
3. Put on the breastplate of righteousness!
  - a. You do not stand on your own merits.
  - b. You never had anything worthwhile to offer to God.
4. You quit trying to be good enough to please God when you came to Him.
5. You came to God on the basis of His imputed righteousness.  
(Romans 8:1; 1 Cor. 15:9-10)

#### C. Shoes of Peace

1. The Roman soldier's sandals made him able to fight in any terrain.
2. It is peace in the heart that makes us able to fight in any situation.
3. Christ is our peace, our source of calm or our sense of well being.
4. This piece of armor comes automatically by putting on the first two, the belt of truth and the breastplate of righteousness.
5. When our minds have truth and our hearts have assurance, our morale is high—we have peace.

#### V. The battle is an inner fight

##### A. Your thought life

##### B. Your attitudes

C. Your outlook

D. Your emotions

E. Your subjectiveness

#### Questions

1. How can you use the belt of truth right now?
2. How can you use the breastplate of righteousness right now?
3. What do you need to change about talking to yourself and answering your doubts?